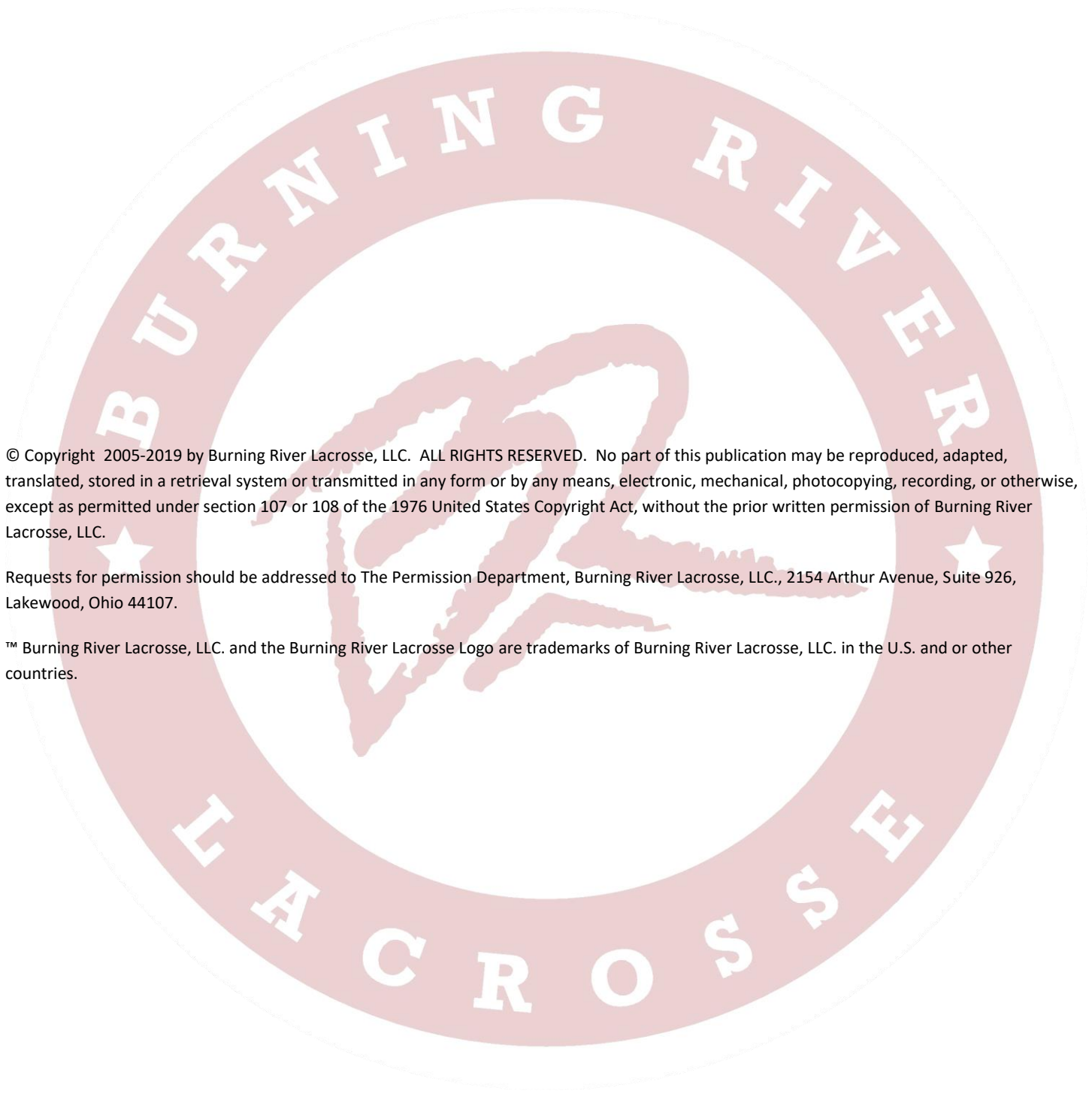




College Recruiting Timeline



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Freshman Year

Academics (Focus on grades!)

- **Aug/Sept** - Create a 4 yr plan setting out monthly & yearly goals
- **Aug / Sept** - Speak with a guidance counselor
 - Layout your 4 year schedule - Focus on classes (AP vs CCP)
 - NCAA core classes
 - www.ncaa.org/student-athletes/future/core-courses

College Selection

- **Fall** – Do a self-evaluation of your goals (coach, adult, counselor)
- **Fall** – Research / create a list of 15 to 20 colleges .
 - Focus on learning which attributes are important to you
 - Spread a fairly wide net – must have a theme
 - Playing versus on the Team – The D1 issue
 - Look at bios on current rosters for player achievements to see how you compare.
- Go to a 'College Fair' at school or in the community.

Athletics

- Create a plan to address your weaknesses.
 - Bigger, Faster, Stronger, Lax IQ, Slick Stick.
- Start contacting / emailing coaches, schools, programs.

Summer After Freshman Year

- **Pre-tournaments** - Email / contact coaches on your list w/schedule, grades and resume.
- **During / post tournaments** - Follow up with coaches after every tournament
 - How team did, how you did, etc.
 - Future events you are at

Sophomore Year

Academics (Focus on grades!)

- **Fall** - Review your 4 year plan and update your goals
- **Fall** - Meet with a guidance counselor - Review class schedule
- **December** - Take the ACT (Dec, April, July – you get them back)
 - Submit your scores to NCAA (code 9999)
- Take a speech class (eg Carnegie) to work on comm skills

College Selection

- **Fall** - Review your list of 15 to 20 colleges you're interested in.
 - Make adjustments based on Grades, Focus and Skills
- Go to a 'College Fair' or see college reps on campus
- Attend a 'Financial Aid' night offered at your school / community

Athletics

- **Aug** - Review /adjust your plan to address your weaknesses.
- **Aug / Sept** - Create a highlight tape – Connectlax
- **Aug / Sept** - Find prospect days to attend in the fall.
- **Fall** - Start contacting coaches, schools, programs
 - Include video link, info on yourself, info on their team
- **By May** - Register with NCAA & NAIA eligibility Centers
 - eligibilitycenter.org.
- Complete recruiting questionnaires for all schools on your list.

Summer After Sophomore Year

Athletics

- **Pre-tournaments** - Email / contact coaches on your list w/schedule, grades and resume.
- **During / post tournaments** - Follow up with coaches after every tournament
 - How team did, how you did, etc.
 - Future events you are at

College Selection

- Practice making phone calls with an adult prior to calling coaches
 - Important to learn good comm. skills.
 - Create list of questions to ask coaches.
- Create your "elevator" speech - in 30 seconds be able to effectively tell a coach why you are interested in their school and why you believe you would be a good fit for their program.



Junior Year

Academics (Focus on grades!)

- **Fall** - Review your 4 year plan and update your goals
- **Fall** - Meet with a guidance counselor - Review class schedule
- **October** – take [PSAT](#) (NHS)
- **December** - Take the ACT / SAT (ask for it back)
 - Submit your scores to NCAA (code 9999)
- **April / May** – Ask teachers / staff for recommendations
- **April or July** – Take the ACT / SAT if needed

College Selection

- **Fall** - Narrow your list of colleges to 10 to 15.
 - Based on your grades, your interests, your ability
- Go to 2-4 college presentations
- Set up unofficial visits to schools you're interested in.
- **April / May** – write your college essays for the common app.
 - Be your own advocate, stand out, sell why you.
 - Pick interesting topics / Avoid the same essay

Athletics

- **Aug** - Review /adjust your plan to address your weaknesses
- **Aug / Sept** - Update highlight tape and send it out
- **Aug / Sept** - Prepare for coaches phone calls
 - Call practice, elevator speech, questions for them.
- **Aug / Sept** - Find prospect days to attend in the fall.
 - If school is in top 3 or any local event that is under \$100
- **Sept / Oct** - Register for top individual summer showcases
 - Showtime, Blackcard, etc.
- **Sept / May** - Contact coaches consistently (weekly, monthly)
 - Let them know of your interest / no longer interested.
 - Be your own advocate & keep your name out there!
 - New video, grades, big games, etc.
 - How their programs are doing
 - Ask where do you stand / what is their timeline.
- **Dec / Jan** - Register for summer prospect days or showcases
- **Sept / May** – Ask your coach to call schools for you.
 - Have a reason why that school / coach.

Summer After Junior Year

Athletics

- **Pre-tournaments** - Email / contact coaches on your list w/schedule, grades and resume.
- **During / post tournaments** - Follow up with coaches after every tournament
 - How team did, how you did, etc.
 - Future events you are at

College Selection

- **July** – Complete your common app
- **July** – Complete early look financial aid
- **July** – Plan Fall campus visits
- **July** – Review / apply for scholarships
 - Every single one of them!
- Ask your coach to call schools for you.
 - Have a reason why that school / coach.



Senior Year

Academics

- **Fall** - Review your 4 year plan and update your goals
- **Fall** - Meet with a guidance counselor
 - Review internal deadlines for applications
- **Sept** - Take the ACT / SAT one last time if needed

College Selection

- **Aug / Oct** - Narrow your list of schools to 3 to 5
 - Academics
 - Contact Alumni at schools you have an interest in.
 - Contact students at schools you have an interest in.
 - Contact admissions / financial aid
 - Athletics
 - Stay in contact with coaches on a weekly basis.
 - Be your own advocate & keep your name out there!
 - Ask for where you stand / timeline for making offers
 - Quickly let coaches know if you're no longer interested
- **Aug / Sept** - Set up official visits to schools you're interested in.
- **Aug / Sept** - Get your recommendations if you haven't yet
- **September 15** – finish Common App
- **October 1** - Complete FAFSA form (Royal pain)
- **October / November** - Complete your college application.
 - Ohio State is a hard Nov 1 if you want financial aid.
 - Apply to all schools on your short list.
- **Aug / Feb** - Apply for scholarships
- **Dec / April** - Consider /respond to all written offers.
 - Review financial offers / make counter offers.
- **Dec / May 1** - Make the decision / send in deposit
- **May** - Send final transcripts
- **May** – Sign up for orientation (early)

Athletics

- **Aug** - Review /adjust your plan to address your weaknesses.
- **Aug / Sept** - Update highlight tape and send it out
- **Aug / Sept** - Arrange / Go on visits (see department)
- **Aug / Sept** - Attend prospect days at your schools if needed.
- **April / May** - Request your final amateurism certification
 - NCAA Eligibility Center - eligibilitycenter.org.

Overall

- Post nothing on social media you may later regret. Don't let a tweet cost you a spot.
- Watch de-commits for spots opening up
- Let us know when you make a commitment

Athletics (Summer)

- Work the strength /conditioning plan you are sent. Be in the best shape of your life come fall.

Don'ts:

- *Don't* forget coaches are looking at your character /grades before your athletics.
- *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. The recruiting process is a marathon not a sprint.
- *Don't* have your parents contact college coaches Advocate for yourself. (self-sufficient)
- *Don't* ask about scholarship money early on,
- *Don't* assume just because you have talent, schools will come to you – be proactive.
- *Don't* think anything is "owed" to you
- *Don't* send out mass e-mails. Personalize it by including something about the school / program.
- *Don't* contact coaches using a non professional e-mail address.
- *Don't* have a non-professional or un-setup VM.
- *Don't* forget to check your e-mail / voice mail regularly, always respond to coaches quickly.
- *Don't* take the " D1 or bust" route or limit yourself to just 1 or 2 schools. Have a healthy and varied list. You'll learn a lot about what appeals to you and what is the best fit for you.
- *Don't* burn any bridges. Be polite and respond to all e-mails. If you're certain you're not interested politely let them know. Remember, coaches talk to each other and coaches switch schools.