

2012 Timeline: Class of 2016, 8th to FRESH



There are THREE Kinds of FREE MONEY AID:
ATHLETIC - Money based on your LAX-ability. D1 and D2 schools have this aid. A typical award is 33%.
MERIT - Money based on your grades/test scores. Some schools offer this, some schools do not. Best to ask!
NEED - Money based on your family's financial situation as determined by the gov or the school's FINAID office. google search: "FAFSA calculator" to check it!
How Much Will YOU Receive? Still have some time b4 you will ask these ?'s:
Am I a Lacrosse Scholarship Player for you?
Do you offer academic scholarships at your school?
What qualifies an app for "need-based" aid?

Prepare for the SAT/ACT by taking math and english classes that help you to improve your scores (your high school may have some teachers who teach to help improve your scores). Look into pre-test help or classes in your area!

Do well in school. As are the way! Grades open doors and can open a school's wallet too! Many schools offer academic and athletic scholarships. D3 offers only academic/merit aid.

- HS LACROSSE SEASON**
- 1) IMPROVE YOUR SKILLS
 - 2) BE A GOOD TEAMMATE
 - 3) WORK HARD
 - 4) HELP HS PLAYERS
 - 5) SET GOALS
 - 6) STRENGTH TRAIN
 - 7) WORK ON FOOTWORK
 - 8) CONTINUE STUDYING
 - 9) GET TO KNOW TFG TEAMMATES/FRIENDS!
 - 10) BE POSITIVE!

Skills. Speed. Quickness. Go for ALL THREE during this month. Get ready!!!!



September 1st: You are in high school now! Just think, in two years, some of you will be picking schools on or around September 1st. That date is 9/1/14. It will be here before you know it. Becoming more mature is important. It does not mean that you can't have fun. The best lacrosse players have the most fun on the fields with their friends and coaches. No kidding. They would rather play with their friends than anything else or maybe it's really close! In order for you to become good

Quiet Time. Relax and enjoy with family and friends. There is not a lot of this!

at something, this is a year that your focus on making good choices matters the most. Do well in school and enjoy playing and working out. No body will ever look back after their college career and say "Oh Gee, I wish I had gone to that party at ___'s house!" - nope! They will always want to know they did everything possible to be their best. No excuses.

Fall Tournaments build your team's confidence as a unit and teach you what you need to know in order to improve!

Winter Camps: Fantastic if your family can budget for the camp - focus on your ability to compete and work with college coaches.

January February - April May June - July August September - October November December

ACTION TIPS:

- * Top level D1 programs are already recruiting 2014's - that is two years from YOU.
- * You can track colleges on LaxPower.com's recruiting database. D1 schools recruit 7-10 players each.
- * Summer Camp at a camp where many colleges will be attending. Get familiar with that level of camp/competition.
- * Build STRONG bonds with girls in your grade from Lax-Maniax as the 2016 class will form its own teams Fall '12 and Summer '13!
- * The better your teamwork, the better chance you will meet your personal goals.
- * Stay on top of your timeline and the conference calls!

ACTION TIPS:

- * Go watch college lacrosse. See how the game is played. Start looking at role models for the type of player you want to be.
- * RESEARCH colleges. Follow the Recruiting website for more advice.
- * Listen to RECRUITING 101 podcast/conference call.
- * BIG PICTURE: You are building yourself in all ways to be a better player, student and person for the summer!
- * FOCUS: You are only as good as your Lax-IQ and your stick. Be sure to spend time DOING the work.
- * Get to know your teammates and learn to love them and make them your friends. THEY are just as responsible for YOU making it as YOU are.
- * Find out what you need to do to be your best - it may hurt your feelings, but you will KNOW what you need to improve on! Champions have humble hearts.

ACTION TIPS:

- * When MS season is over, get your mind 100% into your summer focus.
- * Make sure you are ready for a FUN summer!
 - a) SAT
 - b) Champions Cup/All-American Showcase
 - c) Nations Capitol Cup
 - d) Heatwave
- * Any other college camp you are attending
- * TRAIN for AGILITY and SPEED FIRST
- * TRAIN for STRENGTH and BALANCE
- * SKILLS = Stickwork until you are PERFECT, no exceptions! (need a "private lesson"?)
- * Clear your calendar for ALL your lax events. This is the most important summer of your life for lacrosse yet.
- * "When you HEART is in your DREAM no request is too EXTREME!"
- * Work on deep breathing. Breathing deep is the #1 way to RELAX when you are stressed on the field. It's amazing the difference a breath will make.
- * Continue to build friendships with girls on your team and/or in your grade. Friends play better together - especially in LaxManiax!

FALL FACTS to REMEMBER:

- 1) Every TFG Player who followed the recruiting program had opportunities to play college lacrosse at a program that fit their needs. The key? FOLLOW THE PROGRAM. It WORKS!
- 2) 121 Players have gone to NCAA programs in Six Years! By the time you commit, the number will be nearly 200.
- 3) You are still developing as a player and there is a lot of time for you. WORK on your skills or schools will pass on you! WORK on your speed or schools may pass on you. Bottom line: DO WORK!
- 4) Don't forget = your GRADES will open up as many doors as your Lax-Skills! In fact, poor grades close Lax-Doors. So strive for your best grades and work to achieve your goal. THIS is the year to start - you are in high school now. Act like it!
- 5) You are in this with your parents. Nobody makes it to college lax without some help. Be good to them - they are on your team!

November's Winds Can Blow for YOU!

- 1) Wishbone - Many Teams!
- 2) President's Cup - (waiting on 2016 eligibility)
- 3) Winter Elite Camps - If you can afford a winter camp, these are great for many reasons. You learn to compete on the college level. You also get to play for and in front of college coaches. You get a chance to IMPRESS them so be sure that you go to camp in shape and with a goal to play your best at camp.

**** Keep working on your skills.** No matter what, your skills will define you to colleges, the same as your speed and quicks. If you have already committed, you are playing for the honor of your future college: Play your best - there is NO CRUISE CONTROL in women's lacrosse. See the process through and rely on your coaches: they are excellent at being your advocate!

