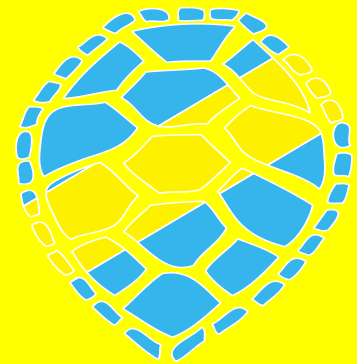


LOGGERHEAD RECRUITING GUIDE

A GUIDE TO HELP YOU REACH YOUR ULTIMATE LACROSSE GOAL
NCAA LACROSSE – DI, DII, DIII
COLLEGE CLUB LACROSSE
HIGH SCHOOL TEAM IMPACT

COLLEGE MEN'S LACROSSE PROGRAMS

- 73 DIVISION I PROGRAMS:
 - ~13 scholarships per program,
 - ~39 players per program
- 74 DIVISION II PROGRAMS:
 - ~11 scholarships per program
 - ~40 players per program
- 240 DIVISION III PROGRAMS:
 - no athletic scholarships,
 - opportunity for grants, academic scholarships, etc.
- 340 COLLEGE CLUB PROGRAMS



COLLEGE COMMITMENTS

- DIVISION I COACHES CAN COMMUNICATE WITH YOU ON SEPT. 1ST OF JUNIOR YEAR: [D1 RECRUITING GUIDE](#)
- DIVISION II: [D2 RECRUITING GUIDE](#)
- DIVISION III:
 - LESS REGULATED BUT A MUCH SLOWER PROCESS.
 - EXAMPLE: IN THE SUMMER/FALL OF 2018 COACHES ARE FINALIZING THEIR 2019 CLASS; START WORKING ON 2020 IN THE SUMMER OF 2019.



Note: If you have trouble with links above, type in these web addresses:

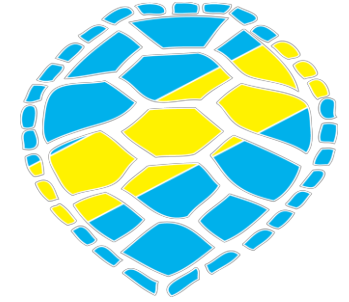
D1: <http://www.ncaa.org/sites/default/files/Division%20I%20Recruiting%20Overview%20Chart2014.pdf>

D2: <http://www.ncaa.org/sites/default/files/DII%20Recruiting%20Guide2014.pdf>

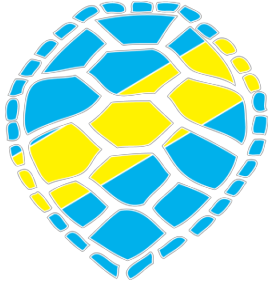
THE PLAYER MUST OWN THE RECRUITING PROCESS

- THE PLAYER MUST COME UP WITH HIS REALISTIC WISH LIST OF SCHOOLS
 - STRETCH
 - IN HIS “WHEELHOUSE”
 - SAFETIES
- THE MORE THE PLAYER IS INVOLVED, THE HIGHER THE SUCCESS RATE
- THE PLAYER MUST LEAD THE COMMUNICATION PROCESS
 - IT IS NOT PART OF THE PARENT’S OR COACH’S ROLE TO SEND EMAILS .
 - **IT REFLECTS POORLY ON THE PLAYER IF A PARENT TRIES TO LEAD THE COMMUNICATION**
 - PARENTS CAN PUSH AND GUIDE BUT ALL COMMUNICATION MUST COME FROM THE PLAYER
- WE WILL WORK AS HARD AS THE PLAYER TO GET THE PLAYER RECRUITED
 - KEEP UP INFORMED OF ALL COMMUNICATION WITH COLLEGE COACHES
 - CC US ON EMAILS; LET US KNOW OF CALLS MADE OR RECEIVED; INFORM US OF PROSPECT DAYS ATTENDED OR VISITS.

HOW TO PICK A COLLEGE

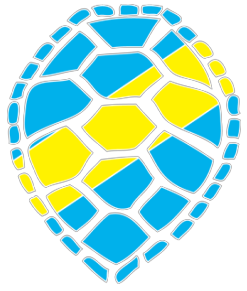


- WHAT DOES THE PLAYER WANT OUT OF A SCHOOL?
- HAVING NO IDEA CREATES A LARGE NET THAT MAKES IT VERY DIFFICULT TO NARROW DOWN AND FOCUS ON KEY SCHOOLS TO TARGET.
- CREATE A LIST OF SCHOOLS OF INTEREST; INVEST IN SOME COLLEGE GUIDES
- HERE ARE SOME QUESTIONS TO HELP NARROW IT DOWN:
 - LOCATION - NORTH, SOUTH, EAST, WEST. DOES IT MATTER?
 - URBAN OR RURAL SETTING?
 - SIZE?
 - ACADEMIC PROGRAMS?
 - DO THE MAJOR AREAS OF STUDY FIT YOUR CAREER ASPIRATIONS?
- **ADVICE:** DO NOT PICK A SCHOOL BASED ON THE LACROSSE PROGRAM
 - WOULD YOU WANT TO BE THERE IF YOU COULD NOT PLAY LAX? IT HAPPENS!

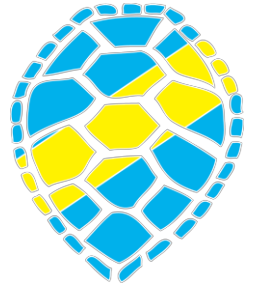


FILM

- **BECAUSE CHARLESTON IS NOT A MAJOR LACROSSE LOCALE, FILM IS A NECESSITY FOR RECRUITING**
- **FILM “MUST HAVE’S”**
 - IT MUST BE GOOD FILM AGAINST GOOD COMPETITION NO MORE THAN 5 MINUTES IN LENGTH
 - TOM HARRIS OR MYSELF STRONGLY SUGGEST WE REVIEW FILM PRIOR TO RELEASING TO COLLEGE COACHES
 - PLAYER CONTACT INFO
 - CLUB AND HIGH SCHOOL COACH NAME AND CONTACT INFO
 - GRADES AND TEST SCORES
 - MUSIC
- **FILM “MUST NOT’S”**
 - NO FOUL LANGUAGE
 - NO EXPLICIT DIALOGUE.
- **GOOD GUIDE FROM INSIDE LACROSSE ABOUT HIGHLIGHT FILM:**
 - YOUR RECRUITING HIGHLIGHT REEL



THE PLAYER MUST PUT IN THE WORK

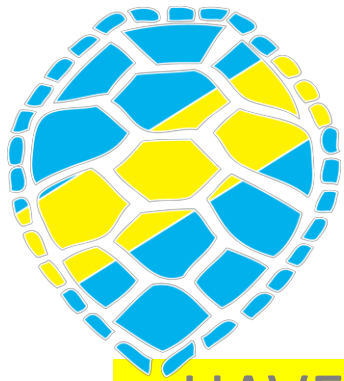


- GETTING RECRUITED IS HARD WORK
 - EMAILING COACHES AND FOLLOW UP
 - MAINTAINING GOOD GRADES
 - IMPROVING YOUR CRAFT
- THE TOP PLAYERS WORK TO IMPROVE THEIR LACROSSE FUNDAMENTALS DAILY.
 - PRIVATE LESSONS
 - WORKING ON YOUR OWN
 - WATCHING FILM
- IT'S NOT WHAT YOU DO IN PRACTICE, IT'S WHAT YOU DO ON YOUR OWN THAT WILL SEPARATE YOU FROM OTHERS.
 - IMPROVE YOUR STRENGTH, SPEED AND ENDURANCE
- ATHLETIC/CONDITIONING GUIDELINES
 - MILE RUN: ANYTHING UNDER 6:30 SECONDS IS IDEAL, 6:30-7:00 WOULD BE GOOD, 7:00-7:30 IS OK, OVER 7:30 IS BAD
 - 100 YD DASH: A/M/D SHOULD BE IN THE 13-15 SECOND RANGE, GOALIES 14-16 RANGE. GETTING BELOW 12 IS VERY GOOD



ACADEMICS ARE IMPORTANT!

- GOOD GRADES ARE **ESSENTIAL** IN THE RECRUITING PROCESS.
 - COACHES WILL NOT RECRUIT PLAYERS THAT DO NOT MEET THE ACADEMIC STANDARDS OF THEIR INSTITUTION
- FRESHMAN AND SOPHOMORE YEARS ARE CRITICAL TO ESTABLISH YOUR GPA WHEN APPLYING TO COLLEGE.
 - DO NOT SLACK OFF FRESHMAN YEAR AND THINK YOU WILL MAKE IT UP JUNIOR/SENIOR YEAR.
 - SCHOOLS START ASKING FOR YOUR GPA STARTING JUNIOR YEAR.
 - IT'S HARD/IMPOSSIBLE TO MAKE UP BAD GRADES IN A SHORT AMOUNT OF TIME.
- CHRIS BUCK IS AN EXCELLENT RESOURCE ON OUR LGH STAFF
 - WAYS TO IMPROVE YOUR ACADEMIC PERFORMANCE.
 - GET IT DONE CONSULTING
- GOOD GRADES CAN ALSO HELP REDUCE THE PRICE OF A SCHOOL

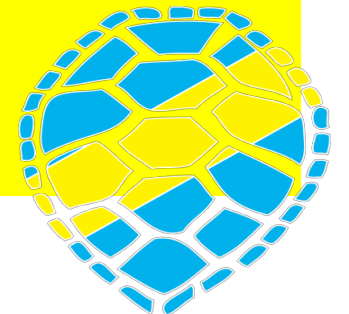


COLLEGE PROSPECT DAYS/CAMPS

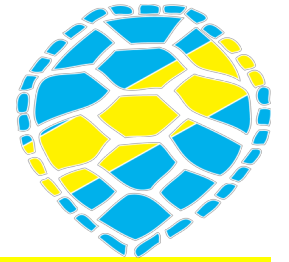
- HAVE YOUR LIST OF TARGET SCHOOLS? NOW YOU CAN LOOK TO ATTEND THEIR LACROSSE PROSPECT DAYS.
- PROSPECT DAYS ARE A GREAT WAY TO GET IN FRONT OF COLLEGE COACHES OVER A WHOLE DAY OR WEEKEND.
 - COACHES CAN SEE YOUR WORK ETHIC AND HUSTLE
 - THEY CAN SEE HOW YOU PUT INSTRUCTION INTO ACTION
 - THEY CAN SEE IF YOU IMPROVE
 - THEY CAN SEE YOU PLAY WHOLE GAMES
- GOOD SITE TO TRACK UPCOMING COLLEGE PROSPECT CAMPS. IT'S A ROLLING LIST SO REVIEW MONTHLY.
 - [LIST OF PROSPECT DAYS/CAMPS](#)

DON'T GET CAUGHT UP IN THE MARKETING HYPE

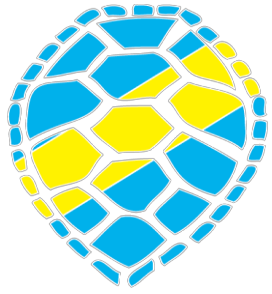
- TAKE WITH A GRAIN OF SALT:
 - INSIDE LACROSSE AND OTHER LACROSSE MEDIA RESOURCES: RANKINGS AND EARLY RECRUITING
 - SOCIAL MEDIA POSTS
- IT'S A FLUID PROCESS:
 - THERE WILL UPS AND DOWNS;
 - BUSY WEEKS AND SLOW WEEKS.
- WHAT WORKS FOR SOMEONE ELSE MAY NOT WORK FOR YOU
- DO NOT COMPARE YOURSELF AND YOUR PROCESS WITH OTHERS
- EYE ON THE PRIZE: BECOME THE BEST YOU CAN BE
 - FUNDAMENTALLY (GB'S, LEFT HAND, RIGHT HAND),
 - ATHLETICALLY (SPEED, STRENGTH, AGILITY)
 - LAX IQ
- STAND OUT PLAYERS GET RECRUITED



WHAT IS TOP LEFT'S ROLE IN THE RECRUITING PROCESS



- JEFF AND/OR TOM WILL MEET WITH YOU TO HELP CREATE YOUR RECRUITING PROFILE
 - WE WILL REVIEW AND ASSIST IN FINALIZING FILM FOR COACHES
 - WE WILL MEET WITH THE PLAYER (IN PERSON AND/OR VIA PHONE) TO DEVELOP A LIST OF SCHOOLS TO TARGET
 - WE WILL FOLLOW UP WITH THE PLAYER TO MAINTAIN FOCUS ON THE RECRUITING PROCESS.
- BY KEEPING US INFORMED OF YOUR COMMUNICATION WITH THE COACHES OF SCHOOLS ON YOUR LIST, WE WILL FOLLOW UP WITH THOSE COACHES AND POTENTIALLY FIND NEW OPPORTUNITIES. COLLEGE COACHES CAN TALK TO US AT ANY TIME IN THE RECRUITING PROCESS. THIS IS A HUGE PIECE OF THE PROCESS AS WE CAN HAVE AN OPEN DIALOGUE WITH COACHES. THIS INCLUDES EMAILS AND PHONE CALLS.
- WE WILL CONSULT WITH OUR COACHING/CLUB CONTACTS TO GET OPINIONS ON PLAYERS TO HELP FIND THE RIGHT LEVEL AND SCHOOL
- WE WILL USE OUR PARTNERSHIPS AND CONTACTS TO ASSIST IN NEXT LEVEL RECRUITING OPPORTUNITIES FOR THOSE DOING ALL THE EXTRAS.
- OUR NUMEROUS LGH COACHES WILL MAKE CALLS AND CREATE OPPORTUNITIES FOR THOSE PUTTING IN THE WORK AND DEMONSTRATING TALENT
- **WE WILL NOT LEAD THIS PROCESS.** THE PLAYER MUST LEAD AND DO THE EXTRA WORK. WE WORK TOGETHER WITH THE PLAYER.



WHAT IS YOUR ULTIMATE GOAL WITH LACROSSE?

- PLAYING LACROSSE IN COLLEGE DOES NOT NEED TO BE EVERYONE'S END GOAL WITH LACROSSE
- IF IT IS, WE WILL ASSIST YOU ON YOUR JOURNEY; BUT IT TAKES A LOT OF WORK AND EFFORT ON YOUR PART.
- IF BEING A LOGGERHEAD HELPS YOU LEARN TEAMWORK AND CAMRADERIE, IMPROVES YOUR WORK ETHIC, TEACHES YOU TO OVERCOMES OBSTACLES AND KEEPS YOU ON A SCHEDULE THEN GREAT! THAT IS A SUCCESS!
- IF YOUR GOAL IS TO START ON YOUR HS TEAM OR EARN ALL-CONFERENCE OR ALL-STATE, WE HAVE A PROVEN TRACK RECORD OF SUCCESS
- IF COLLEGE LACROSSE MIGHT BE ON YOUR RADAR, START NOW!

FREQUENTLY ASKED QUESTIONS

- HOW SHOULD THE PRICE OF THE SCHOOL FACTOR INTO THE SCHOOLS I LOOK AT?
 - THE STICKER PRICE AT A LOT OF SCHOOLS CAN BE SHOCKING, ESPECIALLY WHEN COMPARED TO SC IN-STATE SCHOOL TUITION.
 - DON'T MAKE A FINANCIAL DECISION ON A SCHOOL UNTIL YOU HAVE THE FINAL PACKAGE FROM ADMISSIONS.
 - THERE IS MONEY THAT IS AVAILABLE AT ALL LEVELS, ESPECIALLY IF YOU HAVE GOOD GRADES
- ARE GRADES REALLY THAT IMPORTANT? IF A SCHOOL REALLY WANTS ME WILL THEY MAKE AN EXCEPTION?
 - YES, THEY ARE NO THEY WILL NOT.
 - WE HAVE BEEN TOLD BY SCHOOLS THEY WILL NOT CONSIDER A PLAYER BASED ON LOW GRADES AND TEST SCORES DESPITE THE PLAYER'S TALENT
 - YOU ARE A MUCH MORE APPEALING CANDIDATE WITH GREAT GRADES AND TEST SCORES!

FREQUENTLY ASKED QUESTIONS (CONT.)

- I AM PLAYING IN ALL THESE GREAT TOURNAMENTS AND DOING ALL THESE SHOWCASES, WHY ARE COLLEGE COACHES NOT RECRUITING ME?
 - UNLESS YOU ARE THE BEST OF THE BEST, JUST SHOWING UP IS NOT GOOD ENOUGH.
 - IT TAKES A LOT OF EXTRA PREP WORK LEADING UP TO TOURNAMENTS AND SHOWCASES.
 - YOU MUST BE EMAILING COLLEGE COACHES PRIOR TO GOING TO ALL TOURNAMENTS/SHOWCASES.
 - THE COMMUNICATION PROCESS SHOULD START BEFORE SEPT 1ST OF JUNIOR YEAR.
 - COACHES CAN NOT COMMUNICATE BACK BUT THEY NEED TO KNOW WHO YOU ARE AND SEE FILM.
 - THEY NEED TO KNOW WHERE YOU ARE PLAYING, THE TEAM, ON WHAT FIELD AT WHAT TIME, YOUR NUMBER.
 - MAKE IT EASY ON THE COACH. WE ARE PLAYING IN A NON-HOT BED AREA SO COACHES ARE NOT “AROUND THE CORNER” WAITING TO WATCH YOU PLAY.
 - SIMPLY PLAYING GREAT FOR YOUR HIGH SCHOOL AND PLAYING GREAT IN SOME HIGHER LEVEL TOURNAMENTS IS NOT ENOUGH.
 - IT TAKES EXTRA TIME, EXTRA EFFORT, EXTRA COMMUNICAITON AND IN MANY INSTANCES EXTRA MONEY.
 - **MOST IMPORTANTLY, AFTER GIVING ALL THIS “EXTRA” YOU MUST BE READY TO PERFORM AT THE HIGHEST LEVEL 100% OF THE TIME AT ALL TOURNAMENT/SHOWCASES.**

FREQUENTLY ASKED QUESTIONS (CONT.)

- **WHAT CONTACTS OR RESOURCES DO THE LOGGERHEAD'S HAVE TO ASSIST IN THE RECRUITING PROCESS? GREAT QUESTION AND VERY IMPORTANT FOR ALL OF US.**
 - **TLPA (TOP LEFT PREMIER ACADEMY):** OUR SUMMER ACADEMY GETS OUR PLAYERS IN FRONT OF MORE THAN A DOZEN COLLEGE COACHES FROM ALL LEVELS OF NCAA PLAY. THESE COACHES USE THIS TIME TO EVALUATE OUR HS PLAYERS AND MAKE SUGGESTIONS REGARDING LEVEL OF PLAY. THESE COACHES ALSO HELP US WITH CONTACTS ONCE WE HAVE THE PLAYER'S "WISH LIST" OF SCHOOLS THAT ALSO FITS THE LEVEL PLAY. THERE ARE VERY FEW, IF ANY, OPPORTUNITIES IN THE SOUTHEAST TO GET THIS PERSONAL LEVEL OF INTERACTION WITH COLLEGE COACHES. BUT AGAIN, JUST SHOWING UP IS NOT GOOD ENOUGH. YOU MUCH GIVE EXTRA.
 - **PARTNERSHIP PROGRAMS SUCH AS ROCK LACROSSE, NXT, TEAM CAROLINA AND LOWCOUNTRY LACROSSE.** A ROCK LACROSSE DIRECTOR HAS BEEN TO ALMOST ALL OF OUR TLPA ACADEMY EVENTS AND WE PLAY IN THEIR SUMMER SHOWCASE. NUMEROUS PLAYERS HAVE BEEN CHOSEN TO PARTICIPATE ON ROCK TEAMS BASED ON THIS EXPOSURE. NXT PROVIDES US INVITES TO PARTICIPATE IN THEIR SHOWCASE RECRUITING EVENTS. THROUGH THE STORE, WE ARE ALSO OFFERED OPPORTUNITIES FOR INVITE ONLY RECOMMENDATIONS TO VENDOR SPONSORED EVENTS. ALL OF THIS EXPOSURE IS ANOTHER SET OF EYES ON OUR PLAYERS TO MAKE THE BEST POSSIBLE RECOMMENDATION TO COLLEGE COACHES AND TO OUR PLAYERS. PARTNERSHIPS WITH THESE PROGRAMS, ALLOWS US TO CREATE BEST PRACTICES WITH THE MOST IMPACT TO ALL OF OUR LOGGERHEAD PLAYERS
 - **COLLEGE CONNECTIONS:** WE HAVE DEVELOPED NUMEROUS PERSONAL CONNECTIONS WITH COLLEGE COACHES THROUGH PAST RECRUITING OPPORTUNITIES, THROUGH THE TLPA AND THROUGH OUR WIDE NETWORK OF LGH COACHES THAT HAVE PLAYED ON ALL LEVELS OF NCAA LACROSSE. IN ADDITION, HIGH SCHOOL AND COLLEGE TEAMMATES AND FRIENDS ARE NOW COACHING NCAA LACROSSE AND WE HAVE ACCESS TO THEM. IT IS A BIG NETWORK AND WE ALL WORK TOGETHER (COLLEGE COACH, LGH DIRECTOR, LGH COACHES, FRIENDS OF LGH COACHES). THESE CONNECTIONS SPAN DIVISION I, DIVISION II AND DIVISION III LACROSSE.
 - **ALL OF THIS HELPS OPEN DOORS BUT THE PLAYER MUST MAKE IT HAPPEN THROUGH HIS GRADES, HIS PLAY ON THE FIELD AND IN PRACTICE, HIS DESIRE TO GET BETTER, HIS PHYSICAL CONDITIONING, HIS COMMUNICATION AND EFFORT OFF THE LACROSSE FIELD. IT'S ALL THE "EXTRAS" THAT SEALS THE DEAL!**