

College Lacrosse Recruiting Guide

2026 Edition

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LACROSSE IS BIGGER THAN EVER – AND SO ARE YOUR OPPORTUNITIES

~216,000
High School Players (U.S.)

400+
NCAA College Teams

78
D1 Men's Programs

YOUR REALISTIC CHANCES (SIMPLE BREAKDOWN)

Level	Men's Teams	Typical Roster	% Who Make It
NCAA Division 1	78	48	~2–3%
NCAA Division 2	~80	Varies	~3–4%
NCAA Division 3	~245	Varies	~8–10%
All NCAA + others	400+	—	12–15% total

OLD RULES	NEW RULES (2025–26 +)
Teams could only give out 12.6 scholarships total (mostly small scholarships)	<p>• Normal scholarship limits for schools that opted in</p> <ul style="list-style-type: none"> • Men's D1 roster limit = 48 players • Schools can offer full or partial scholarships to nearly the entire team • Women's D1 = 38-player roster limit

SIMPLE RECRUITING TIMELINE – WHAT TO DO EACH YEAR

Grade	Main Focus	Action Steps
9th	Build strong basics	<ul style="list-style-type: none"> • Keep grades up • Play club ball • Watch college games
10th	Get your materials ready	<ul style="list-style-type: none"> • Make a highlight video • Create a simple resume • Start a list of 20–40 target schools
11th	Get noticed	<ul style="list-style-type: none"> • Email coaches • Attend showcases & ID camps • Take unofficial visits
12th	Finish strong & decide	<ul style="list-style-type: none"> • Official visits • Narrow your list • Commit & sign

HOW TO GET NOTICED BY COLLEGE COACHES (4 SIMPLE STEPS)

1. Academics First

Good grades and test scores open the most doors. A coach can't help you if the school won't admit you.

2. Highlight Video

1–3 minutes long. Show your best plays, not the whole game. Quality over quantity.

3. Athletic Resume

One clean page: stats, honors, club team, coach contact, GPA, and test scores.

4. Go to the Right Events

Showcases, tournaments, and ID camps where college coaches actually attend and evaluate players.

HOW TO TALK TO COACHES

- Send short, polite emails.
- Tell them why you like their school and what you can bring to the team.
- Be honest about your timeline.
- Follow up once, but don't spam.

HOW TO CHOOSE THE RIGHT PROGRAM (THE "FIT" QUESTIONS)

Ask yourself:

- Do I like the academics and the campus?
- Will I fit in socially with the team and the culture?
- How well is the program funded? (facilities, travel, gear, support staff)
- Are there scholarship or revenue-sharing opportunities?

FINAL TIPS FOR SUCCESS

- Play the game you love – don't chase only "big name" schools.
- Start early, but don't stress in 9th grade.
- Work hard on skills, speed, and academics every single day.
- Be a good teammate and good person – coaches notice.