



High School Lacrosse Athlete's Transition to College: “The Challenges”



~Real life reflections~





Check list for Recruiting: Your Concerns

- Know your “worth” to the program interested
- Identify & find your “wants” in a school & program
- Non-negotiable “personal needs”
- The “visit” – The window to future!





School Choice factors



- Size & how you fit in? Class size?
- How important is lacrosse to school?
- Major & career path? Career services & Alumni presence?
- Geography- how far? For you & parents?
- Location of school city vs. rural?
- Competition & proximity?
- History of program? Wins /loses
- Programs presence on campus? Big time?



Level of support for program?

- Facilities/ equipment/ medical care/ tutoring
- Academic advisement/ Alumni/ travel & accommodations/ injury care- athletic training/ quality of gear/ locker room
- Coaches Status: how long contract? Tenure? age? Career path? Coach's relationship to campus personnel & departments





Adjustment: “A humbling Experience”

Getting through the 1st few: days....weeks...months???

1. “Program Skills!”- basics not taken for granted
2. The “Art of Shooting”- have a plan
3. Intensity of drills 1 hr per day 4 days a week
4. “Coachability” Index – coach’s voice is not just “yelling”
5. Difference between “listening vs. hearing”





Exit the “comfort Zone”!

“Great things never come
from being comfortable”

1. Need to “fall in love” with the basics
2. Understand: “Once you stop learning...
you’re losing!....”
3. Accept you must “outwork” people to be
successful at the college level





A College Athlete's challenges

A push to rise your personal levels:

1. Physical demands
2. Social Hurdles & choices/consequences
3. Academic quality
4. Time management & demands
5. Problem solving skills
6. Fatigue & balance for rest & sleep
7. Nutrition
8. Emotion & resilience



effort
+ passion
+ growth mindset
+ determination

SUCCESS

The “Grit Factor”



Be prepared to “Fight the Battle”!

1. A long road & pathway to reach new levels
2. Response to adversity reveals the soul!
3. Build trust with positivity
4. Forge meaningful relationships
5. Overcome victim of the HS “easy route”
6. Realize this journey will be the **“HARDEST THING IN LIFE TO DATE”**





“Struggles” the Freshman Year



Trials & tribulations of:

- *1. Locating & finding classes*
- *2. Navigating time demands: early- late hours*
- *3. Study hall Attendance*
- *4. dealing with falling behind academically*
- *5. keeping energy level- the “wear & tear”*
- *6. finding balance social vs. school & athletics*



Common College Freshman Mistakes



1



Skipping Classes

6



Poorly Developed Study Skills

2



Poor Time Management Skills

7



No Emergency Fund

3



Not Connecting With Faculty

8



Missing Financial Aid Deadlines

4



Not Budgeting Your Money

9



Skipping Sleep

5



Abusing Credit Cards

10



Ignoring Your Mental Health



“Struggles” the Freshman Year

7. “Great Expectations” vs. Reality
8. Physical demands of college athletics
9. Maintaining your G.P.A.
10. Meeting media expectations of recruit
11. Learning how to be coachable
12. Learning to be a student of the game
13. Pressure & Stress tolerance





Reflections: Survival Skills



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- Follow these steps:
 1. Manage your time efficiently
 2. Understand the importance of sleep
 3. Use free time efficiently
 4. Ask upper classman questions – a buddy?
 5. Know there is never too many questions
 6. Use support staff- tutors; advisors; trainer
 7. Consider “growth time”- red shirt



Managing the “Load”: the daily schedule

1. 6:00 am practice & lifts
2. Class time 11:00am – 6:00pm
3. 6:00pm-9:00pm study hall
4. Taking care of your body: Hydration/
Nutrition
5. Monitor body weight: Strength &
performance
6. Study skills & time mgt
7. Energy “drain” – sleep time





Reflections: Advice

Cover the “Basics”:

- 1. Know & complete all the paperwork
- 2. “Lay Low”- don’t become the freshman “spectacle”!
- 3. Be on time for everything!
- 4. Go out of your way to be POSITIVE & THANKFUL

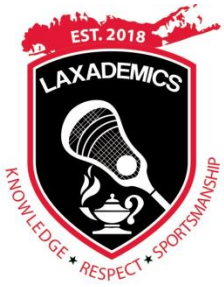




Accept the following Realities:

- Its OK to FAIL
- There will be many bumps along the way
- It take time to find your real interests
- Open up to others positively
- Build relationships with Adults & school Officials
- The importance of a long term plan





Be Exceptional!

- Be a competitor in practice
- Hustle 100% of the time
- Accept coaching criticism- turn it positive
- Communicate with home & parents – view it as a valuable resource!



Value The Importance of Planning

- Plan your days
- Chip away at projects
- Get a planner to chart your days/ weeks
- Commit to healthy eating habits
- Subscribe to proper lifting techniques from injury prevention
- Find opportunity for “extra work” time to focus on detail areas needed for improvement





Prepare for the “Mental Side”

- Mental preparation is a vital part of being a college athlete
- Develop Healthy Body, Soul & Mind!





Strive for Peak Performance

- All preparation factors aligned & balanced
- Stress Reduction =s Relaxed Athlete
- Performance in a “relaxed state”
- Time & motion SLOWS down for athlete
- Optimum Performance reached



Special Recognition

- Information based on a 2019 Clinic Presentation by Tim Rotanz at the Annual LI Metro Lacrosse Foundation Clinic:
- His “Real Life Journey’s College Reflections”



ROTANZ'S HONOR ROLL

- *2018 Team Captain*
- *2x USILA All-American (2018, 2017)*
- *2018 Honorable Mention All-America (USILA, Media)*
- *2017 Third Team All-America (USILA)*
- *2017 NCAA All-Tournament Team*
- *2017 Second Team All-Big Ten*
- *2017 Big Ten All-Tournament Team*