

The College Process

The World of College
Preparation

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Playing lacrosse can be a wonderful part of your college experience.

For Men's Division 1

Over 200,000 high school players compete for about 500 roster spots each year.

Less than 2% of high school players will make a Division 1 roster.

**Less than half of those players
will receive an athletic
scholarship.**

**How money is split depends on
the coach and the positional
needs of the program each year.**

THERE IS NO SET FORMULA

NCAA Lacrosse Scholarships: Men's

Maximum Scholarships 12.6 (D1) 10.8 (D2)

Scholarships per year 3.15 (D1) 2.7
(D2)

Fully Funded Programs 59 (D1) 47 (D2)

Chances of getting any
scholarship \$

0.89%

If you are playing lacrosse to fund your college education you are most likely on the wrong track.



If you love playing lacrosse it can facilitate a wonderful college experience.

**A great lacrosse experience
can be found at any level**

Men's

70 Division I Teams

65 Division II Teams

227 Division III Teams

91 MCLA DI Teams

123 MCLA DII Teams

30 Junior College Teams

606 total teams

Academics First



Important Academic Points

What is your GPA?

**How hard are you working in the
classroom?**

What are your test scores?

What classes are you taking?

**What are you doing
outside the classroom?**



**Colleges want well rounded
students.**

Colleges want good people.

**Are you ready to go when the
opportunity comes?**

College Savings

Research Financial Aid - FAFSA

Other Scholarship Opportunities

Summer Job

Academic Fit

ACADEMIC QUESTIONS

- 1. Does the school have a good reputation academically?**
- 2. Does the school offer my preferred major?**
- 3. Are my grades and test scores good enough to gain admission?**
- 4. Does the school fit with my academic ability?**
- 5. Does the athletic department provide an academic support program for student-athletes?**
- 6. Does the athletic department have a study hall program for student-athletes?**
- 7. Does the school have their own academic requirements to play beyond the NCAA?**
- 8. Can I be a successful student AND athlete in my preferred major?**
- 9. Does the school give athletes first choice for classes?**
- 10. Does the coaching staff assist the players with forming class schedule?**

Social Fit

SOCIAL QUESTIONS

1. Would I get along with players currently on the team?
2. Do I fit in with the student body as a whole?
3. Does everyone stay on campus during the weekends?
4. If lacrosse wasn't in the picture, would I want to go to this school?
5. Are there other activities that interest me?
6. Are lacrosse players permitted to take part in travel abroad programs?
7. Do I feel the size of the school is the best fit for me?
8. Is the school situated in a climate I like?
9. Am I comfortable with the distance from home?
10. Is there a good relationship between the local community and the school?

Athletic Fit

ATHLETIC QUESTIONS

1. Has the school offered me a slot in their recruiting class?
2. How many kids are they bringing in each year?
3. Does the current roster leave room for my position?
4. Does my style of play fit with the school's style of play?
5. How well is the program funded?
6. Do they have a structured strength and conditioning program?
7. Does the school have the facilities that will help me get better?

Post Graduation Support

What will your School do for you?

What will your fellow alumni do for you?



Recruiting Timeline

Freshman Year

Develop Your Game

Take Care of the School Work

Enjoy other Activities

Begin to Research Colleges

Rising Sophomore Summer

Develop Your Game

Read

Lacrosse Resume and Video

Think Hard About College Options

Visit Colleges

Begin to Play in Showcases

Sophomore Year

Develop Your Game

Take Care of the School Work

Continue to Attend Showcases

Refine your List of Potential

Colleges

Contact Coaches

Visit Colleges

Lacrosse Resume and Video

Rising Junior Summer

Develop Your Game

Read

Lacrosse Resume and Video

Continue to Contact Coaches

Play in Recruiting Showcases

Narrow College Options

Visit Colleges

Junior Year

**Continue to Work at School and
Lacrosse**

SATs and ACTs

Refine Lacrosse Resume

**Step up Communication with
Coaches**

Play in Recruiting Showcases

Narrow College Options

Rising Senior Summer

Develop Your Game

Read

Continue to Contact Coaches

Play in Recruiting Showcases

Narrow College Options

Visit Colleges

Be Realistic About Options

Senior Year

Continue Develop Your Game

School Work

Continue Communication with
Coaches

Play in Recruiting Showcases

College Decision Time

Official Visits

Be Realistic About Options

Lacrosse Resume and Video

Basic Information

Transcript

Events

Contacts and References

Game Film

Highlight Video

Keep Up to Date

Keep it Clean and Simple

**Little Things that you may not
realize as important things...**

**Facebook, Twitter, Instagram,
Snapchat
Etc.**

People are looking at your profiles

**Your Appearance and how you act towards
your Mom and Dad in meetings.**

**You only have one chance to make a first
impression.**

Communication and Follow Up

Communication is confidence.

**Coaches like Confident Players - not
Cocky,
Confident**



Best Place for Rules Information
Rules Compliance
Eligibility

What You Need To Do

BE THE BEST

YOU

THAT *YOU*

CAN BE!

Work Hard in School

Develop Your Game

Be a Leader On and Off the Field

Do Your Research on Schools

Communicate Effectively

Be Realistic

Take Responsibility for Your Success

Make Good Decisions!

Watch what you put into your system.
You work very hard to prepare your body to
be successful. Drugs and alcohol can
damage
that. The best way to know it won't mess
with your system is not to do it.

It is never too early to start this process, those who succeed do so because of the planning that started, years in advance.

There is no lottery in the world of success – there is truly only one formula – plan, organize, set goals, work really hard, evaluate and attack – never be satisfied until you achieve your goal then keep striving for more.

