# Colby College Lacrosse

# Sept./Oct./Nov./Dec. 2024

# TRS Messages

* ---

### September 2024

# Talking Points

* - Get a glimpse of where you'll be living! Explore the modern residence halls at Colby College, designed to make you feel right at home.
* - Daily life at Colby is a mix of academics, athletics, and social activities. Hear how our lacrosse players balance it all.
* - Waterville is your new backyard—discover the local spots that Colby students love.
* - Learn about the support services available to help you transition from high school to college smoothly.
* - Hear from current students about the vibrant campus culture and how easy it is to get involved.

# Social Media Topic Ideas

* - A day in the life of a Colby lacrosse player—Instagram Takeover
* - Tour of a residence hall on IGTV
* - "My favorite place in Waterville" – student features on Instagram Stories
* - Weekly tips on transitioning to college life, shared on Twitter
* - Facebook Live Q&A session about campus life with a current student

# Text Messaging Talking Points

* - Hey! Have you seen the residence halls at Colby? They’re pretty cool places to live. 😊
* - Curious about what a typical day looks like for our lacrosse players? Let me give you the scoop!
* - Got any questions about living in Waterville or campus life? Shoot, I’m here to help!
* - Wondering how to balance school and lacrosse? Let’s chat about how our players manage it.
* - Thinking about joining clubs or activities? There’s something for everyone here!
* ---

### October 2024

# Talking Points

* - Experience the competitive spirit and camaraderie of Colby's lacrosse team.
* - Insights into how being an athlete at Colby integrates with academic and social life.
* - The benefits of being part of a close-knit athletic community in a college setting.
* - Learn about our coaching philosophy and how it helps our players excel both on and off the field.
* - Discover how Colby athletes contribute to and enhance the campus community.

# Social Media Topic Ideas

* - Behind-the-scenes at a lacrosse game – Instagram Stories
* - Profile pieces on lacrosse players who are also academic achievers
* - Posts about the unique traditions of the Colby Mules lacrosse team
* - Interviews with coaches about their philosophy and approach, shared on YouTube
* - Highlights from recent games, showcasing the intensity and skill of our players

# Text Messaging Talking Points

* - Ever wondered what it’s like to be part of the Mules family? Let’s talk about our team spirit!
* - Our coaches have some cool philosophies about lacrosse and life. Interested in hearing more?
* - Being an athlete here is more than just playing lacrosse. Want to know about the other perks?
* - Check out how our lacrosse team rocked the last game! 🥍 Got a minute to chat about it?
* - Thinking about how sports and study go together? I can explain how we do it at Colby.
* ---

### November 2024

# Talking Points

* - Tour Colby's top-notch athletic facilities where you’ll train and play.
* - Learn about our state-of-the-art training programs tailored for lacrosse players.
* - Insights into the physical and mental preparation strategies used by our coaches.
* - How our athletic facilities support all aspects of training, recovery, and performance.
* - The role of technology in enhancing training and performance at Colby.

# Social Media Topic Ideas

* - A virtual tour of our athletic facilities on YouTube
* - Posts highlighting technology and tools used in training
* - Stories featuring player experiences with the training programs
* - Tips on physical and mental preparation from our coaches, shared on Instagram
* - Live sessions discussing the importance of recovery and well-being

# Text Messaging Talking Points

* - Want a sneak peek at where you’ll be training? It’s pretty impressive! 🏋️‍♂️
* - Our training programs are tailored just for lacrosse players. Curious about the details?
* - Ever heard about our high-tech training tools? They’re a game-changer!
* - Our coaches take prep seriously, both physically and mentally. Let’s dive into their strategies.
* - Recovery and well-being are key here. Want to learn how we support our players?
* ---

### December 2024

# Talking Points

* - Discover the unique team dynamics of the Colby Mules lacrosse team.
* - Hear firsthand from players about the strong bonds and friendships formed on the team.
* - Learn how team culture is built and maintained through various activities and traditions.
* - Insights into how team dynamics contribute to individual and collective success.
* - Explore the role of leadership and mentorship within the team.

# Social Media Topic Ideas

* - "Meet the Team" series featuring different players each week on Instagram
* - Posts about team-building activities and their impact, shared on Facebook
* - Stories from seniors about their journey and growth on the team
* - Highlights from team outings and bonding experiences
* - Live Q&A with team captains about leadership and teamwork

# Text Messaging Talking Points

* - Thinking about how you’ll fit into the team? Let’s talk about our awesome team dynamics!
* - Our team is like a family. Want to hear some cool stories about our bond?
* - Team culture is big here. Curious about what makes ours so special?
* - Leadership is key on and off the field. Interested in how we foster it?
* - Our team traditions are pretty unique. Got a minute to chat about them?