



**“DELIVER THE  
GOODS.”**

**Ebe Helm**

President and Treasurer

**Jason Christmas**

Secretary

**Mike Mackrides**

Co-Director

**Rob Forster**

Co-Director

**Jack Forster**

Co-Director

**Tom Lemieux**

Co-Director

38 Ridley Avenue  
Aldan, PA, 19018

*Dear Players and Families,*

Please See the following Point-By-Point Review/Breakdown for the College Recruiting Search Process. We Talk about these Processes and Steps as being a Realistic, Methodical and Practical Approach for Players to Utilize in their College Search. These steps are:

- 1) First, Sit down with your High School Academic Advisor and have them Review your Grades, Classes and Testing to Assess if the Colleges you might be interested in actually Fit your Academic Profile.
- 2) Start by building your list of Colleges that Interest you and make sure that your Schools are not just limited to D-1's but Include two or three D-2's and at least five D-3's.
- 3) There are many Variables that influence your College Decision Making Process. These Variables include:
  - a) The Major you may Choose.
  - b) How the Cost and Expense of a School may impact your Family Decisions.
  - c) How far away from Home you want to be.
  - d) The preference of a City, Rural, or Farm Environment.
  - e) The choice of a Small School vs. a Mid-sized School or a Big University.
  - f) The strength of the Academics, like an Ivy League School vs. a less rigorous Educational Environment.

These are just some of the Factors you should Weigh but these Questions need to be asked to see how they Influence your College List in Conjunction with your Academic Advisor's Recommendations.

- 4) The Next Step is to Prep a Short Intro Letter, making sure that you copy Duke's Coaches and your High School Coach. This Letter is generally brief and should let your Enclosures Speak and Expand on who you are as a Person, Player and Student.
- 5) The Enclosures that should be included with your Intro Letter are:
  - a) Your High School Transcript.
  - b) Your Highlight Video... No more than 3 or 4 minutes.
  - c) A Link to your Duke's Player Bio and Photo.
  - d) Your Individual Academic Achievement Sheet.
  - e) Your Individual Lacrosse Experience Sheet.

6) Go out and Visit different types of College's to get a Feel for what you like. Accomplish this by:

a) Scheduling an In Person Tour through the College's Admissions Department or consider a VIRTUAL Tour for Schools who are Long Distance that you have interest



[dukeslaxx13@aol.com](mailto:dukeslaxx13@aol.com)



@thedukeslc



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in. On the College Admissions Tour, your focus needs to be on Asking Questions about the Academics which include Study Demands, Teacher Assessments, Tutors and other Academic Support available. You should also ask about the Campus Life and the general Social Life that a student could expect.

b) If there is a Friendship at the College or a Duke's Player you can visit then offer them a Lunch/Dinner so they can Share Their Experience with you. When doing the Separate Visit with a Friend, you can Ask them Questions about Campus Social Life, Classes, and Culture. If doing a separate visit with a Lacrosse Player, you can Talk to them about Team Culture, the Coaches and Players and the Academic Support Systems in place for Athletes which include Mandatory Study Halls, Tutors, and more. You can see the Team Facilities and get a better understanding of Team Training, Food/ Meals, Fields/Stadium, Social Life and so much more.

7) Use Tournaments, Showcases, and Prospect Days to Supplement all you are doing to Create Visibility as you Build a resume of who you are as a Person and Player. When you attend one of these events:

a) Seek out Coaches at Schools that you have a Special Interest in and make sure that you've Tracked the Commits to those Schools to ensure that there are Open Roster Spots at your position. Remember there are OVER 7,000 Players going after EACH D-I position on the Field.

b) As you meet these Coaches whose Schools you want to Attend, Say Hello and Hand them your Intro Letter with Enclosures and then Thank them for coming out.

c) Make an Impression... Be a Gentleman. If you can Personalize with a Coach about his School and/or Family, then you are Creating a Positive Impression that may Benefit you with that Coach. Learn about them Individually and know something about the School so you have something Cogent or Meaningful to say when you Say Hello and introduce yourself (Ex. Coach, I Hope your new Baby Boy is Healthy and that your Family is doing great).

THESE STEPS are the Basics Every Player who wants to Play in College should be doing. Nothing is going to be Handed to you. You need to treat this like it's a School Subject with Homework that you are getting graded on. Many Players Communicate with us on a Regular Basis throughout these Steps because they Know that the House or Job they Dream About is the House or Job they GET. In this instance, it is the College you Dream about Going To.

Have Fun and Enjoy the Experience.

EW4 II



[dukeslaxx13@aol.com](mailto:dukeslaxx13@aol.com)



@thedukeslc