

Roughriders



2018 Recruiting Night

Matt Cornell

www.RoughriderLacrosse.com

Roughriders



Tonight

- Intro – About us
- Current Rules & Regulations
- Academics
- The Process
- More than just on the field
- Events
- Video
- Parents
- Life & More!

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Who We Are & What We Are About

- Coach Matt Cornell
 - Archbishop Spalding '04
 - THE Ohio State University '08
 - Roughrider Coach for 10 years
 - GM, Events and Director of Boys events at CSE. 10 years.
- Roughriders
 - Heading into Summer 11!
 - Players at all levels – DI, DII, DII, Club, JuCo, MLL
 - Connections everywhere!
- Corrigan Sports
 - Produce, own and operate a multitude of events in the lacrosse space
 - Well respected among the industry and college coaches

Rules

- Effective now for Division 1, September 1st of a prospect's junior year in high school as the first date of any form of recruiting contact.
- Coaches cannot contact or respond to a player or schedule unofficial visits until that date.
- Goes for high school and club coaches as well. Cannot discuss athletes and how they fit directly on a roster with commitment/scholarship.
- But Club and HS coaches can discuss an athlete's level of play, grades, ability, etc.
- Coaches can and will evaluate and watch games at events and view game film/highlight tapes.

Academics

- **Grades, SAT & ACT's**
 - The Better the grades are the more doors that open – It is best if a coach does not have to beg the admissions guy to let you in!
 - Take the SAT's & **ACT's** Multiple times
 - The Reality of “Academic Admits” --- Most schools have some latitude but use them very sparingly
 - Take AP and challenging classes. It will pay off
- **NCAA Clearinghouse** --- The NCAA Eligibility Center
 - www.collegesportsscholarships.com/ncaa-eligibility-center
 - DI and DII Athlete's must register – Your HS Guidance Counselor should have Forms for you to fill out and send
 - DIII Prospects do NOT need to register
 - We recommend registering ASAP

Academics

- **Athletic Scholarships and Grants**
 - DI --- Up to 12.6 Total
 - DII --- Up to 10.8 Total
 - DIII --- 0 Scholarships
 - Grants/Academic/Minority Scholarships tied to academic achievement
 - No scholarships in IVY League
 - Apply for FAFSA (Free Application for Student Aid) – Eligible for Federal Grants and Assistance Programs?
 - State or County Scholarships?

The Process

- **Compete!:** The Roughriders will put you in a great position.
- **Be seen:** At events – tournaments, showcases, tryouts and on film
- **Educate:** Learn about the schools and what they offer as a whole.
- **Contact:** You are allowed to email coaches. Be persistent. Send introductory email, highlights, stats, GPA, test scores, club and HS schedule and information.
 - For 2020s and younger – send follow up emails with updated, stats, highlights and club schedule. 2019s – follow up with calls.
- **Get on Campus:** Take tours of facilities not just athletics but campus tours.
Is it the right fit for you?

The Process

Questions to ask yourself when deciding on possible schools and starting your 'list':

- Cost!
- Academic interests
- Potential Majors/Minors
- School Size – Large, Medium, Small
- Class sizes
- Alumni Network = potential jobs
- Location- North, South, East, West
- Climate – Warm, Cold, Seasons
- Distance from home
- Setting – Urban, Rural, Suburbs
- Level of Play – D1, D2, D3, Club
- Level Commitment – Do you want it to be an everyday grind? More relaxed
- Chance of you playing right away? Might have to sit a couple years
- School facilities
- Major football or basketball school with big athletic program
- Interest in fraternity life or outside clubs

The Process

Questions to ask / learn of the program and coaching staff:

- Roster makeup
- How many at your position?
- Style of play
- Graduation rate
- Academic support staff
- Mandatory study halls
- Priority scheduling
- Player transfer or turnover rate
- Athletic support staff and amount of coaches
- Coaches contract and short term plan

The Commitment

- Once September 1 of your Junior Year hits:
- Be Fully Engaged in the Process
 - College Coaches will be “investing in you” as a player and a person
 - You have to sell them on you – They need to know that you are interested and want to be apart of their program
- Email and call weekly. Get to them. Speak to them. Continue to send updates.
- Set visits to meet the staff and tour lacrosse facilities
- When coaches call/text/email you. RESPOND. Do NOT close any doors by not responding or crossing off a school early.
- Coaches talk and change jobs. You never know what may be your not option.
- More options could lead to more \$\$
- Lacrosse is getting you there, but choose a SCHOOL not a team or specific coach.
- A verbal commitment is NOT a binding agreement. Not official until you sign your National Letter of Intent Fall or Spring of senior year.



Coach - Congratulations on a great season, playoff battle versus Hopkins, and your Coach of the Year Award. I want to take a moment of your time to update you on my season, both on and off the field.

Old Mill High School plays in the very competitive Anne Arundel County Public School 4A/3A Region. Our team went 8-7 on the season including 3 overtime losses. I was selective as a team captain during my junior year and led my team in scoring with 20 goals and 31 assists. I was selected to the Coaches First Team All-County squad at the attack position, one of a selective few underclassmen chosen to receive such an honor.

In the classroom, I've maintained a 3.94 weighted GPA for each marking period. I continue to take honors courses including Advanced Placement US History and sat for the National Exam last week. In May, I took the SAT exam and should have my scores back on the May 21. As of the end of the 1st Semester this school year, I have a 3.4 GPA (weighted) throughout my high school career.

I would like to share with you some additional information regarding my GPA. During my freshman year, I was enrolled into the International Baccalaureate Program. During my freshman year, I had a GPA of 2.98 and 3.13. This taught me a lot about study habits and time management.

After consulting with my guidance counselor, he encouraged me to take Advanced Placement courses instead of the structured IB Program which does not allow for flexibility of course selection. My weighted GPA during my 10th grade school year was a 3.6 and 3.3. As previously stated, I have maintained a 3.94 GPA throughout the current school year. My point in providing this background is to outline that I have consistently improved each school year and have focused on working hard in the class room and on the field/golf course (also member of the golf team).

Regarding my summer lacrosse plans, below is my schedule:

- May 31st- Free State- Broadneck High School
- June 12-14th- Rutgers Team Camp- Old Line Lax Rockfish team coached by my High School coach Steve Spence
- June 19th- Rockfish Cup- Arundel High School(Gambrills, MD)- Maryland Roughriders
- June 20th and 21st- Summer Exposure- Bell Branch Park(Gambrills, MD)- Maryland Roughriders
- June 28th- UP Lax Tournament- South River High School(where you saw me play last fall)- Maryland Roughriders
- July 5th- HERO Tournament- Haverford High School- Maryland Roughriders
- July 18th-20th- Rutgers Team Camp- Maryland Roughriders

Coach Information:

Lee Corrigan-Maryland Roughriders
Phone:443-600-5936
Email:lee@corriganports.com

Steve Spence-Old Mill High School and Old Line Lax Rockfish
Phone: 443-845-0992
Email:sspence18@yahoo.com

Sincerely,
Justin Ward
Old Mill High School

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On The Field

- **HAVE FUN** – this is still a game. Enjoy your time on the field and with your teammates. Make new friends. Travel. Live in the moment and love the game!
- **GET BETTER** – The coaching staff will push you to get better every moment on a field. Don't waste your time or mine – Go hard at all times with the goal to improve your game
- **PLAY AS A TEAM** – Play together. Communicate. Share the ball. Listen to the coaches. Play Unselfish.
- **Play THE ROUGHRIDER WAY** – Relentless. With a chip on your shoulder. Something to prove. Step on the field to win. Every GB is ours.
- **RESPECT THE GAME** – Respect your teammates, other team, officials, parents ON and OFF the field. Don't be a jerk! You never know who is watching.
- **WINNING** – If we take care of everything else above we will find our selves in the WIN column more times than not!

On the Field

- **STATS** --- No College Coach has ever asked for any of my player's goals and assists statistics – plays into the Roughrider way of playing as a team! If they are serious about you they have already decided that you can play --- They ask the coaching staff what kind of guy you are, what kind of student you are, if you are coachable, respectful and can communicate – We will prepare you for this stuff.
- **Your Behavior** – You will be stunned at what the coaches watch for – They watch
 - Interaction with Teammates
 - Interaction with Coaches
 - Interaction with Little Kids
 - Interaction with the Hot Dog Guy
 - Interaction with Other Parents at the Tailgate
 - Interaction with Your Parents - Never let your parents carry your gear after a game
 - Social Media --- Facebook, Twitter, Instagram- Please be smart

Off the Field

- RESPECT – Your family, friends, teachers, trashman! You never know who is watching or where you may need help in the future.
- SCHOOL – Take care of business in the classroom. Academics come first.
- THE RIGHT CROWD - Make smart decisions with who you hang out with away from the field. Don't be a follower.
- SOCIAL MEDIA – Think twice before posting anything. ANYONE can and will find what you post.
- NUTRITION – Take care of your body! It's the only one you get. Starts with the parents.

Events

- Roughrider Schedule
- Under Armour All-America Baltimore Tryouts
 - Other Tryouts – Maryland FreeState, National All-American
- Showcases
 - NXT Philly and Baltimore Showcases
 - IMLCA Select Showcase
 - Maryland Lacrosse Showcase
 - LI Blatant
 - GFW
 - Blue Chip
- Prospect Days (on college campus)

Video

- Can be helpful to have highlight and video available but not absolutely necessary. No coach will make a decision based on game film.
- HUDL account provided for all our MD players – 2020, 2021, 2022. Ask your coach if they have not shared!!! Ability to cut up and make your own highlight packages.
- Highlight Film should be 2-3 minutes of your top plays. Not just snipes or big hits but fundamental plays. Yes its cool for IG, Twitter and Youtube but don't need crazy graphics or music.

Parents

- Guide your son but do NOT do the work
- Help keep them organized
- Proofread for typos
- Help with phone calls – pretend calls
- Help with research of schools
- SUPPORT!!!

"I don't want to be that parent but....."

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- **HELP US HELP YOU.** Communicate with us on your lists, potential schools and interests – We will do everything that we can to help. We have relationships with College Coaches at every level and will do our best to advise you.
- We provide our own **“Roughrider Media Guide”** complete with Player Profiles ---- We take out the guess work and provide key information for the coaches – Contact info, Grades and Scores, Accolades, other sports

“The Harder you try the Luckier you Get” -Coach Lefty Dresiell

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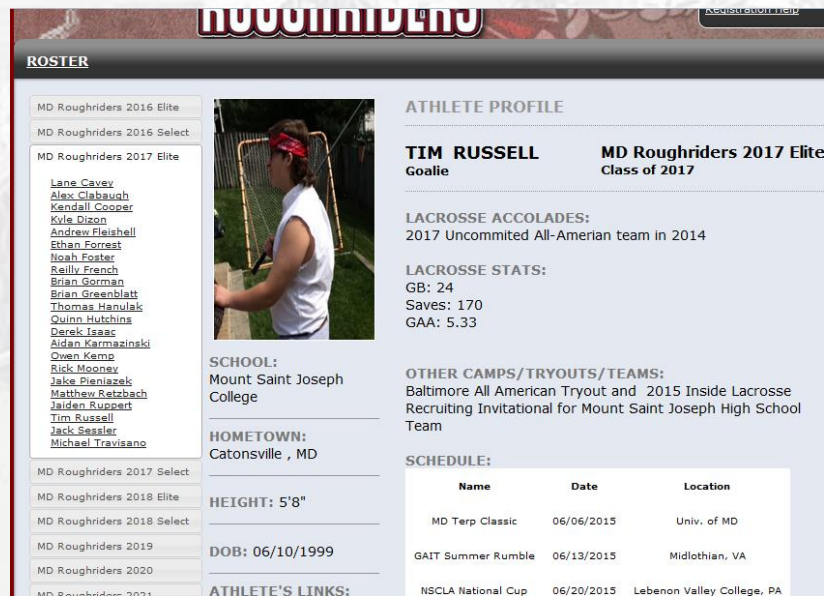
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Take advantage of what we have to offer

- Roughrider Recruiting page – tons of articles and information-
<http://www.roughriderslacrosse.com/recruiting/>
- Online bio page– all registration information is pulled and creates a page -
<https://events.r2it.com/lacrosse/RoughRiders1718/roster>
- Student Prep - an online service for student-athletes to prepare for standardized testing and navigate the college process. RR discount provided.
<http://www.roughriderslacrosse.com/recruiting/studentprep/>



ROSTER

MD Roughriders 2016 Elite
MD Roughriders 2016 Select
MD Roughriders 2017 Elite

Lane Cavey
Alex Clabaugh
Kendall Cooper
Kyle Dixon
Andrew Fleischell
Ethan Forrest
Noah Foster
Reilly French
Brian Gorman
Brian Greenblatt
Thomas Hanulak
Quinn Hutchins
Derek Isaac
Aidan Karmazinski
Owen Kemp
Rick Mooney
Jake Pieniazek
Matthew Ritzbach
Jaiden Russell
Tim Russell
Jack Sessler
Michael Travisano

ATHLETE PROFILE

TIM RUSSELL MD Roughriders 2017 Elite
Goalie Class of 2017

LACROSSE ACCOLADES:
2017 Uncommitted All-American team in 2014

LACROSSE STATS:
GB: 24
Saves: 170
GAA: 5.33

OTHER CAMPS/TRYOUTS/TEAMS:
Baltimore All American Tryout and 2015 Inside Lacrosse Recruiting Invitational for Mount Saint Joseph High School Team

SCHEDULE:

Name	Date	Location
MD Terp Classic	06/06/2015	Univ. of MD
GAIT Summer Rumble	06/13/2015	Midlothian, VA
NSCLA National Cup	06/20/2015	Lebanon Valley College, PA

SCHOOL:
Mount Saint Joseph College

HOMETOWN:
Catonsville, MD

HEIGHT: 5'8"

DOB: 06/10/1999

ATHLETE'S LINKS:

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- There are no shortcuts. DO THE WORK.
- READ. Have other hobbies. Don't be that 'jock'
- Play other sports.
- Make your bed in the morning. Start with a win!
- Listen to your parents.
 - What you think is a big deal is not, and what you think is small is usually big...
- Take care of your body – what you put in is a direct correlation of your performance.
 - Weight room and working out
 - Nutrition!!! – Challenging you parents.
 - Set GOALS.

NUTRITION

What you eat directly affects your performance on the field and at school. You have to take care of your body and feed it the proper meals. Everyone's body reacts different but below are some points I have found to work:

- Try to cut all fast food.
- Stick to lean meats – Chicken and Turkey
- NO SODA. Water! Water! Water! Gatorade is fine before, during and after workouts.
- Healthy snacks – Granola, Almonds, Wheat Thins, Hummus Cut the junk food and stupid snacking. No chips, cookies, candy.
- 5-6 smaller meals throughout the day. Pack yogurts or Powerbars that you can grab at your locker. Make a PB&J for before practice.
- MUST EAT BREAKFAST – Eggs. Pancakes. Oatmeal. Try to get a protein.
- Get a multi-vitamin – rock out with the Flinestone vitamins!
- Drink a Boost/Ensure/SlimFast for extra protein and calories after a workout or practice.
- Whey Protein – Get a cheap bag from GNC or target and mix a scoop with milk or make a smoothie for after workouts or before bed.
- Lots of Veggies and Fruit – easy to take an apple to school or carrots with peanut butter.

SETTING GOALS

- Write down your goals and place them somewhere you can see everyday.
- Short term and long term. Can be daily or weekly. Monthly. And then a year or two from now.
- Deciding what you want to achieve in your life, on the field, in the classroom.
- Separating what's important from what's irrelevant, or a distraction.
- Motivating yourself.
- Building your self-confidence, based on successful achievement of goals
- Hold yourself accountable for everything you do.
- What can YOU do to achieve those goals?
- Focus on the little details and making small adjustments to reach the top.

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TIME TO RIDE!



MY GOALS: 3-4 months

Academic Goals: _____

How can I achieve them : _____

Lacrosse Goals: _____

How can I achieve them : _____

Social/Behavior Goals: _____

How can I achieve them : _____

Personal Goals: _____

How can I achieve them : _____

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Q & A

Open for questions and concerns

Contact me and our staff. Use us!!

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