

FLIPTURN

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Navigating the College Recruiting Process

Navigating the college recruiting process can be challenging, especially with the recent changes from the House vs. NCAA legislation. Here are some tips to help high school swimmers aiming for college: "2025/2026" GRADS.

What To Look For:

1. Schools' Swimming Programs: Research schools with strong swimming programs that align with your goals and abilities. Consider both Division I, II, and III programs, as well as NAIA schools.
2. Scholarship Opportunities: Look into schools that offer athletic scholarships and understand the new scholarship limits set by the House vs. NCAA settlement.
3. Academic Standards: Ensure the schools meet your academic requirements and offer support for student-athletes.

How To Get Noticed:

1. Create a Highlight Video: Compile a video showcasing your best races and techniques. This can help coaches evaluate your skills.
2. Update Your Online Profile: Keep your profile updated with your latest academic and athletic achievements. Include your best times, transcripts, and standardized test scores.
3. Reach Out to Coaches: Send personalized emails to college coaches, introducing yourself and expressing your interest in their program. Be sure to follow NCAA rules and (continued...)

Mission

American College Connection: Former college swim coaches helping swimmers and divers get recruited.

Vision

To be a world-renowned recruiting education company that helps swimmers and divers from all over the world make their dreams a reality by helping them find their perfect fit for academics and athletics in college.



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email etiquette.

4. BETTER YET....Don't be afraid to hire an outside source like AMERICAN COLLEGE CONNECTION to help advocate for you! THE PERSONAL TOUCH CAN WORK MAGIC!

Do's and Don'ts:

Do...

- Be Proactive: Reach out to coaches and express your interest.
- Show Improvement: Highlight your progress and improvements over the
- years.
- Stay Organized: Keep track of your communications with coaches and
- schools.
- Be Honest: Be transparent about your strengths and areas for improvement.

Don't...

- Overwhelm Coaches: Avoid sending mass emails to multiple coaches.
- Ignore Academics: Remember that academic performance is crucial for college recruitment.
- Neglect Personal Development: Focus on both athletic and personal growth.

How to Sell Your Potential:

- Showcase Your Best Times: Highlight your personal bests and improvements in your events.
- Demonstrate Work Ethic: Share stories of your dedication, training routines, and commitment to the sport.
- Highlight Achievements: Mention any awards, records, or notable performances.
- Express Passion: Convey your love for swimming and your goals for the future.

By following these tips, you can increase your chances of getting noticed by college swim coaches and making a strong impression. Good luck with your college swimming journey!



~ KDAWG



Challenges for 2027/2028 Grads:

- **Roster Spots:** With many high school swimmers aiming for college programs, roster spots can be highly competitive. It's crucial to start reaching out to coaches early and showcasing your skills through meets and times.
- **Program Cuts:** Unfortunately, some colleges have been cutting swimming programs due to budget constraints. This trend might continue, so it's important to research the stability of the programs you're interested in.
- **Facilities and Resources:** The quality of facilities and resources can vary significantly between programs. Some schools might have state-of-the-art pools and excellent training support, while others might not.
- **Scholarships:** Securing athletic scholarships can be tough. It's essential to maintain good academic performance and meet the NCAA eligibility requirements.
- **Mental Health:** The uncertainty and pressure of securing a spot on a college team can take a toll on mental health. It's important to have a support system and strategies to manage stress.
- **Transfers:** If a program is cut after you've already committed, transferring can be a complex process. It's important to have a backup plan and be prepared to navigate the transfer process if needed.

Despite these challenges, with dedication and the right approach, it's definitely possible to find a great college swimming program.



Mental Mastery

Perfection is a myth. It doesn't exist. There is no perfect race. There is no perfect lap. There is no perfect meet, although that can probably come the closest to perfection because of the length of time involved. Give up on perfection. Instead, strive for mastery.

Mastery is related to consistency. Master the turn, the start, the stroke, the breath, master the finish and it will be consistent. But how?

Mastery is the little moments, the small habits, that build upon one another. The pursuit of mastery could be summed up in this attitude: "I wonder what I'm going to learn today?" Mastery is mental training.

1 - Be present. This is the linchpin to your next level. It's the biggest issue I work on with athletes because presence touches everything else that needs to grow and get better and faster. Be present on each lap. Be present at each practice - mentally and emotionally. Be where your feet are.

When you think about how many rounds you have left, you are not present.

When you think about how much it hurts, you are not present.

When you dwell on things outside the pool and just move your arms and legs, you are not present.

2 - Stop worrying about what other people think. Fear of other people's opinions will trip up the greatest of athletes and leaders. Of course, those who become great don't care. It will stop you from becoming great (which simply means your next level).

3 - Master the Mundane. The best at whatever they do, in business and in sports, are masters of the mundane. It starts with the first turn of warm-up. It continues with reminding the body at the beginning of every practice that you are an athlete, a swimmer, otherwise it forgets.

4 - Try differently rather than trying harder. In the book PEAK, the author's premise is that the most excellent at what they do grow and get better because they try differently rather than trying harder. Stop doing that which isn't working. Try something different that is still within the rules. Take that 200 out where it needs to be so you can learn what you need to do at the end. Do all the underwaters you need to do on every turn.

"But I get tired." Welcome to the pursuit of mastery. Do it. Learn what you need in order to do it. Learn what is missing.

Jeff Raker has been coaching people for over 30 years and is an expert on people. A Certified Executive Leadership Coach since 2013, Jeff spent the previous years leading staff and people as a Pastor. Now as a full-time Leadership Coach, Jeff comes alongside leaders to leverage their strengths, replace their weaknesses, and lead at a new level.

Jeff is an avid reader and learner as well as a sports enthusiast. He is a national champion masters swimmer and an international swim official. He has been married to Stephanie since 1986 and has three grown children and three grandchildren. He hopes that more golfing holes are in his future.

Shift from "perfection" to "mastery." Learn.

Find out what works and what doesn't work. Be curious. Be you.

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Perform Your Best at Swim Meets!

Competing in swim meets during chilly weather can be challenging, but with the right preparation, you can stay warm and perform at your best. Here are some tips to help you keep your body heat in and stay comfortable on deck before, during, and after your races.

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What to Wear on Deck:

- **Layer Up:** Wear multiple layers of clothing to trap body heat. Start with a moisture-wicking base layer to keep sweat away from your skin. Add insulating layers, such as fleece or wool, and finish with a waterproof outer layer to protect against wind and rain.
- **Hats and Gloves:** A significant amount of body heat is lost through the head and extremities. Wear a warm hat and gloves to keep yourself cozy.
- **Deck Coats and Parkas:** Invest in a deck coat or parka designed for swimmers. These are usually water-resistant and lined with fleece or other insulating materials to keep you warm between races.
- **Swim Caps and Ear Warmers:** Wear a swim cap to keep your head warm in the water and consider ear warmers for extra protection against the cold.

Optimal Water Temperature for Swim Performance:

- **Ideal Range:** The best water temperature for competitive swimming typically ranges from 77°F to 82°F (25°C to 28°C). This range helps maintain muscle performance and reduces the risk of overheating or hypothermia.
- **Hydration:** Even in cold weather, it's essential to stay hydrated. Cold air can be deceptively dehydrating. Drink plenty of water throughout the day to keep your body functioning optimally.

Snacks for Fueling Up:

- **Before the Race:**
 - **Complex Carbohydrates:** Foods like whole-grain toast, oatmeal, and bananas provide a steady release of energy.
 - **Lean Proteins:** Opt for yogurt, eggs, or a small amount of lean meat to keep you feeling full and energized.
- **After the Race:**
 - **Recovery Foods:** Choose foods rich in protein and carbohydrates, such as chocolate milk, peanut butter and jelly sandwiches, or energy bars, to help replenish glycogen stores and repair muscles.
 - **Fruits and Vegetables:** Include a variety of fruits and vegetables for vitamins, minerals, and antioxidants to aid in recovery.

Additional Tips:

- **Warm-Up Properly:** Spend extra time warming up to get your blood flowing and muscles ready for action. A proper warm-up can help prevent injuries and improve performance.
- **Stay Dry:** Change out of wet swimsuits and towels as soon as possible to prevent losing body heat. Bring extra dry towels and clothing to the meet.

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