

Mass Elite College Process Guidelines.

Freshman: Make a personal decision that you want to play in college and mentally prepare for the work necessary to achieve that goal.

Fall: academics and fall sport, as many lax practices and tournaments as possible. The only way to get better is to PLAY! A LOT!!

Winter: academics, winter sports, consider a winter lax camp or clinic. lax practice, personal fitness.

Spring: challenge yourself at practice every day. Don't worry about the team you are on, be the best on that team.

Summer: 3-4 lacrosse tournaments. 2 camps at schools that might be an academic fit. Start visiting college campuses to get a feel for where you can see yourself going to school.

Sophomores: research and identify colleges that you might be interested in. prepare an academic/athletic profile. START communication.

Fall: academics! Fall sport! play in a recruiting tournament, attend as many practices and tournaments that you can. meet with school guidance counselor to identify schools that are an academic fit.

Winter: academics! Winter Sport! consider a winter camp at a college that might interest you. Write an introductory e-mail to several college coaches; include academic standing, include summer tournament and camp schedule, complete any on-line recruiting questionnaires. Research what camps the coaches that you want to get in front of are working.

Spring: academics and LAX! Get competitive! Practice game like every day! Go to some college games, introduce yourself to the coaching staff. Try out for LNE team. Finalize summer schedule and make sure coaches know what you will be attending.

Summer: 3-4 tournaments, 2-3 camps. Continue researching and visiting schools. Continue communication with schools of interest. Always write a personal thank you for all visits at colleges. Take August off, go to the beach but stay in shape!

Juniors: Attack. Be PROACTIVE. Never say never; look at a few reaches, a few perfect fits and a few fall back schools

Fall: academics and fall sports! September 1st coaches can contact you by mail. Schedule unofficial college visits to the schools you are interested in. COMMUNICATE with coaches that have reached out to you, failure to respond may be misconstrued as lack of interest. If you are not interested, respectfully suggest that you are looking at other schools. Write thank you e-mails for all visits to coaches, assistants, players; anyone that has shared their time with you. Attend as many junior days as possible. Attend tournaments at colleges that you are interested in, communicate with the staff that you will be there and communicate if for some reason you will not be there. Consider putting together a game or highlight DVD. Students should register with the NCAA Eligibility Center at the beginning of their junior year. NCAA.org

Winter: academics and winter sports! Continue college visits. COMMUNICATE. Scan transcripts and SAT, ACT scores and attach to your e-mails. Always bring copies of your profile and transcripts to college visits. Take the admissions tour and learn as much about the school as possible. Ask the coaching staff to arrange a personal tour with a lacrosse player, look at current rosters for Mass Elite Alumni.

Spring: academics and lax, your year to be the best; demonstrate your leadership abilities, stay focused. Try-out for the Under Armour Junior AA team and LNE team. Speak with your guidance counselor about NCAA eligibility: a transcript, which includes six semesters of grades, should be sent to the Eligibility Center from the high school. students should have their SAT, ACT scores forwarded directly to the Eligibility Center.

Summer: 3-4 recruiting tournaments, 2-3 camps at the schools that you have been working with. July 1st coaches can contact you; even if you are not interested, always answer respectfully. Start to narrow your list, communicate with coaches where you stand on their lists.

Seniors: don't stress, allow the process to happen. The more stressed you are the more balls drop and caused turnovers increase....

Fall: academics and fall sports...you are not admitted yet. Keep working. Don't get discouraged if you have not finalized your decision, or your dream school just fell through. RE-ATTACK! Play in as many fall tournaments as you can. Attend practice...especially if you have hopes of actually playing in college! Schedule official visits. If all fails, apply to several schools of interest and approach the coaching staff about the possibility of 'walking' on.

Winter: academics and winter sports...complete applications. Contact admissions and make sure everything is in.

Spring: take your team to states! Celebrate your college acceptance! Thank your coaches!! They believe in you!!

Summer: get a job and pay your parents back some of their lacrosse investment! Play in a summer league and attend the camp of the school you plan on attending. Attack your college summer fitness plan with confidence and determination, you can still be cut for a team that has recruited you. Getting in great shape and practicing your stick work will help you with fall ball, team try-outs and playing time!

College Process Checklist:

___ compose introductory e-mail. Profile or lax resume.

___ create a list of colleges that you are interested in.

- a. Research
- b. Academic fit
- c. Programs of interest
- d. Size, location, how competitive.

___ complete on-line or mailed questionnaires

___ high school coach and club coach questionnaires

___ respond to ALL correspondence from colleges

___ NCAA website.

___ IWLCA website recruiting page

___ Mass Elite website recruiting page

___ complete Mass Elite player profile

___ meet with high school guidance counselor

___ follow up e-mails with transcripts attached.

___ plan summer schedule; tournaments and camps

___ plan college visits; tour school, interview with coaching staff, meet players

Create a Folder for every college you are interested in. put the following check list on each folder:

___ Introductory e-mail sent.

___ profile or resume sent.

___ lacrosse questionnaire complete

___ copy all e-mails sent and received.

___ college campus visit and junior days

___ thank you e-mail sent after visit.

___ transcripts and scores sent.

___ follow up e-mail, what camps and tournaments you will be at.

___ follow up e-mail, additional academic information, scores, spring season highlights.

___ game tape sent if requested

___ attend a game, meet with coaching staff.