


Bolles Swimming – April 2019

# College Swimming 101



## Introduction:

- This presentation/Document is going to cover a lot of information – if you have never been through the process of selecting a college it is hard to understand until you are in it. Do your best to stay focused on the end goal and be ready to think critically at each step in the process.
- The content here is for everyone at all levels – different situations will apply to different athletes and families, and you should always work with a coach to make a specific plan for you.
- Having swimmers participate in collegiate swimming from Division 1 to Division 3 or even club swimming is a goal of ours at Bolles – we want you to swim in college because we believe it helps you grow!



If you  
remember 3  
things...

- The goal is the **RIGHT FIT**.
- What matters is what you **GIVE**, not what you **GET**.
- This process is **OWNED** by the athlete.

#### Discussion Points:

The right fit: look for a place where you can **THRIVE**.

- The goal is not to 'make it into' the best program you can – but to pick one in which you can impact.
- Scholarship is a part of the decision but should not drive the decision.
- Connections and growth will ultimately determine if you are successful – and those are up to you!

What matters is what you **GIVE**, not what you **GET**.

- There is not perfect fit – this is up to you (student athlete) to make the most of it.
- Having a growth mindset is key, and being willing to grow is key. For example at division 1 NCAA's 9% of the total points were scored by freshmen. Athletes need to be prepared to grow and invest over a full college career.
- Coaches are looking for investment and character in their programs, not projects or people who have only potential.

Swimming in college at **ANY** level is a commitment – one well worth it in our opinion.

- Student athletes should understand the level of commitment and competition expected at the school of their choice
- Coaches are looking for student-athletes who are excited to swim – not ones that "have" to swim

- From selecting a list to communicating to coaches, student athletes are the **DRIVERS** of the process – own it!

## What we are going to cover today:

- What is college swimming?
- 5 Keys to success in college selection.
- The NCAA.
- A timeline/guide to selecting a college.
- Communicating with coaches.
- Important Tips & Resources.

# What is college swimming?

By the numbers...

Division	# of Schools	# of teams		Total Athletes		College Swimmers		Average Size		\$ limit per team	
		Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
NCAA I	196	133	195	3756	5511	35%	40%	28	28	9.9	14
NCAA II	104	73	103	1515	2003	14%	14%	21	19	8.1	8.1
NCAA III	262	230	259	4362	5119	40%	37%	19	20	-	-
NAIA	32	27	32	310	338	3%	2%	11	11	8	8
NJCAA	12	12	12	154	146	1%	1%	13	12	15	15
CCCAA	56	46	54	703	745	6%	5%	15	14	-	-
Other	2	2	2	23	13	-	-	12	7	-	-

<http://www.scholarshipstats.com/swimming.htm>

## Discussion Points:

Understand that there are lots of opportunities for all levels of swimmers to participate in college swimming. Be prepared to find where you fit – not necessarily where others go or where you think you should be.

Do some simple math to help you understand the limitations and opportunities:

- Over 10,000 men and almost 14,000 women compete in collegiate swimming.
- Assuming the top 10 NCAA teams have an average of 11 people on their NCAA team, only 110 men and women will be part of DI top 10 championship teams.
- If a school is giving out the full amount of scholarship - division 1 athletes average 35% per person – but consider that top athletes get 50%-100% scholarships, and a small number of schools are actually fully funded. Even a 10% scholarship will be a great offer for most swimmers!

# NCAA Divisions

"The NCAA's three divisions were created in 1973 to align like-minded campuses in the areas of philosophy, competition and opportunity."



- |                                    |                                    |   |
|------------------------------------|------------------------------------|---|
| • Academic & Athletic Scholarships | • Academic & Athletic Scholarships | • Academic Scholarships (average 75% SA's on aid) |
| • Large Schools/Budgets            | • Medium Schools/Budgets           | • Small Schools/Budgets                           |
| • 1 in 25 are athletes             | • 1 in 11 are athletes             | • 1 in 6 are athletes                             |

<http://www.ncaa.org/about/resources/media-center/ncaa-101/our-three-divisions>

## Discussion Points:

Do your research on performance times:

What qualifies for NCAA Champs (DI, DII, DIII)?

What scores points at NCAA champs?

What swimmers from the school you are interested went?

Understand that divisions are NOT based on performance – high performing athlete's can and do participate in all NCAA divisions.

## College Swimming Between the Numbers:

- Teams can be combined or separated men/women (or only one).
- Teams compete in a conference and at a national level.
- Seasons start in September and end in March. Regulated by NCAA.
- Out of season time regulated by team culture.
- ALL teams ask you to be BOTH student and athlete.
- Be prepared to contribute to living costs, spare suits/goggles, travel, etc.
- Teams vary in emphasis on coaching experience, dryland, yardage, teaching, culture, and recognition.

# Ranking Teams – Where do you fit in?

## **National Championship Rankings:**

- Results from NCAA Championship meet
- Swimmers must “make the cut” (NOT a time!!)
- Elite scoring depth (3-5 swimmers) and relays are key.
- Top teams looking for NCAA ready recruits.

## **Conference Championship Meet Rankings:**

- There are dozens of conferences (Look at school’s website).
- Teams bring a specific number of athletes, scoring depth is key to success.
- Important to athletic departments, building teams.

## **Dual Meets/Rankings:**

- Practice competitions, points of pride.
- Not generally considered a factor in a “successful” season.

## Discussion Points:

As you look at schools, you can evaluate how you fit by:

1. Meet results – how would you place in their conference or NCAA championship meet? If you are not there yet, do you see yourself willing to WORK to get there?
2. Team Records/All time top times – Historically how fast do the top performers swim? Bonus question: look up their team record holders as freshmen!

It is NOT good to evaluate a fit based on:

- Current season top times: this will only give you a list of what they accomplished this season, the underlying question becomes, which of the current season’s top times were swims that helped the team achieve their goals? You may be 4<sup>th</sup> on a team’s depth chart in your best event, and the team only brought their top 3 swimmers in that event to their championship meet.
- Incoming recruits: with all the publicity about ‘commitments’ its easy to think you may or may not fit at a school based on other swimmers – unless you have a conversation with a coach, do not read into other swimmer’s commitments!

## So what are college coaches looking for?

They want to see intensity and **EXCITEMENT TO COMPETE** at a future level.

You are likely not as fast as you can be or fast enough to impact their team – so they want you to **GROW**.

They want to see (not hear) a history of **COMMITMENT**.

They want to know you have **DISCIPLINE** in your practice & lifestyle habits.


They want to know you can effectively **COMMUNICATE**.

They want to **TRUST** an athlete to be a great teammate and scholar.

- A Future level means you are looking to compete (and do what it takes to be successful) at a level of swimming beyond where you currently are.
- A growth mindset will be critical in college – just like in club swimming, all colleges want swimmers to develop into faster swimmers, better leaders, and great student-athletes. Many students think this is because of how the coach will design the program – it is most directly a reflection of the athlete's willingness to grow and change.
- While ability and performance are a strong indicator of potential impact, the first question a college coach will ask a club coach is about their commitment – do they make swimming a priority and value practice time above other things in life?
- A disciplined athlete both in the pool and out is a coachable athlete. Having great practice habits and lifestyle habits (sleep, time management, nutrition) means the coach can focus on swimming with you and trust the swimmer to get their academic work done as well as be a quick learner in the pool.
- Life always throws us a curveball here and there – coaches need to know you can communicate in a timely and appropriate way to navigate these.

Here's a look at our top 10 recruits, plus how many **individual points** they scored at NAAs in each of their four years:

RANK	NAME	COLLEGE TEAM	TOTAL NCAA POINTS	2016 NCAA POINTS	2017 NCAA POINTS	2018 NCAA POINTS	2019 NCAA POINTS
1	Andrew Seliskar	Cal	192	42	43	47	60
2	Townley Haas	Texas	198	55	46	53	44
3	Mike Thomas	Cal	68	0	9	27	32
4	Carsten Vissering	USC	50	1	16	16	17
5	Aiden Burns	Georgia	0	no invite	0	0	0
6	Patrick Mulcare	USC	48	13	16	16	3
7	Cole Cogswell	Stanford	0	no invite	no invite	no invite	no invite
8	Thomas Brewer	Auburn	2	no invite	0	2	0
9	Ryan Harty	Texas	51	24	redshirt	3	24
10	Alex Valente	USC	0	0	0	no invite	0
11	Ryan Dudzinski	Stanford	2	0	1	1	no invite
12	Tabahn Afrik	Notre Dame	0		no invite	no invite	no invite
13	Ross Palazzo	Florida	0	no invite	0	no invite	no invite
14	Cody Bekemeyer	South Carolina	4	0	4	0	no invite
15	Bowen Anderson	Kentucky	0	no invite	no invite	no invite	no invite
16	Brennan Balogh	Florida	0	0	0	no invite	0
17	Brad Zdroik	Stanford	0	no invite	0	0	no invite
18	Nick Norman	Cal	32	0	0	16	16
19	Jeke Miller	Louisville	0	—	—	—	—
20	Tate Jackson	Texas	25	0	1	12	12



2. Keys to  
success in  
college  
selection.

1. Search for the right fit.
2. Beware of your “Reach”
3. Find the sweet spot
4. Ask the right questions
5. Stay in the driver’s seat.

## KEY #1: The goal is to find the right fit



### Athletically

Are you able to impact team's FUTURE goals (NOT team's current place)

Are you a conference/NCAA competitor?

Will you be able to GROW athletically?  
**(Be the Best at Getting Better)**



### Academically

Can you pursue the academic / career field you want?

Will you be comfortable / challenged / overwhelmed by the academic demands of the school?



### Financially

Can you (your family) afford the FULL cost of going to the school (be honest)?

What constraints will this put on your family? Is this ok?

Will you be depending on financial aid? If so from what source...

### Discussion Points:

There is no benefit from focusing only on "getting into" the most prestigious or well recognized program if you have no ability to impact the program. Focus on places where you can grow and also be an asset.

As you research schools, consider this, in each of these areas you should rate the school as:

- Comfortable
- Challenging
- Overwhelming (a "REACH")

Ask questions to help you find out more about the academic and athletic expectations.

## Key #2: What is a “REACH” School

### Academic

- Would you be admitted without swimming?
- Would your test scores/grades fall within the schools admissions average?

### Athletic

- Do your times put you in contention to make an impact on the team?
- Can you meet the training expectations of the coach?

### Financial

- Can you afford the cost out of pocket?
- Will you be able to afford all years at the rate you START at.

If the school  
is a “reach”  
in ANY  
category – it  
is a REACH!

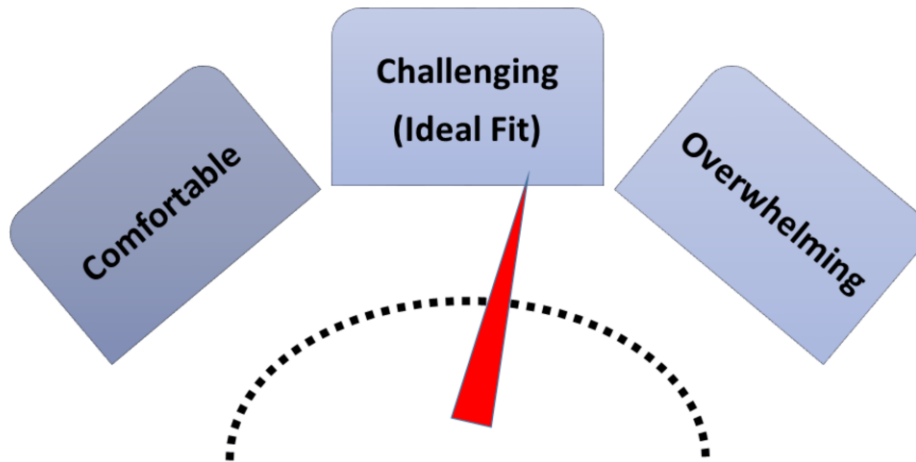
Your goal should be  
to find at least one  
school in your sweet  
spot that is NOT a  
reach!

### Discussion Points:

If all of your “top” choices are ‘Reach’ schools – you could end up empty handed!  
Find schools in your sweet spot that are not a reach if possible.

If you are not willing to look outside of the reach schools you have, as a family and as a student athlete, you need to be prepared to give up one or more aspects of what you are seeking. For example you need to look ahead to grad school costs or understand you may not be able to afford a car or apartment while at school.

## Key #3: Find your Sweet Spot



### Discussion Points:

Setup a way to evaluate schools across different “categories.” The trick is to get past a simple list of pro’s and con’s – which may be a good place to start, but ultimately you should be evaluating categories that will drive your decisions and behavior once you are there.

- Academic
  - Do they offer the degree/program you seek? Or do they offer exciting options?
  - Course load to complete the degree/ Course difficulty.
  - Support for students (or student athletes).
- Athletic
  - Performance Times.
  - Training Ability.
  - Attitude and Effort.
- Financial
  - Is the cost affordable?
  - Will financial aid or student debt be needed?
  - Are you able to pay for the full duration?
- College Life
  - Location/Travel to program.
  - Church or Life connection groups available.
  - School Locale – connections to the business or graduate community nearby?



## KEY #4: Ask the right questions

### **Helpful Questions – allow you to see the CONNECTIONS.**

- “What are the goals of the program? How did you evaluate last year/season?”
- “What are the graduating athletes from this program starting on next?”
- “Have you coached an athlete similar to me (times and skills)? In your experience, what do I need to focus on to be successful at your program?”
- “What have student athletes in the program struggled with the most at this school?”
- “The student athletes that have made the biggest impact on the team – what do you remember/see the clearest about them?”
- “What are the core / most important elements of your training program? – in other words, what are the keys to being a successful athlete each week of practice?”

### Discussion Points/Other Questions:

Questions that help you “paint a picture” of day to day life at the program are great – especially if you can ask several current student athletes.

- “What makes the leaders of your program stand out to you as a coach/athlete?”
- “What do the swimmers in your program do over the spring/summer?”
- “As the coach – where do you want the team to go next? What is your vision?”
- “Do you have a mission statement or list of values you talk about on your team?”
- “As a coach – what are most proud of this program for?”



## KEY #4: Ask the right questions

**NOT ALWAYS Helpful Questions – Only show you the THINGS & SERVICES at or about the program.**

- “What support do student athletes get at the program?”
- “What is your facility like? What equipment do you have?”
- “Are you a quality based program or yardage based program?” (possibly worst question)
- “Do swimmers earn more scholarship each year?”
- “I want to reach \_\_\_\_ goal, how will your program take me there?”

### Discussion Points:

Asking the wrong questions or observing the wrong things may not only give you poor information about how you can be successful in college – they may send the wrong signals to a coach. Remember that coaches are not looking for “takers” in their programs, they are looking for “givers”.

When trying to ask difficult questions such as about scholarship or roster spots, it helps to give the coach a heads up. Email them ahead of time saying “I would like to discuss financial aid/admissions so my family and I can make an informed decision about our finances. Are you available to discuss this?” Do your best to phrase things in a way that shows you are still investing in the program, but you need to know certain information.

## KEY #5 Stay in the driver's seat

- As you navigate towards making an official selection, **CREATE A PLAN THAT HELPS YOU CHOOSE** an option instead of being dependent on another decision.
- A great scenario would be to find 2 or 3 schools
  - you would really fit well at,
  - complete applications,
  - talk with coaches,
  - see the process through up to the point at which you make a decision (get an acceptance letter or a scholarship offer)
- Be open minded about options from start to finish – there is no one perfect fit!!

### Discussion Points:

It happens every year where student athletes over-focus on one or two school choices, letting others fall by the wayside. Then as the final decision draws closer they realize they need financial aid at both of their options and they are waiting to hear if they get it – and if they don't they have NO backup plan (much less another exciting option).

Be realistic about where you fit – focusing only on a school that seems the most prestigious, exciting, big, etc may be overwhelming for you!

Keep yourself in the drivers seat! - Beware comparison and convenience!

- Comparing yourself to others will overwhelm and confuse you.
- Comparing between schools can be tricky, and should be done carefully.
- You generally cannot have what you want, when you want it, where you want it, how you want it, and for the price you want it.

# About that scholarship...

- The total limit of scholarship is set by the NCAA. The school itself decides how much it can actually award. Example: Davidson is Division 1, yet they only award 1 full scholarship per team.
- Scholarship is spread across all 4 classes currently enrolled, and only becomes available again when the athlete graduates.
- Combining athletic and academic (merit) scholarship is allowed at some schools and not allowed at others based on NCAA rules.
- Signing an NLI is the ONLY official way to receive a scholarship – it is also a binding legal contract.
- Swimming is an EQUIVALENCY sport – meaning scholarships are given in partial amounts with the total equaling the total cost of tuition, room, board (food), and books, and in some cases the 'cost of attendance'.
- Scholarships are awarded to different swimmers at different schools and are different from year to year – comparisons can be misleading, they are NOT a statement of worth, they are a reflection of how the program is trying to build their team.

## Discussion Points:

There is a recent Splash magazine article that featured several pieces focused on college swimming. One in particular about how scholarship works. The article does a good job of explaining some of the nuances to the scholarship process. (Article included at the end of this document)

Schools generally award scholarship on the PROGRESS you show – not necessarily on potential. Coaches view scholarship as a way to attract you to their team and culture, not as a reward.

Athletic scholarship is difficult to secure – and should not be the end goal of an athlete or parent. If scholarship is required for financial reasons, understand that schools where the athlete will make a big impact at the NCAA and conference level will be more likely to offer significant aid.

Two good references for scholarship info:

<https://www.athleticscholarships.net/sports-scholarships/head-count-versus-equivalency-scholarships.htm>

<http://www.diycollegerankings.com/can-college-athletes-receive-athletic-academic-scholarships/6267/>

**All schools who offer sports that compete in the NCAA must comply with the NCAA rules and regulations on:**

- How to recruit athletes
- What they are allowed to require of athletes
- And how they can reward athletes

It is the responsibility of the school to comply with NCAA rules. It is good to know the rules – but more importantly what they mean for you.

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## 3. The NCAA

### Discussion Points:

See the NCAA Rules Grid to explain what and when goes into the recruiting process. The most important thing to recognize is the timelines on how and when you can communicate with a coach – this does NOT mean all programs will use these rules to start their recruiting, it simply means they can or cannot.

There are dozens of definitions that can be found online, if you see anything that confuses you – ask (your club coach) or a college coach. Some Examples:

PSA = Potential Student Athlete (A recruit)

Counter = A student athlete who's total scholarship counts towards the NCAA limit.

NLI = National Letter of Intent (the only official way to 'sign' an agreement to accept athletic financial aid)

Contact = a face to face meeting off campus or direct phone call FROM a coach. (email, text, are not considered a contact but are not allowed until Junior year)

Dead Period = A time when coaches are not allowed to CONTACT PSA's

Official Visit = Any visit to a college campus by you and your parents paid for by the college.

Unofficial Visit = Any visit by you and your parents to a college campus paid for by you or your parents.

## 4. College Selection Timeline

### Freshman

- Enjoy Swimming!
- Decide to swim in college.

### Sophomore

- Know your goals – and WORK!
- Register with NCAA / Reach out to schools

### Juniors

- Establish Communication
- Narrow to 5-8 / Recruiting & Visiting

### Senior

- Recruiting & Visiting - **Commit**
- **Prepare to impact your team!**

### Discussion Points:

There is a difference in college SELECTION and college RECRUITING – the RECRUITING timeline has gotten faster, but the selection process is still the same. This will likely cause some of the following (based on conversations with coaches):

- Sophomore athletes ranked as “top recruits” typically in just division 1, will be sought after quickly fall of their junior year. There is evidence to show that these athletes may not even be top 100 ranked when they actually start school – and a significant number will not even finish their freshman year of college.
- Walk on and small scholarship athletes will be recruited, but not as quickly.
- Walk on and division III athletes will still follow the same admissions schedule as before.
- The recruiting process getting longer means an early commitment is a commitment to get better before you start! There is no LEGAL binding agreement signed until November of your senior year, even if you commit early!

## 8<sup>th</sup> Grade/Freshman

If you are interested in competing in college:

1. LOVE where you are at – learn to love swimming and GROWING as a swimmer/competitor.
2. Get good grades, like, really good ones. Most swimmers are strong academically.
3. Start to look around – what can you see on your team, on social media, in the news about college swimming.
4. Learn your own strengths and weaknesses. Do you like liberal arts or tech subjects. Big classes or small?

## Sophomores (Typically Spring/Summer)

- Make a list – start with 15-20 schools (do NOT copy ESPN's football rankings....)
- Register with NCAA Eligibility Center
- Work with parents to set financial guidelines.
- Determine what you can handle academically.
- Learn to look ahead in swimming – keep your LOVE of swimming and competing!
- At the end of your sophomore year, make initial contact with coaches (questionnaire & email - they cannot talk to you yet).
- If possible visit a campus for a tour to get an idea of what to look for.

## Juniors

This is where many paths will diverge – beware of who you are and where you fit to make good decisions:

- Recruiting will begin for some athletes and schools.
- Narrow your list to 5-8 and possibly visit schools to meet the team/coaches.
- Establish a pattern of contact with your top choices.
- Learn the timelines and expectations of the coaches and the admissions process.
- Only a select few should verbally commit at this time.

## Seniors

- For many schools recruiting may continue or pick up between junior and senior years.
- November of senior year is the first time athletes can sign NLLs and schools can confirm they have committed.
- For athletes not receiving athletic aid – the timelines reflect the regular college application and acceptance process.
- There will be opportunities at some schools for scholarship even in the spring!



## **JOB INTERVIEWS** *are like* **FIRST DATES**

Good impressions count.

Awkwardness can occur.

Outcomes are unpredictable.

## 5. Communicating with coaches

- Being able to communicate with an adult about your future as a student athlete is difficult and takes practice. Be prepared with questions and ready to be a great listener!
- Be transparent and honest as much as possible, the swimming world is small and you never know when you will meet or need a coach in the future.
- Ask directly to learn what to expect in terms of follow up or best ways to contact coaches.

### Discussion Points:

- If you are concerned about a lack of contact, or you are not sure of a coaches' interest ask for help first from a Bolles coach – give us an email address we can drop a note to the coach. Second, its ok to ask for an honest assessment of where you stand with a school, its better to spend your time on options that have a good probability of succeeding rather than waiting for a chance.
- Student athletes should be the PRIMARY communicator with coaches. Parents who reach out first or are constantly answering questions for their swimmer is a red flag for coaches. Let athletes learn to write emails, take phone calls, and meet with coaches. As parents it is important that you understand many phone calls and contacts are simply about getting to know student athletes, there may not be a lot of important decisions or information exchanged.
- At some point parents (who are presumably paying the bill for college) may need to talk directly with a coach. It is always best to reach out and set this up with transparency first. Send an email asking for a good time and let the coach know what you would like to discuss. If it is financially related let them know you would like to ask questions but if they need time to get back to you that's ok. Being put under pressure by a parent is usually a quick way for a coach to pass on a student athlete.

## Initial Contact With Coaches (September 1 of Junior Year)

All communications should be initiated  
by the **ATHLETE**

### Register for Eligibility

- Is required for all schools and divisions in the NCAA

### Complete a Questionnaire

- Use the form on the team's website.

### Email Head Coach & Assistant Coach

- Look up emails in Athletics directory,
- Email more than one coach!

### Discussion Points:

As a Sophomore, Junior, or Senior, the best way to contact a coach or program to express interest is a three step process:

- First, register with the NCAA eligibility center. This costs about \$60 and will begin the process to ensure you are an eligible collegiate athlete by checking your grades (transcripts), test scores (you will send your results to the NCAA via a code), and amateur status (you have not received payment for swimming performances). Coaches and compliance directors can immediately see your eligibility and determine your contact info and admissions info.
- Second, find a "recruit questionnaire" on the team's athletic department website. Most teams have these, and by completing it you will have your relevant contact information put into their "system" they can easily access.
- Finally, reach out to a coach directly via email. You can find their emails on the athletic department directory (almost every time)

# A great first email to a coach

Subject: Bolles Swimming 2020 Recruit Peter Verhoef

Hello Coach Jeff,

My name is Peter Verhoef and I am interested in helping the Bolles College program reach its goals through my work ethic and character. I believe I can score points at the Florida Conference meet for the team and I really enjoy leading my teammates by example. Ultimately I want to part of the National Junior team which I know will help me represent the Bolles College program and my country.

I have completed your online questionnaire and I would like to find a time to speak with you or another coach about your program. What is the best way to contact you or your staff? You can reach me via email or the phone number below. You can also contact my coach at Whitehurst Swim Club at millsc@bolles.org if you have any questions.

Please follow me on Instagram @peteverhoef and you can see my profile at collegeswimming.com

I have attached my best times, test scores, and I will be getting ready for Florida Sectional championships this summer. I look forward to speaking with you, please let me know how we can connect,

Thank you!



## Discussion Points:

Remember that if you send this email prior to September 1 of your junior year, the coaches cannot respond back to you. By including your coaches information they may reach back out to us, but overall they may just file the email until they can get back to you.

If you email after your Junior year, be patient on a response, if they do not respond after 3-4 weeks let your Bolles coach know and send a polite follow up that you would like to connect.

The challenge with the accelerated recruiting timeline is that coaches will be looking to learn about swimmer's character, drive, mindset, and learning ability as a predictor of success in conjunction with times. Finding ways to communicate consistently with a coach early in the process will be designed to talk through these concepts.

## Coaches are Hoomans too...

- Not all can get back to you right away - most plan to talk with a single recruit every few weeks at most.
- They are balancing this as PART of their job. They are coaches, administrators, fund raisers, alumni connectors, ambassadors, bosses, employees, and often husbands/wives and parents!
- Their athletes and program come first.
- They make mistakes - they talk to dozens of new PSA's per year.
- They do NOT have a crystal ball – they may have seen you at a meet, but they only know what times you have and what you talk with them about.



### Discussion Points:

Be patient and open minded when talking and communicating with coaches. Some have a natural gift to recruit and connect, some struggle with this.



## 6. Important tips & resources

- **Be yourself/know your values – be confident in your pathway and not compare yourself to others.**
- **Excellence in Swimming and Academics are CO-Dependent, NOT mutually exclusive.**
- **You represent yourself, your family, your school, your team.**
- **There is not a real benefit to being in a program that is great without the ability to positively impact it.**
- **Make a contact in a schools admissions department to help with application and financial aid questions.**

## Resources

### Ideal

- Bolles Coaches
- College Coaches
- Swim Swam
- Collegeswimming.com
- Bolles College Counselors!!

### Use with Caution

- Paid Services
- Word of Mouth
- Internet Articles
- Swim Swam
  - Focus is narrow

If you remember 3 things...

The goal is the  
RIGHT FIT.

What matters is  
what you GIVE,  
not what you GET.

This may be the  
first real process a  
student-athlete  
'owns.'

Questions?

- Ask your lead coach!
- Email [verhoefp@bolles.org](mailto:verhoefp@bolles.org)

Bolles Students:

Starting the summer following your sophomore year, schedule a visit with a college counselor.