

College Recruiting

STX sat down with some of the most successful coaches in college lacrosse and asked them what high school player's should and shouldn't do when they are being recruited. Here are the top 10 Do's and Don'ts for recruited student athletes at the high school level:

10. When **narrowing down your schools**, have a few schools in each category (dream school, great school, safety, etc.), this way you are safe all the way through the process.
9. When you **e-mail or write a coach** about your interest, make sure you include your home address and phone number as well as what grade you are in at the time.
8. If you decide to take an **unofficial visit** with your parents on campus or a coach comes to your home, let the player do the talking and answer the questions, not the mother or father.
7. When you play in **tournaments** where you know there will be a lot of college coaches, make sure that your coach has given the tournament directors the correct numbers and names of the players so the college coaches know who they are evaluating. You want the college coach to be evaluating you and not someone else because of an incorrect roster. When you play in the tournament check the rosters at the start of the tournament to make sure you are represented properly (number, address, age, year in school, etc.).
6. **Be pro-active** in finding out about a school, and don't believe what your friends say or what you read on the internet. People like different things so take unofficial visits to the places you are interested in.
5. **When a coach calls you**, ask questions to the coach that you think are important, and don't freeze when the time comes to ask them. Everyone has different needs and dreams, and sometimes you go to a place as a freshman and it's not what you think it was. This is often not the Coaches fault, but rather the athlete not doing his homework on the school.
4. If you decide to send a coach a **film or video** of you playing, make sure you send an entire game, not just highlights. The perfect video is a short highlight and the entire game as well. Make sure you list your number and the color of the jersey as well.
3. When you are competing in front of college coaches, you are being evaluated on a lot more than how skilled you are as a lacrosse player. Your **attitude**, how you treat your teammates, how hard you play and how you act on the sideline are equally as important as anything else.
2. During the recruiting process **be completely honest with the coaches**. If you commit to a school go out of your way to let all of the other schools know that you have committed so they don't waste their time on you and can move on.
1. When you decide to **take an official visit to a school**. Remember that you are not only evaluating the school you are visiting, but the coaches and the players are evaluating you as well. Be a standup person and carry yourself in a way that is respectful and courteous to those around you. No matter how good a player you are, if the players and coaches don't like you they will stop showing interest in you.