

BURNING RIVER LACROSSE

College Recruiting / Selection

-
- Parents and players don't know what they don't know and the process can become overwhelming.
 - Demonstrating a great attitude is key. Recognize that nothing is owed to you just because you're a good athlete.

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College Recruiting / Selection (Overall Themes)

- **Know why you are going to college**
 - The goal of college is to get a job. Playing sports is a bonus
- **You have to own the process**
 - Plan on hours / weeks of work
 - \$40,000 a year / \$200,000 decision
 - It is not a lottery – your ability / effort determines the outcome
 - Parents - you need to make sure your child is owning the process.
- **What actually matters / What to focus on.**
 - Grades, Character, Majors, Ability, Fit

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College Recruiting / Selection (Things To Know Before You Start)

- **Honestly assess your finances and goals before you start**
 - Debt matters – don't handicap your kid.
- **Things to be aware of**
 - You become a college prospect on your first day of high school
 - You have to adjust your timelines because you are a spring sport
 - There are limited scholarships (D1 - 12.6, D2 - 10.8)
 - In our experience 95%+ of players get more in academic aid than athletic aid.
 - The difference between a Commit & a Preferred Walk-On spot.
 - You have to clean up your VM and social media (make them professional)

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College Recruiting / Selection (Terms You Need To Know)

- Early Decision - binding
- Early Action – non binding
- Rolling Admission
- Deferred Admission
- Wait list
- (EFC) Expected Family Contribution
- Weighted vs Unweighted GPA
- Grade Inflation vs Class Rank
- Verbal Commitment vs National Letter Of Intent

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College Recruiting / Selection (How To Create A Roadmap / Plan)

- Learn How To Set Goals / Long Term Planning
 - Create A 4 Year Plan
 - Academics
 - College Selection
 - Athletics

FRESHMAN YEAR TO-DO LIST



- ☒ Create Your Plan
- ☒ Focus On Your Grades
- ☒ Focus On Addressing Your Weaknesses



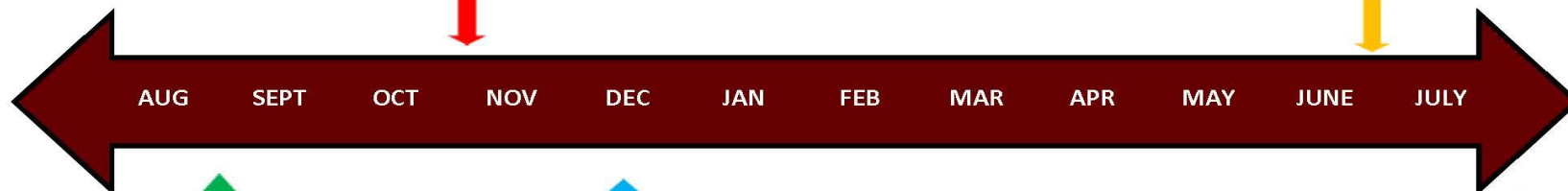
COLLEGE SELECTION

- ☒ Do a self-evaluation of your goals after talking to coach, adults and your counselor
- ☒ Research and create a list of 15 to 20 colleges that you might attend



SUMMER WORK!

- ☒ **BEFORE** Tournaments - Email/contact coaches on your list with schedule, grades and resume
- ☒ **DURING/AFTER** Tournaments - Follow-up with coaches after EVERY tournament



ACADEMICS

- ☒ Create a 4-year academic plan setting out classes, and semester / yearly goals.



LAX BUSINESS

- ☒ Create a plan to address your weaknesses
- ☒ Know what your strengths are and if they are marketable.



ACADEMICS



COLLEGE SELECTION



LAX BUSINESS



SUMMER WORK

BURNING RIVER LACROSSE

College Recruiting / Selection (Freshman Year)

- Academics (Focus on grades!)
 - **Create 4 year plan (Weekly / Monthly / Yearly) (Academic Sheet)**
- College Selection
 - **Self-Evaluation Of Your Goals - Coach, adult, & / or counselor.**
 - Research / create a list of 15 to 20 colleges (Connectlax)
- Athletics
 - **Create a plan to address your weaknesses (Goal Setting Sheet)**
- Summer
 - **Create a highlight tape (See demo tape)**



SOPHOMORE YEAR TO-DO LIST

THIS IS REALLY *REALLY* IMPORTANT!

- ☑ Practice making phone calls with an adult prior to calling coaches - Have a list of questions to ask coaches (see recruiting book)
- ☑ Create your "ELEVATOR SPEECH". In 30 seconds, be able to effectively tell a coach why you are interested and why you are a good fit for their program.

Time To Review

- ☑ Review / Update your academic 4 year plan
- ☑ Review / Update your list of schools
- ☑ Review / Update your "weakness" plan



- ☑ ACT Time
- ☑ Get it back!



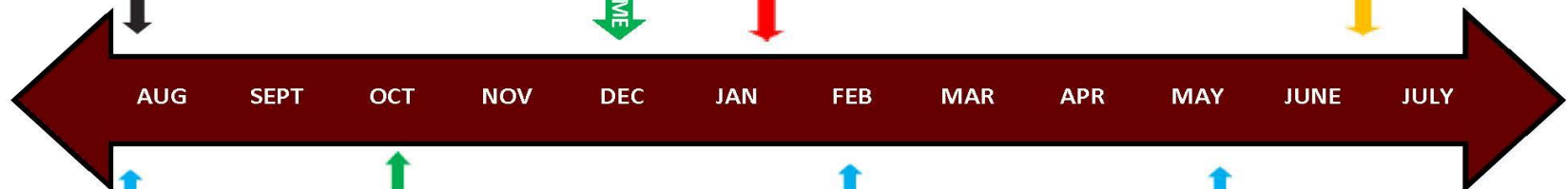
EDUCATE YOURSELF!

- ☑ Go to a College Fair
- ☑ Attend a "Financial Aid" night



ANOTHER SUMMER OF WORK!

- ☑ **BEFORE** Tournaments - Email/contact coaches on your list with schedule, grades and resume
- ☑ **DURING/AFTER** Tournaments - Follow-up with coaches after EVERY tournament



AUG

SEPT

OCT

NOV

DEC

JAN

FEB

MAR

APR

MAY

JUNE

JULY



MARKETING!

- ☑ Create a highlight tape
- ☑ What are you selling?



SPEECH!, SPEECH!

- ☑ Sign up for a speech class (e.g. Carnegie) to work on communications skills.



INTRODUCE YOURSELF!

- ☑ Start contacting coaches / schools.
- ☑ Include a link to your video
- ☑ Complete their online questionnaires



NCAA ALERT

- ☑ Register with NCAA by May!
- ☑ Eligibilitycenter.org



ACADEMICS



COLLEGE SELECTION



LAX BUSINESS



SUMMER WORK

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College Recruiting / Selection (Sophomore Year)

- Academics (Focus on grades!)
 - Review / update your 4 year plan
 - **ACT (Dec / Apr / Jul)**
 - **Speech Class/Presentation training**
- College Selection
 - Adjust your college list (15-20) based on grades, focus and skills
 - **Attend College Fair / Visit Colleges**
 - **Financial Aid Night (Year Used)**
 - **Soph Spring / Jr Fall**
- Athletics
 - Update your weakness plan
 - Prospect Days
 - **Create a highlight tape**
 - **Contact Schools / Coaches**
 - Register with NCAA eligibility center
- Summer
 - **Pre, Post tournament emails**
 - **Call Practice & Elevator Speech**
 - Update Highlight Tape

JUNIOR YEAR TO-DO LIST



THIS IS THE BIG TIME!

- ☑ Review / Update your academic 4 year plan
- ☑ Review / Update your list of schools
- ☑ Review / Update your "weakness" plan
- ☑ Update your highlight tape



SHOWCASE / PROSPECT DAYS

- ☑ Attend prospect days
- ☑ Register for summer showcases



GET SERIOUS!

- ☑ Narrow list to 8 to 10 schools based on a common theme
*Can always add later
- ☑ Set up unofficial visits
- ☑ Private schools have more aid



RECOMMENDATIONS

- ☑ Ask teachers / staff
- ☑ Make sure they know you
- ☑ Make sure they will be glowing.



JULY IS HUUGGGE!

- ☑ Complete 'Common App'
- ☑ Plan fall visits
- ☑ Early look financial aid
- ☑ Apply for scholarships



CONTACT COACHES CONSISTENTLY

- ☑ Be your own advocate and keep your name out there!
* New video, grades, big games, etc.
- ☑ Let them know of your interest/no longer interested
- ☑ Ask where do you stand / what's their timeline
- ☑ Practice your calls before you make them



HAVE COACH MAKE CALLS

- ☑ Once you have it down to schools you would commit to ask your club coach or school coach to contact them.
- ☑ Have a reason why that school.



ESSAYS GALORE

- ☑ Write your college essays (common app)
- ☑ Be your own advocate, stand out, sell why
- ☑ Be interesting. Avoid the same old stuff



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COLLEGE SELECTION



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SUMMER WORK

BURNING RIVER LACROSSE

College Recruiting / Selection (Junior Year)

- Academics (Focus on grades!)
 - Review / Update your 4 year plan
 - PSAT / NHS
 - **Ask for recommendations**
- College Selection
 - **Adjust your list to 8-10 - Theme**
 - **Write your Common App essays**
 - College presentations / unofficial visits.
 - **Contact local Alumni (BR / College)**
- Athletic
 - Update your weakness plan
 - **Prospect days / individual showcases**
 - **Contact coaches consistently**
 - **Have your coach make calls**
- Summer
 - Pre, Post tournament
 - **Complete common App**
 - **Complete early look Fin Aid**
 - Plan fall campus visits

SENIOR YEAR TO-DO LIST



FINAL PUSH!!!!!!

- ☑ Review deadlines for applications (College and Internal)
- ☑ Collect recommendations
- ☑ Update your highlight tape

CREATE SHORT LIST

- ☑ Narrow your list of schools to 3 to 5
 - ⇒ Contact alumni at schools of interest
 - ⇒ Contact students at schools of interest
 - ⇒ Contact admissions / financial aid
- ☑ Set up official visits

KEEP COMMUNICATING!

- ☑ Stay in contact w/coaches on weekly basis
- ☑ Ask for where you stand/timeline for making offers
- ☑ Quickly let coaches know if you're no longer interested

FINAL PAPERWORK

- ☑ Request final amateurism certificate
- ☑ eligibilitycenter.org



FINAL DECISION TIME

- ☑ Negotiate financial aid package
- ☑ Send in deposit
- ☑ Sign up for orientation
- ☑ Send final transcripts



ACADEMICS



COLLEGE SELECTION



LAX BUSINESS



SUMMER WORK

BURNING RIVER LACROSSE

College Recruiting / Selection (Senior Year)

- Academics (Focus on grades!)
 - Review / Update your 4 year plan
 - Don't slack off!!!
 - **Review HS / internal deadlines**
- College Selection
 - Adjust your college list to 3 - 8 schools based on grades, focus and skills
 - **Oct 1 – FAFSA (Parents)**
 - Complete applications before deadlines
 - Apply for all scholarships
- Athletic
 - Watch de-commits for spots
 - **Contact coaches weekly / visits**
 - Let them know if you are not interested
 - **NLI /Final amateurism certification**
- Acceptances
 - **Review / discuss Fin Aid packages**
 - Send in deposit / acceptance
 - Send final transcripts
 - **Register for orientation (early)**
 - **Summer Training / Conditioning**

BURNING RIVER LACROSSE

College Recruiting / Selection (A List Of Don'ts)

- ***Don't take the "D1 or bust" route or limit yourself to just 1 or 2 schools.***
- ***Don't forget to check your e-mail / vm regularly, always respond to coaches quickly.***
 - *Don't burn any bridges or blow off coaches*
- *Don't have your parents contact the school for you.*
- ***Don't worry about what other players you know are doing, worry about yourself.***
- *Don't freak out if things are not progressing as quickly as you thought they would.*
- *Don't assume just because you have talent, schools will come to you – be proactive.*
- *Don't have a non professional e-mail address, voicemail or unset-up VM*
- *Don't screw up with social media / character matters – your actions can get coaches fired!*
- *Don't wear other schools gear on visits.*

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College Recruiting / Selection (Parents Role)

- Provide them with the skills they need to be successful - Study habits, expectations, etc
- Help them navigate the process – like a job search. You must hold hands, show them how, help write letters, proof emails, create resumes, review courses, provide advice, create questions to ask, do mock phone calls, etc. – they cant do it without you!!!
- Be honest from the start about your finances and what they can expect.
 - Help them make good decisions that set them up for the next 40 years.
- Don't make calls, write essays, etc for them - its not your college selection process, it is theirs
 - Help them learn to be responsible and own the process.

BURNING RIVER LACROSSE

College Recruiting / Selection (Re Cap - A List Of things to do's)

- Start early and make it a priority
- Create a plan and work it
- Make it a team effort (Parents, players, family, friends).
- Expand your skill set (communication, writing) and marketability (what are you selling?)
- Take charge. Reach out to coaches versus waiting for them to find you.
- Let schools know that you have an interest – don't hide it
- Contact other college personal (admissions, departments, etc)
- Get people on your side who can support your application
- Be professional (vm, email, social media)
- Accept that there will be hiccups, setbacks and disappointments. They don't define you!!



Questions and Answers

