



Mastering the Maze of College Lacrosse Recruitment

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For aspiring college lacrosse players and their families, the recruitment process can be daunting. In this comprehensive guide, we provide up-to-date information on everything you need to know about the recruitment process, including the role of standardized tests such as the ACT/SAT, as well as insights on the different types of schools such as WCLA/MCLA, NAIA, NCAA, and JUCO.

It is important to keep in mind that opportunities for athletic scholarships in lacrosse are limited. For instance, NCAA Division 1 Lacrosse Programs can offer the equivalent of 12.6 Athletic Scholarships for Men and 12 for Women, while Division 2 Schools have 10.8 for Men and 9.9 for Women. Additionally, Division 3 schools don't provide athletic scholarships, but they can offer academic support. Furthermore, each college only graduates about 20% of their 40 to 50 player roster each year, meaning there are only 8 to 12 roster spots available for lacrosse players at each college annually. Aside from variations in academic ratings, the main differences between NCAA Division 1, 2, and 3 lacrosse programs revolve around the level of financial support that the lacrosse program receives from the college. Division 1 colleges generally offer more athletic and academic scholarships, better facilities, and more alumni support. Division 1 institutions also have more demanding daily training programs and higher expectations of their players. However, Division 2 and 3 colleges still offer excellent lacrosse programs, although with fewer scholarship opportunities.

In addition to NCAA schools, WCLA (Women's Collegiate Lacrosse Association), MCLA (Men's Collegiate Lacrosse Association), NAIA (National Association of Intercollegiate Athletics), and JUCO (Junior College) schools also offer lacrosse programs. These schools provide varying levels of competition and scholarship opportunities. WCLA/MCLA schools are typically smaller and do not offer athletic scholarships, while NAIA schools can offer athletic scholarships but do not have as many lacrosse programs as NCAA schools. JUCO schools are two-year colleges that offer athletic scholarships and can provide a pathway for student-athletes to transfer to a four-year institution to continue their lacrosse career and education. For players, it's crucial to prepare for the ACT/SAT as early as possible since many colleges use these tests to evaluate potential student-athletes, and a strong score can increase a player's chances of being recruited. However, it's important to note that not all colleges require the ACT/SAT, and some may have different requirements for international students.

When a college coach expresses initial interest in a student-athlete, it's important to keep the dialogue going in order to build a relationship and increase the chances of being recruited. One way to do this is by responding promptly to messages or emails from the coach. This shows that the student-athlete is engaged and interested in the recruiting process. It's also a good idea to ask questions in response to the coach's messages, such as asking about the team's playing style or what the coach is looking for in recruits. This demonstrates that the student-athlete is invested in learning more about the program and the coach's goals.



In addition to responding promptly and asking questions, student-athletes can keep the conversation going by sharing updates about their athletic and academic progress. For example, if the student-athlete achieves a personal best in a game or receives a good grade in a challenging class, they could send an update to the coach. This shows the coach that the student-athlete is working hard and continuing to improve, which can increase their value as a recruit. By keeping the dialogue going and demonstrating their commitment to both athletics and academics, student-athletes can build strong relationships with coaches and increase their chances of being recruited.

For lacrosse recruiting, the NCAA has established different communication and contact periods for different divisions. Division 1 lacrosse coaches can begin communicating with prospective student-athletes on September 1 of their junior year, while Division 2 lacrosse coaches can begin having in-person contact with prospects on June 15 after their sophomore year. It's important for both student-athletes and coaches to stay up-to-date on the specific rules and guidelines that apply to their sport and division, as the NCAA may make changes or updates to the recruiting calendar.

When it comes to the college athletic recruiting process, both student-athletes and college coaches need to carefully consider their options. In many cases, coaches will express interest in specific student-athletes, and students may have their own preferences when it comes to choosing a school. However, before any decisions can be made, it's important for both parties to get a sense of what the school has to offer. That's where official and unofficial visits come into play. Official visits and unofficial visits are both important aspects of the college athletic recruiting process. Official visits are organized and paid for by the college or university and are usually limited to a specific number of days. During an official visit, the student-athlete will have the opportunity to tour the campus, meet with coaches and players, attend athletic events, and experience the overall atmosphere of the school. Official visits are a critical part of the decision-making process for both the athlete and the school, as they allow the athlete to fully immerse themselves in the school's culture and get a sense of what it would be like to attend that school. According to NCAA rules, a student-athlete can take up to five official visits to different colleges or universities.

Unofficial visits, on the other hand, are not organized or paid for by the school. Instead, the student-athlete and their family are responsible for arranging and covering the expenses of the visit. Unofficial visits can be an excellent way for the athlete to get a more personal and informal impression of the school. These visits can be shorter and more flexible, allowing the athlete to connect with coaches and players on a more personal level. While unofficial visits may not offer the same level of structure and organization as official visits, they can still provide valuable insights into the school's academic and athletic programs, as well as its overall culture and community. Both official and unofficial visits are crucial components of the college athletic recruiting process. They offer valuable opportunities for student-athletes to learn more about the schools they are considering, and for coaches to evaluate potential recruits in person.



Verbal commitments are an important part of the recruiting process in college athletics. Essentially, a verbal commitment is a non-binding agreement between the student-athlete and the college or university. It is a promise from the athlete to attend the school and participate in their athletic program. Typically, a verbal commitment is made after the athlete has been offered a scholarship by the school. Verbal commitments are not legally binding, which means that the student-athlete is free to change their mind at any time before they sign a National Letter of Intent. However, verbal commitments are seen as a significant step in the recruiting process because they provide a strong indication of the athlete's intentions and allow the coach to begin planning for the future. For the student-athlete, making a verbal commitment can be a way to secure a spot on the team before the official signing period. It can also provide a sense of relief and reduce stress during the recruiting process. However, it's important to remember that a verbal commitment is not a formal commitment until the student signs the National Letter of Intent. It's also worth noting that verbal commitments can be broken by either the athlete or the school. If a student-athlete decides to decommit from a school, they will need to notify the coach and the school of their decision. While it's not ideal to break a verbal commitment, it's important to make the right decision for the athlete's future. Coaches can also withdraw scholarship offers, but they must notify the student-athlete in writing and provide a reason for the withdrawal.

The National Letter of Intent is a legally binding agreement between the student-athlete and the school, outlining the terms of the athlete's scholarship and commitment to attend the school. Signing Day is the day when student-athletes can officially sign their National Letter of Intent, and it is a highly anticipated event for both the athletes and the schools. While athletic ability is undoubtedly crucial for college coaches, they are also searching for athletes who are committed to their personal and academic growth. Coaches look for student-athletes who demonstrate a strong work ethic, good sportsmanship, and leadership both on and off the field.

Social media can be a powerful tool for student-athletes looking to get recruited by colleges for sports. By showcasing their athletic abilities and building a personal brand online, student-athletes can increase their visibility and attract the attention of college coaches. Posting videos of themselves playing their sport can provide coaches with an opportunity to see their skills and potential as a recruit. Additionally, building a personal brand on social media can help student-athletes stand out from other recruits and create a positive impression with coaches.

However, it's important for student-athletes to use social media appropriately and responsibly. Inappropriate content, such as offensive language, images, or posts about drugs or alcohol, can damage a student-athlete's reputation and hurt their chances of getting recruited. It's also important to note that coaches often use social media to research potential recruits, so student-athletes should be mindful of what they post and how they present themselves online. By using social media effectively and responsibly, student-athletes can increase their chances of getting recruited and achieving their goals as collegiate athletes.



When creating a highlight reel for lacrosse, student-athletes should aim to showcase their versatility and well-roundedness as a player, rather than just focusing solely on scoring goals. While scoring goals is an important part of the game, coaches also want to see a player's ability to make smart passes, play defense, and contribute to the overall success of the team.

Here are some types of clips that could be included in a lacrosse highlight reel to showcase a player's versatility:

- **Offensive skills:** Include clips of goals scored, but also highlight other offensive skills such as dodging, feeding assists, and creating scoring opportunities for teammates.
- **Defensive skills:** Include clips of successful defensive plays such as ground ball pickups, interceptions, and checks. Showcasing strong defensive skills can demonstrate a player's ability to contribute to the team in multiple ways.
- **Face-offs:** If the player is a face-off specialist, include clips of successful face-offs and ground ball pickups.
- **Hustle plays:** Include clips of the player hustling on the field, such as chasing down loose balls or sprinting to make a play.
- **Athleticism:** Showcase the player's athleticism through clips of impressive moves or plays, such as a behind-the-back pass or a diving shot.

By including a variety of clips that highlight different aspects of their game, student-athletes can demonstrate their versatility and potential as a recruit.

Being a great student-athlete means balancing athletic pursuits with academic responsibilities, and continuously striving to improve both areas. Furthermore, college coaches often value communication skills and a positive attitude. They want student-athletes who are proactive in their recruiting process and can effectively communicate with coaches and admissions officers. A positive attitude can also go a long way in making a good impression and demonstrating a willingness to work hard and learn. Ultimately, becoming a successful student-athlete requires a significant amount of commitment and dedication. It involves prioritizing both athletic and academic development, as well as being proactive and open to exploring a range of different academic and athletic options. With the right mindset, support system, and work ethic, student-athletes can achieve their goals and make the most of their college experience both on and off the field.



Prospective Student-Athlete Checklist

- Review the [NCAA Recruiting Calendar](#) to check for important dates.
- Research the athletic programs at the colleges you're interested in. Look at their team rosters, schedules, and statistics to get an idea of their level of competitiveness and how you might fit into their team.
- Meet with your high school counselor to discuss academic requirements for NCAA, WCLA/MCLA, JUCO or NAIA eligibility. Make sure you're on track to meet those requirements and get any necessary help to improve your grades or test scores.
- Take challenging courses that will prepare you for college-level work and help you meet NCAA, MCLA, or NAIA eligibility requirements.
- Calculate your GPA using the grading scale used by your high school and the NCAA, MCLA, or NAIA. Make sure you're using the correct scale and that you're factoring in all of your grades, including AP and honors courses.
- Contact college coaches and express your interest in their program. Provide them with your athletic and academic resume, highlight videos, and transcripts. [How To Write An Email To A College Coach / How To Get Recruited](#)
- Attend showcases, tournaments, and camps to showcase your skills and get exposure to college coaches.
- Register with the [NCAA Eligibility Center](#) (if you're interested in playing in the NCAA) or [NAIA Eligibility Center](#) (if you're interested in playing in the NAIA) to make sure you're eligible to play and receive scholarships.
- Visit the schools you're interested in and meet with coaches and current student-athletes. Get a sense of the campus culture and what it would be like to be a part of the team.
- Stay on top of your academics and athletics during your senior year. Continue to work hard in the classroom and on the field, court, or track.
- Prepare for the transition to college athletics by staying in shape, practicing your skills, and getting to know your new teammates and coaches.
- Create a list of potential reference writers, such as coaches, teachers, and counselors.
- Ask your potential reference writers if they would be willing to write you a recommendation letter for your college applications. Make sure to give them plenty of time to write the letter and provide them with any necessary information they may need.
- Provide your reference writers with a list of the colleges you're applying to and any specific information they should include in their letter, such as your athletic achievements and academic strengths.
- Check with the schools you've applied to to make sure they've received all of your application materials, including your reference letters.