

# Swimming in College: The Process

Head Division 1 Swimming & Diving Coach  
John Spadafina

## **15 YEARS NCAA Division 1 College Coaching**

- 11 Years Head Coach Sacred Heart University ( D1)
- 4 Years Central Connecticut State Assistant Coach ( D1)

## **22 Years USA Swim Coach**

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- Owner of Wolfpack Swimming/ Head Coach (2023-Pres)
- Assistant Senior Coach Rapids 2020-2023
- Head Coach/ Park City Wolfpack Swimming 2017-2020
- Assistant Coach Omni Swimming 2015
- Assistant coach SONOCO Swim Club 2012-2014
- Assistant Coach Cheshire Y/ Sea Dog 2010-2012
- Assistant Competitive Swim Director New Canaan YMCA 2008-2010
- Assistant Coach 2007-2008 Cheshire Y/ Dog Swim Club
- Assistant Coach 2003- 2006 Omni Swim Club

## **Placed Swimmer on D1, D2 , D3 Schools**

- D1 Mid Major to Power 5(4)
- D3 All Americans , Champions & runner ups
- Scholastic All Americans All Levels



**John Spadafina**

# The Process:

## Soph into Junior Year



- Attend a college information session at your HS, club etc.
- Set up a Premium [Swimcloud](#) account.
- [Register for the NCAA Eligibility Center](#) (D1,D2,D3)
- Reach out to your Head Coach or primary Coach.

### CAST A REALISTIC NET

#### D1-D2-D3

- See where you can fit in time wise.
- Fill out an online questionnaire
- Follow up with an email.
- Visit Schools

#### Division 1:

Schools Cannot Respond Back until June 15th going into your Jr Year.  
Schools Cannot have Face to Face Contact ( meets/ campus ) until Aug 1.

#### Division 2:

Schools Can Respond Back until June 1 going into your Jr Year.  
Schools Cannot have Face to Face Contact ( meets/ campus ) until Aug 1.

#### Division 3:

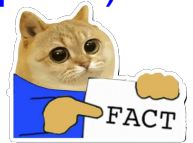
Can be in contact verbal and face to face no dates of restrictions.

# Facts vs Myths

ALL Division 1 gives out Full Scholarships .....



Roster Limits: Division 1. ( Still waiting on NCAA vs House finalizes olympic sports)  
( Only if Schools are Opting into the Revenue Sharing)



Division 2 & 3 Roster Limits based on team and institution setting: a question you should ask.

Is Division 3 Less competitive than Division 2 or 1 ?

# Junior Year- Athletics

## **CAST YOUR REALISTIC NET**

Price of Schools D1, D2, D3?

- Does the School offer Merit/ Academic Scholarship? ( Preliminary Read)

Location of the Institution?

Fill Out questionnaire then follow up with Email with Head Coach, Assistant Coach.

Does Your Times In Season and in the postseason fit with the school?

Does Your Times Score in the conference your school competes in?

# Junior Year Academics

Meet With Your HS Guidance Counselor.

Talk To Them That You Want to Swim In College

- They will make sure your Credit Courses are set up.
- Potential IB, AP classes are set up for Junior Year and Senior Year.
- Prepare to take ACT/ SAT - Some schools are test optional
- Have all your HS Transcripts ready for Pre Reads
- Letters of Recommendations for Common App in Aug going into SR yr

# Junior Year / Senior Year ( Sep- Early Decision Process)

Attend an Official Visit- Paid trip/ Costs Paid

Attend Unofficial Visit- Tour, Junior Days, Costs Not Paid.

## Questions to ask a Coach

- What is your Timeline?
- Would I score on the team ?
- What are my next steps?

## Procedures to be prepared for

- Show Interest.
- Aug leading into Senior you have tours and visited and communicated with your schools.
- Fill out Common APP, FASA. all forms you need to apply to college.
- Continue showing interest.

# SENIOR YEAR

COMMITMENT(Final Process after Early Commitment) :

2nd Wednesday in November: National Signing Day ( former NLI ) D1,D2. In December D3 will do letters of commitment in conjunction with school signing days as Early Decision Processes may come out by then.

Financial signing is binding. Athletic Scholarships are now 4 year Scholarships so they are guaranteed.

STILL UNDECIDED AS A SENIOR: **OPTIONS ARE LIMITTETING BUT DONT PANIC**

Be consistent, reach out to coaches. Especially boys.

Do not be complacent





# Questions: From The Crowd

## [Submit a question](#)

Q-What is the best forum for the athlete to be seen by college scouts? High School swim team, club team, or both?

A- BOTH USA CLUB & HS ( if applicable ) Year round swimming is what college coaches look for.

Q- What do they look for in individual swimmers?

A- SO MANY ANSWERS - JOHN'S TOP 5

- A Good Fit with the team, Times fit within the realm of of the top 24 of the Conference, Grit & Determination, Time Management, those who want to crush it academically & athletically equally.

AND MORE.....