

# ***IWLCA***



**Intercollegiate Women's Lacrosse Coaches Association**

# **2008 IWLCA RECRUITING GUIDE**

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# IWLCA Rules Education

**INITIAL ELIGIBILITY-** Register at [www.ncaaclearinghouse.org](http://www.ncaaclearinghouse.org)  
NCAA Eligibility Center: 877-262-1492

***You must be registered with the Initial Eligibility Center prior to taking an Official Visit***

***Academic Information You Need to Know to Play in College:  
Core Courses/Test Scores/Grade Point Average***

***Division I only***

1. Starting August 1, 2008 **16 core courses** will be required for NCAA eligibility. This rule applies to any student first entering any Division I college or university on or after August 1, 2008.
2. Division I has a sliding scale for test score and grade-point average.

***Division II only***

1. **14 core courses** are required in NCAA Division II.
2. Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
3. Division II has no sliding scale. The grade point average requirement is a minimum of 2.000.

***Both Division I and II***

1. The SAT score used for NCAA eligibility purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used. **(check with the requirements of the institution as they may be different)**
2. The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, math, reading and science.
3. **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will no longer be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

**DIVISION I  
16 Core-Course Rule**

**16 Core Courses:**

4 years of English.  
3 years of mathematics (Algebra I or higher).  
2 years of natural/physical science (1 year of lab if offered by high school).  
1 year of additional English, mathematics or natural/physical science.  
2 years of social science.  
4 years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

**DIVISION II  
14 Core-Course Rule**

**14 Core Courses:**

3 years of English.  
2 years of mathematics (Algebra I or higher).  
2 years of natural/physical science (1 year of lab if offered by high school).  
2 years of additional English, mathematics or natural/physical science.  
2 years of social science.  
3 years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

***Amateurism***

If you plan to participate in intercollegiate athletics at an NCAA **Division I or II** institution, you must have both your academic and amateurism status certified by the eligibility center. In Division III, certification of an individual's amateurism status is completed by each institution, not the eligibility center.

## RECRUITING

### *Contacts, Evaluations and Telephone Calls*

#### *Division I*

1. **Recruiting contacts and telephone calls** with a potential student athlete (PSA) or the PSA's relatives or legal guardian by an institutional staff member and/or representatives of the institutions athletics interests **can not be made before July 1** following the completion of the PSA's junior year. Telephone calls may be made once per week after the July 1 date.
2. An **evaluation** is defined as any off-campus activity designed to assess the academic qualifications or athletics ability of a PSA, including any visit to a PSA's educational institution (during which no contact occurs) or the observation of a PSA participating in any practice or competition at any site.
3. Each institution is limited to a **total of 7** recruiting opportunities (contacts and evaluations combined of which there can be no more than 3 contacts) per prospect. Evaluations made during the summer **do not count** against the 7 recruiting opportunities.

#### *Division II*

1. **Recruiting contacts**- cannot have an in person recruiting encounter with a PSA until June 15 following the prospects junior year
2. **Evaluations**-unlimited evaluations and 3 contacts
3. **Telephone calls**- can not be made before **June 15** following prospects junior year

#### *Division III*

1. **Recruiting contacts**-end of the junior year (no specific date)
2. **Evaluations**-there are no regulations regarding contacts and evaluations
3. **Telephone calls**-DIII coaches can call anytime and any number of times without calling restrictions. Coaches usually don't call until senior year, but it is permissible to call during the junior year.

**\*\*Division I, II and III coaches may have recruiting contact with a prospect on their institutions campus--meaning you can talk to a coach on campus while visiting his or her school.**

**\*\*A coach may make unlimited phone calls to a prospect in the 5 days preceding the PSA's official visit to campus.**

**\*\* A coach may make unlimited calls to a prospect on the initial date for the signing of an NLI and the 2 days immediately following the initial signing date.**

**\*\*A coach may make unlimited calls to a prospect on the day a permissible in person, off campus contact occurs**

**\*\*A coach may make unlimited phone calls to a prospect subsequent to that prospect signing an NLI.**

## DEAD PERIOD

A dead period is defined as that period of time when it is **not permissible** to make in-person recruiting contacts or evaluations **on or off the member institution's campus**. So make sure you know when they are to avoid conflict when visiting a school.

### **2008-09 dead period dates:**

*November 10-13, 2008*

*April 6-9, 2009*

## QUIET PERIOD

A quiet period is that period of time when it is **permissible** to make in-person recruiting contacts **only on the member institution's campus**. No off campus in-person recruiting contacts or evaluations may be made during the quiet period.

## UNOFFICIAL VISITS (all Divisions)

Any visit by a prospect and/or their parents to a college campus that is paid for by the prospect or the prospect's parents. There are no limits to how many unofficial visits you may take. The prospect may receive up to 3 complimentary admissions tickets to a home contest during the unofficial visit.

## JUNIOR VISITS

Junior visits are considered unofficial visit and give the prospect an opportunity to see what the college or university has to offer academically and athletically. It is **not permissible** for a college to conduct a clinic for ONLY the prospects attending the junior visit.

## OFFICIAL VISITS (paid by the university)

### *Division I and II*

1. A prospect can make up to **5** official visits to different institutions
2. The visit is limited to **48** hours in length
3. All meals and entertainment must be comparable to that of normal student life
4. The earliest opportunity to take an official visit is after the opening day of classes of the prospect's senior year in high school
5. You **must be registered with the NCAA Clearinghouse** before you go on your official visit

**\*\*if you have an athletic contest that will fall within the time frame of your official visit (i.e. the afternoon of the day you are leaving) you need to let the college coach know so they can make arrangements to meet with you the night before, since the NCAA rules do not allow DI college coaches to have contact with you on the day of a contest even if you are on an official visit.**

### *Division III*

1. There is no limit to the number of official visits a prospect can make to Division III schools but only 1 is allowed per institution
2. The visits made to Division III schools do not count against the 5 allowable visits to Division I or II institutions.

## VERBAL COMMITMENTS

The **NCAA does not** recognize verbal commitments. It is important to understand that verbal commitments are not considered binding on the part of the coach or the prospect. However, we strongly recommend that prospects not give a verbal commitment to a particular school or coach until they are certain they want to attend.

## NATIONAL LETTER OF INTENT (NLI)

The NLI is an official document to establish the commitment of a prospective student-athlete to attend a particular institution.

### ***Division I and II***

1. An NLI can only be issued in conjunction with an athletics grant-in-aid offer.
2. Failure to honor the NLI can result in a loss of up to two years of eligibility, at schools which are part of the NLI system.
3. After the NLI has been signed by the prospect, the institution is unlimited in the number of phone calls, contacts and evaluations for that prospect.
4. All other institutions should cease recruiting the prospect once they are made aware of the prospect's signing of an NLI.

***Division III***-does not offer an NLI program for athletics

## IVY LEAGUE RULES

The process for an Ivy League institution to show interest in and recruit an athlete is not vastly different; however the criteria for admissions and the *fixed* dates to which ALL Ivy programs must adhere are different than other Division I institutions.

Here's what you need to know:

1. **Academic Index**- A formulaic evaluation of a recruit's academic credentials.  
The academic index is a number based on the following criteria:
  - Grade point average or class rank
  - SAT I's
  - SAT II's (check with school if 2 or 3 are needed)
  - ACT (which may be used in place of SAT I's or SAT 2's-check with each institution)
2. **No athletic scholarships**-Most Ivy League schools have great financial aid packages that apply to students on a need based scale. Admissions at all Ivy Schools is need-blind meaning that financial considerations do not play a role in their admission decisions. Research the financial aid packages at each individual Ivy school.
3. **Likely Letters**- A likely letter can be issued on or after **October 1-March 15** of your senior year. This "Likely Letter" means that based on the academic information given you are likely to be accepted so long as you maintain good academic standing. A likely letter has the effect of a letter of admission at an Ivy League school to be confirmed on the common notification date. It can only be revoked on the same terms as a regular letter of admission. Such letters are issued in writing through the office of admission at each Ivy school. In most cases, a complete application is needed for a likely letter read.
4. **The Ivy Timeline**
  - **July 1<sup>st</sup> prior to your senior year**: The first time an Ivy school may get a read on your transcript or application from admissions; what is necessary for that read varies from school to school and that read *is not* a guarantee admission.
  - **October 1<sup>st</sup>**: The first date that Ivy League admissions offices can issue likely letters.

## NESCAC RULES

The NESCAC schools (Amherst College, Bates College, Bowdoin College, Colby College, Connecticut College, Hamilton College, Middlebury College, Trinity College, Tufts University, Wesleyan University and Williams College) are also known as “The Little Ivies”. These schools follow the same rules as Division III except the following:

1. **Home visits/Off Campus Visits**-No athletic representative or member of an institution’s athletic department may visit with prospective students or his or her relatives or legal guardians in their homes or anywhere else off campus, or otherwise seek private interviews with them.
2. **Early Decision**-All NESCAC schools have an Early Decision Round One option with a shared application deadline of November 15 and notification date of December 15. Of the nine schools with an Early Decision Round Two option (Amherst and Williams do not have this option), all have agreed to mail Round Two notifications between February 1 and February 15. Students who have already filed a completed application by the regular application deadline and who wish subsequently to convert to Early Decision may do so up until February 1; conversion of Regular Decision to Early Decision may not take place after February 1.

## DO’S AND DON’TS OF RECRUITING

**Please know that assembling a recruiting class is a process. College coaches may need to see prospects play more and may not always have answers to the questions that are asked. Here are some helpful tips from the IWLCA membership:**

### **1. DON’T BE PRESSURED**

- Don’t allow coaches to put a deadline on your college decision
- Don’t feel threatened that you will lose your scholarship if you don’t accept immediately
- Communicate your timeline to the colleges/universities that you are interested in
- Don’t feel pressured into making a premature decision if your timeline is different than one of your teammates.
- Don’t allow your high school or club coach to pressure you into making a decision quickly; only you can choose your future.

### **2. DO YOUR HOMEWORK**

- Visit schools-don’t take for granted what you might learn by being on campus and meeting your potential teammates. Consider the school as a whole, not just the lacrosse program.
- Visit the school around your schedule. If you hurt your academics because you miss too many classes, will that be a problem getting into your 1<sup>st</sup> choice??
- Find out admissions requirements for each college/university you are considering
- Make sure you feel certain before making your final decision- it’s a life decision, not a four year choice.

### **3. DO ASK QUESTIONS**

- Ask coaches what their recruiting timeline is
- Ask coaches what their philosophies are in regards to recruiting
- **Be honest with your answers** –don’t tell several coaches that their school is your number one choice. The lacrosse world is small and dishonest behavior comes out very quickly, treat college coaches with the honesty you would like to be treated with.

# RECRUITING TIMELINE:

## Junior Year/Senior Year

- Create a profile sheet that you can send to colleges you are considering.
- Send your high school lacrosse schedule and your summer lacrosse schedule
- Register and take the SAT's, ACT's and SAT II's
- Make sure your parent or a coach proofreads your profile before you send it.
- Begin narrowing your list of potential colleges. Some factors to consider: Academic profile, level of lacrosse, type of school, distance from home, and cost of attendance. Be realistic when focusing your list — include "sure things," "reaches," and one or two "long shots" on your list.
- Contact the coach at the top five to ten schools you are considering — let them know they are one of your top choices. Include your spring and summer lacrosse schedule so they can try to watch you play.
- Prepare videotapes to have available for coaches that request them. Videos should include at least 15 minutes of unedited game footage, and can also include highlights of your play. Make sure you can be identified by number.
- Have copies of your transcript, SAT/ACT scores, and junior or senior class schedule available to send to coaches, particularly those you intend to visit.
- Tentatively plan "unofficial visits" to your top schools and see what the requirements are for Admission.
- Consider attending summer lacrosse camps at the schools you are most interested in
- Return all questionnaires and requested info to the schools you might consider. If you know you are definitely not considering a particular school, let that coach know. Honesty is important.
- Be proactive — if you are very interested in a particular school, make sure they know it.

## Sophomore Year

- Begin researching colleges that have women's lacrosse. Make a list of all the schools that meet your criteria (for example: Division III private schools in New York that offer physical education teacher certification as a major). The list should include 10 - 25 schools.
- Work on the profile sheet that you will be sending to the colleges on your list. Make sure your parent or a coach proofreads your profile before you send it.
- Write a letter of interest you can send to the schools on your list. Ask a coach, parent, or teacher to help you write the letter. This letter can be sent via US Mail or e-mail, along with your profile and summer lacrosse schedule. Make sure you verify the coach's name and mailing address on-line or with a phone call before you send the letter. Spell-check everything before you send it.
- Return all questionnaires and requested info to the schools you might consider. If you know you are definitely not considering a particular school, let that coach know. Honesty is important.
- Remember that college coaches are restricted by NCAA rules regarding phone calls and contacts off their institution's campus. E-mail is the most efficient way to correspond until you have finished your junior year.

## Freshman Year

- Stay focused academically. NCAA eligibility standards keep getting tougher. The grades you earn now will determine admission to college, initial NCAA eligibility, and your future success.
- Play lacrosse, but don't burn yourself out. Attend lacrosse camps and play club lacrosse, but not to the exclusion of everything else. Coaches and Admissions counselors look for well-rounded student-athletes.
- Start researching colleges. Consider what each level of college lacrosse entails (Division I, II, and III). Begin thinking about academics — what are your career goals, and what types of things might you study to achieve them? Talk to your parents, guidance counselors, teachers, coaches, siblings, and older teammates to get information.
- Request academic and admissions information from college admissions offices. NCAA lacrosse programs cannot provide athletic recruiting information other than a questionnaire and camp information until September 1 of your junior year in high school.