



A Guide to Lacrosse During COVID-19

If you are taking the time to read this, congratulations. A majority of players out there right now are wondering “what can I do get better when my season is canceled” while not making an effort to develop a plan. To help, we broke down this guide to what you can do now, a brief rundown of what effects colleges are dealing with, what to think about when reaching out/contacting college coaches, and general thoughts.

What You Can Do Now

Right now, nobody knows what you are going through. Very few people have ever experienced something like this and 99% of athletes have at least had the chance to dictate how their season has ended. Unfortunately for many of you, that won't be the case this year. As I am sure you've heard a million times, life isn't fair. This is a very real example.

So what can you do? I encourage you to take 2-3 days off. Digest it, process it, and accept that this is the new reality. You aren't playing lacrosse this season after the days, weeks, months, and years of preparing for this. That is a tough pill to swallow. That being said, understand that everyone in the country is in the same situation. What are you willing to do to separate yourself from those that are remaining angry, bitter and frustrated?

In the short term, while the country digests this information, you can get better. The backyard goal, the wall, sprints, Faceoff reps against the couch, watching film, will all help. Become involved in the lacrosse community online. Continue to email coaches, continue to work, and continue to grind through any circumstances. Don't have an area to do sprints? Utilize push ups, sit ups, mountain climbers, planks, body squats, lunges, and hundreds of online resources to develop at home workout routines.

It is also a great time to get to 100%. If you sustained a big injury or have had a nagging ache for a while, rehab it so that come time when things get a bit more normal you can be at your best. So as far as what you can do now? Answer: accept the situation and get to work.

What Effects Colleges Are Dealing With

I have spoken to a few college coaches and here is the information that is important to you. The most applicable information is that the NCAA immediately issued a blackout period for ALL sports until April 15th. This means that coaches aren't allowed to return phone calls or be in contact in any way with

recruits. However, that doesn't mean that they aren't reading email and listening to voicemails. College coaches, just like you, are doing their best to navigate through an unprecedented event. Continue to email, call, and contact colleges that you are interested in. Let them know you are working hard and continuing to develop your skill sets.

There are several variables that you now need to consider. There are a LOT of players eligible for a 5th year that will transfer. This will impact both the recruiting landscape and the scholarship allocation. Instead of going up against your own classmates, you are now in competition with college seniors who have proven themselves on other teams. The breaking news about which collegiate players are going to which programs is certainly something you should keep an eye on.

Also, a significant amount of scholarship money is taken up by upperclassmen. If you think about it, college coaches would rather put a premium on having the freshman/sophomores that prove their worth stay instead of taking a risk on offering larger scholarships to incoming classes. With every senior having an opportunity to come back, that ties up a significant amount of scholarship money in juniors, seniors, and 5th year seniors. Again, it is too early to make confident statements and it will be a team-by-team basis. Understand that this is what college coaches are discussing amongst themselves and we can expect to have additional details within the next couple of weeks.

What to think about when reaching out/contacting college coaches

This is one of the few things that doesn't change. While it's important to keep an eye on the decisions that coaches are making during these uncertain times, right now you need to focus on what you can control. This is a great opportunity for you to hone your email template, to put together a better highlight video, raise your GPA, study for the ACT/SAT, and get any off-field issues you are dealing with cleaned up. As a reminder, the first question coaches ask are "What's his GPA? Is he coachable? And is he a good student/respectful to his elders?" When you are emailing coaches, if your season has taken a hit due to Coronavirus, let the coaches know about it. Reiterate that you are still working hard to develop your lacrosse skill sets and are making the best of a bad situation. Keep hammering their inboxes and cell lines. Show them that you are taking advantage of what you can and thinking strategically about this new problem.

General Thoughts

As I have mentioned several times throughout this, we are in a uniquely terrible situation. This is the first worldwide pandemic I have seen in my lifetime. If there's one thing we can all do, it's remain calm and think critically. Easy for me to say behind a computer screen, but we are canceling all CLNC clinics and are going to place a heavy premium on providing up to date and accurate information from the college coaches, professional players, and mentors we work with. If you are a player reading this, get to work. However you can. Get your mind off the situation and learn to be productive in stressful times because that will be a huge asset moving forward in your life. As you get older, you realize there are positive and negative outlets. Every negative situation you find yourself in will provide you an opportunity to separate yourself from the competition. Don't be the guy who takes it out on junk food,

beer, video games, and pointless arguments with your parents/friends. All of those are easy. Working out, learning online, eating right, cooking, and developing a hobby are the best things you can do to manage your anger/frustration.

If you have any questions or need anything, feel free to reach out.

-Nick Ossello

Nick@CLNCsports.com