

# Players 360 Recruiting Workshop – Summer 2017 <sup>1</sup>

## Emailing College Coaches

- ❖ If you are looking to play lacrosse in college it is YOUR job to contact college coaches
  - Especially if you are looking DI or DII where they cannot make contact with you early on
- ❖ Your first email
  - Clear introduction that you are interested in their program.
    - Why you are interested in the school & the program
    - Find facts on the web site
      - Example: Gettysburg College “Congratulations on winning the National Championship”
  - Club Team Info & Tournaments
    - Club Team
    - Club Coach & Contact Info
    - Jersey Number
    - Tournaments you are participating in
  - Attachments to the email
    - Recruiting Resume
    - Highlight Video
- ❖ Pay attention to details:
  - If you are copy and pasting an email make sure you make all the correct changes. Coaches names, School, correct facts.
- ❖ Avoid Mass Emails
  - It is very clear when you receive an email that has been sent to multiple schools, it is not personal at all.
  - Emails sent to every recruiting coach normally get some type of negative talk on the sideline (we are all friends with one another—we talk too)

## Example Email:

Dear Coach Fried,

My name is Reilly Armstrong, and I am a junior at Langham Creek high school in Houston, Texas. I play goalie for Tenacity Texas Green, Jersey number 84, coached by Amy Markwort.

My NCAA clearinghouse number is [1xxxxxxx4](#)

I am interested in the academic and athletic programs at Aurora University, and hope that you get to watch me play sometime this fall and winter. I will be playing in the following tournaments:

President’s Cup, Nov 21-23, Orlando FL

Sandstorm, Jan 16-18, Palm Springs CA

Feel free to contact my coaches at: [amymarkwort@tenacity10.com](mailto:amymarkwort@tenacity10.com) OR [theresasherry@tenacity10.com](mailto:theresasherry@tenacity10.com) if you would like feedback on my play.

For your reference here is my upcoming President’s Cup Game Schedule in case you have a chance to watch me play

Friday 11/21 6:00 PM vs. Intrepid 2015

Saturday 11/22 9:00 AM vs. Indy United Orange

Saturday 11/22 9:00 AM vs. Thunderbird HX Black

Sunday 11/23 11:00 AM vs. Garden State Elite

Have a great week!

Sincerely,

# Players 360 Recruiting Workshop – Summer 2017 2

Reilly XXXXXXXX

## Lacrosse Resume

- ❖ What to include:
  - Contact Info
    - Add a sports picture
  - Club & High School Coach Contact Info
  - High School Info
    - GPA-be careful if you school has weighted GPA
    - ACT or SAT scores (PSAT)
    - Intended college major
  - Playing Experience
    - High School, Club, Camps
    - Any awards you have received and TOP stats
- ❖ Stats can help and harm
  - Scoring 10 goals against the worst team in the conference is not impressive
  - Scoring 2 goals, 2 assists against the top team in the conference is impressive
    - Season highlights vs Season Stats
- ❖ Avoid:
  - Anything that is unimportant in the recruiting process.
    - Favorite Color
    - Favorite Food
    - Excessive info about your family or a Pet

## Lacrosse Resume Example:



**COURTNEY XXXXXX**  
xxx Elderberry Drive  
Hawthorn Woods, Illinois 60047  
Home: xxxxxx-xxxx  
Cell: xxx-xxx-xxxx  
xxxxxxxxxxx@comcast.net  
Highlight Video @  
<https://youtu.be/ahlsaTah-4M>



### ACADEMIC INFORMATION:

Lake Zurich High School, 300 Church Street, Lake Zurich, IL

Academic Interest: Psychology, Nursing and English/Writing/Communication/Media

Classes: AP World History, AP English, AP Psychology, Honors Biology, Honors Spanish, Honors Physical Science, Honors Anatomy, Honors U.S. History, Journalism, and Creative Writing.

Graduation Year: 2017

GPA (2013-2015): 4.0/4.0

### ATHLETIC INFORMATION:

## Players 360 Recruiting Workshop – Summer 2017 <sup>3</sup>

**Northwestern Wildcat Elite Club (WEC) 2017, (2013-2015)**

**Position: Goalie/Midfielder      Jersey #: 23**

Coach:            Bea Conley/ [bconnu1@gmail.com](mailto:bconnu1@gmail.com)/ (585)-269-9482

Club Contact:   Blake Schierer/ [bschierer@womenslax.com](mailto:bschierer@womenslax.com)/ (847)-563-8672

Tournaments:

Capital Cup Tournament, VA (2014, 2015)	Northwestern University 5v5, IL (2014)
Champions Cup Tournament, VA (2014, 2015)	Sandstorm Tournament Palm Springs, CA (2014)
Indian Prairie Showdown, IL (2013,2014,2015)	Mid Atlantic Showcase, MD (2013, 2014)
Augustana Best of Midwest Challenge, IL (2014-2015)	Midwest Showcase at Loyola, IL (2013, 2014)
Field of Screams, IL (2014-2015)	*(WEC High School “A” Division Champions)
The Grind Tournament, PA (2014)	Notre Dame 5v5 Tournament, IN (2013)
Hannigan-Galipault Tournament, OH (2014)	Lakeshore Summer Warm Up, IL (2013)
Marquette University Fright Fest 5v5, WI (2014)	Pipe City Tournament, IL (2013)
President’s Cup, FL (2014)	

**Lake Zurich High School Varsity Lacrosse, (2014-2015)**

**Position: Goalie                                  Jersey #: 23**

Coach: Megan Pender/ [megan.pender@lz95.org](mailto:megan.pender@lz95.org) / 847-833-7203

- ***2014 and 2015 North Suburban Conference Girls Lacrosse All Conference Team.***
- ***2015 North Suburban Conference Champions, Sectional Champions and Elite 8 in state of Illinois.***
- ***Provided below are IHSWLA Statistics and Ranking for 2014 and 2015:***

<b>IHSWLA Statistics</b>	<b>2014</b>	<b>2015</b>	<b>% Improvement</b>
Saves	187 (Ranked #1)	172 (Ranked #4)	
Goals Allowed Average	9.56	7.18 (Ranked #7)	25%
Save %	52.10% (Ranked #12)	58.50% (Ranked #5)	12%

### **Camps:**

Villanova University Goalie Clinic (2015)

Bill Pilat’s Goalie School (2014)

Denver’s Baltimore Satellite Clinic (2014)

Northwestern Elite Goalie Camp (2013)

Marquette University Men’s Lacrosse Goalie Clinic (2012)

### **Other Sports:**

Cross Country, 2009-2013; Track, Boy’s Baseball (Catcher), Gymnastics, Martial Arts, Boxing

### **EXTRA CURRICULAR ACTIVITES:**

Member of the Barrington Children’s Choir (2007-2015). Performed in Italy in the summer of 2015.

Acapella Group

Enjoys singing, performing and attending musical theater including opera.

## Players 360 Recruiting Workshop – Summer 2017 <sup>4</sup>

Member of the Bear Facts High School Newspaper.  
Habitat for Humanity member  
National Honors Society Leader

### Online Recruiting Questionnaires

Make sure to fill out an online recruiting questionnaire for any colleges you are interested in. Fill in as much information as possible. Coaches can then run searches on their end if they are looking for a specific type of athlete. They will also know if you are going to be attending IWLCA tournaments.

**Example 1:** I am looking for a lefty attacker with a minimum 3.7 gpa in order for them to be accepted into my school. I will run the search based on all the girls who have filled out my online questionnaire and know what girls to contact.

**Example 2:** I am heading to IWLCA Midwest Cup who uses Coach Packet—My recruiting questionnaires are linked to the tournament so I know when girls in my data base are playing. I can then evaluate their play, give them a ranking. Head back to my college camps and send all my 5 star recruits an email to our upcoming prospect camp.

### New DI Recruiting Rules Highlights:

This is the exact email that was sent to all college coaches about the new recruiting legislation that has been implemented. Notice it only applies to DI, DII and DIII have different rules.

Dear Members of the Lacrosse Community,

Last Friday, April 14, 2017 brought a major change in recruiting for our Division I men's and women's lacrosse coaches and prospective student-athletes ("PSAs"). The NCAA Division I Council passed a proposal that establishes **September 1 of a prospect's junior year** as the date when all recruiting contact can begin between a Division I lacrosse coach and a PSA.

**This new legislation became effective immediately.** Initially, there was some confusion as to the date when this rule would begin. The NCAA confirmed quickly that the new rule was final on **April 14, 2017** (not April 26 or August 1).

Many questions have come up about how this rule will apply in various situations. As we seek further interpretation from the NCAA, we can confirm the following points unequivocally:

- **Club and high school coaches may NOT be used to circumvent recruiting contact rules.**
- **Direct messaging to PSAs [Prospective Student Athletes] through these third parties is NOT permissible.**
- **Communication about verbal offers through these third parties is NOT permissible.**

Of course when it comes to competitive coaches always looking for a way to "Win" we received a follow up email with a camp loophole correction:

**Camps and Clinics Loophole Closed** - Effective **June 12**, recruiting conversations between Division I coaches at camps or clinics before September 1 of a prospective student-athlete's junior year are not permissible. This is a "**modification of wording**" to the NCAA lacrosse early recruiting legislation passed on April 14, 2017. This modification was just approved by the Division I Council on Friday, June 9, 2017. *What this means:* no recruiting contact with a lacrosse PSA or his/her

## Players 360 Recruiting Workshop – Summer 2017 <sup>5</sup>

family anywhere, by any means, before September 1 of junior year. This is a "*bright line rule*" intended to set a clear point in time when recruiting contact may begin in lacrosse.

