

Eagle Swimming

SWIMMING IN COLLEGE

THERE IS A PLACE FOR EVERYONE

OPENING THOUGHTS



THERE IS A PLACE FOR EVERYONE – LIMITING FACTOR IS THE NUMBER OF BOXES EACH SCHOOL CHECKS



Swimming will open doors



Be realistic in your approach.. Just because your can go to a school, doesn't mean you should swim there



Try to keep emotion out of the process as much as possible



Ask for help – use the resoutces available to your – we will help you as little or as much as you want



Speed up early on so you can slow down later



- Primary focus should be your academics
- Establish Long- Term study habits (Become the true student-athlete)
- Grow your communication skills with teachers and coaches
- Invest in practice attendance (attendance precedes reward in swimming)
- Learn to be a great teammate – WE > ME
- Make good Choices – especially with social media
- Work with parents to classify as an academic. Athletic, and /or cost-based decision early in the process
- Try to keep perspective and use the 10,000 ft approach as much as possible – no need to be specific yet

How to prepare and University swim program

- **Begin to Research Schools**
 - Fields of study and potential majors
 - Average entrance requirements
 - Location / Size of enrollment / social life
 - Cost of attending
 - Conference championships results – where can you contribute?
 - Team's history of Improvement
 - Team's GPA
- **Begin to Research Schools**
 - Check out the team records
 - Identify University's Division DI, DII , DIII, NAIA or Club
 - Scholarship or Non Scholarship (Partially funded or fully)
 - Status of program at the University
 - Find Coach's History and Background
 - Personality & / philosophy of Coach
 - Make a list (don't worry if it is big)
 - Reaches / right in wheelhouse / safeties

Role of Student Athlete



Meet with High School Guidance Counselor to ensure your courses will meet your goals



Round out your overall resume by participating in clubs, community and leadership activities



Take honors/AP courses, but only if you can maintain a high GPA.



Consult with your Coaches for information, input and advice on all aspects of the recruiting process



Start contacting college coaches by sending them letters of interest with an **ESA Stat Sheet**

Your goal here is to have them put you on their mailing list

Role of Parent

1

Be supportive at every stage of the student's decision-making

2

Work closely with the coaches & the school's guidance office

3

Put together a Recruiting and University budget

- Unofficial Visits
- University Tuition

June 15th after completion of sophomore year

- Coach can have correspondence/private messages (email, text, direct messages via social media) with recruit
- Coaches can accept incoming phone calls from recruits
- Coaches can place outgoing phone calls to recruits
- Coaches can make a verbal offer to roster spot, scholarship, etc

August 1st Prior to Junior Year

- Coaches can contact athletes off campus
- Recruits are permitted to take official visits (limited to one visit per institution and a maximum of 5 visits)
- Recruits are permitted to take unofficial visits (unlimited)



Recruiting Timeline – NCAA D1

Recruiting Timeline – NCAA D2

- **Non-recruiting materials:** Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications at any time.
- **Printed recruiting materials:** Starting June 15 after an athlete's sophomore year, coaches can begin sending recruits printed recruiting materials.
- **Telephone calls:** Starting June 15 after an athlete's sophomore year, coaches can start calling athletes.
- **Off-campus contact:** Coaches can conduct off-campus communications with athletes and/or their parents starting June 15 after an athlete's sophomore year.
- **Unofficial visits:** Athletes can take unofficial visits at any time.
- **Official visits:** Athletes may start taking official visits starting June 15 after an athlete's sophomore year.

Recruiting Timeline – NCAA D3

- Recruiting materials: Athletes can receive recruiting materials at any time.
- Telephone calls: There is no limit on when college coaches can call athletes.
- Digital communications: There is no limit on when college coaches can contact athletes digitally.
- Off-campus contact: After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- Official visits: Athletes can begin taking official visits after January 1 of their junior year.
- Unofficial visits: Athletes can make an unlimited number of unofficial visits at any time.

UNOFFICIAL VISITS

- Visit to a college/university campus that is not financed at all by the institution. Recruits can interact with coaches, the team, and administrators. There is no limit to the number of Unofficial Visits a recruit can take. They can be a great tool to learn more about a school early in the active process, especially for local schools. Easy to knock out a few schools in a long weekend.

OFFICIAL VISITS

- Visit to a college/university that is financed by the host institution, including transportation, meals, and housing. The trip is limited to 48 consecutive hours on campus (may come in early and stay at hotel). Parents may accompany their child at their own expense. Pro tip for parents: don't go.
- As a reminder, Division 1 limits recruits to five (5) Official Visits. If you have done your research and legwork well, you shouldn't need all five.

SCHOLARSHIPS

MEN'S

- At the division 1 level, over 130 universities have swim teams for men. There are a maximum of 9.9 scholarships available per team to be divided among the athletes.
- At the division 2 level, nearly 70 universities have swim teams for men. There are a maximum of 8.1 scholarships available per team to be divided among the athletes.

Women's

- At the Division 1 level, nearly 200 universities have swim teams for women. There are a maximum of 14.0 scholarships available per team to be divided among the athletes.
- At the Division 2 level, over 80 universities have swim teams for women. There are a maximum of 8.1 scholarships available per team to be divided among the athletes.

Division 3 school (over 200) do not offer athletic based aid

NAIA schools (over 30) offer a maximum of 8 scholarships on the men's and women's side

“Suggested” Sophomore Year Timeline

Early Sophomore Year

- Fill out online questionnaires(visit athletic website)
- Email Coaches your ESA’S Stat Sheet

End of Sophomore

- Have your initial list ready
- Register with the NCAA Eligibility Center
(<https://web3.ncaa.org/ecwr3/>)
- SAT / ACT PREP
- Have ”the money” talk



“Suggested” Junior Year Timeline

Junior Year

- Narrow the list to 3 -5 schools
- SAT/ACT
- Unofficial visits - use long weekends/school breaks to hit local schools
- Official visits - maybe 1-2 in fall, 1-2 in spring, keep 1-2 just in case - this is a guide but don't be in a rush
- May receive an offer
- Can give verbal commitment



Sophomore and Junior Check list

- Put together a recruiting budget
- Start contact college coaches by sending them letter of interest and ESA'S Stat Sheet
- Make an appointment with a counselor to ensure you will fulfill all NCAA and NAIA requirements by the time you graduate
- Look into taking honors / AP courses, but only if you can maintain a high GPA
- Plan "unofficial" college visits
- Plan "official" visits

Senior Year

Don't panic! You can still do everything here as well!



Talk to your guidance counselor

Make sure you are on track

Financial aid information

Sat / Act test scores



Signing day



US Center for Safe Sport - MAAPP

- The United States Center for Safe Sport has launched the Minor Athlete Abuse Protection Policy
- This no longer applies to the college recruiting process
- Advice: parents should know about all communication, but don't need to be involved in all communication
- Disusing finances – Parents should be involved

List of Questions

Can I get into your school on my own?

If not, can you help me gain admission to your school?

If you can help me gain admission, exactly what do I have to do to make this happen?

Where am I, as far as rank order, on your recruiting list?

How many swimmers are you recruiting this year?

Do classes and practices sometimes conflict? What happens in this case?

List of Questions



What kind of Academic Support is available for your swimmers?



Why do you think your swimming program would be a good fit for me?



Would your school be a good fit for me (would I like it) if I was not a swimmer? Why or Why not?



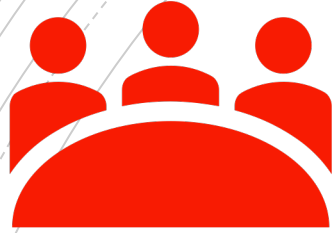
What are my chances of getting any scholarship money?

Closin Thoughts

- Parents and coaches should help, but the athlete needs to own this process
- • Athletes and parents must be realistic with the intended outcome • Find the school that checks YOUR boxes
- • Don't compare
 - This is an individual journey... everyone's timeline and destination is different • Comparing offers is like comparing apples and oranges
- • You will know when you know
 - Don't rush the decision
 - Make the decision for the right reason • Ignore social media

Resources

- <https://www.collegeswimming.com/>
- <https://new.berecruited.com/>
- <https://www.ncsasports.org/>
- <http://www.cscaa.org/>
- Pay sites and services ☐ unnecessary as you are only paying for legwork
- University/college athletic department websites ☐ staff directory
- ESA coaches
- NCA guide to the college bound athlete:
<http://www.ncaapublications.com/productdownloads/CBSA19.pdf>



When you have made a choice, write all the coaches you have been working with and thank them, and inform them of your decision.



Remember – There is a school and program for everyone!

Finally ESA wishes you good luck!