



ORINDA AQUATICS

Parent Education

College Swimming

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Overview

- *Intro*
- *Why*
- *Who*
- *How*

Jean Follmer- swimcloud.com



Myths

- Only “fast” kids can swim in college
- You have to be recruited
- Swimming will get you into college (it can, but...)



Big BIG Picture – why swim

- Same life skills
 - *Discipline*
 - *Fitness*
 - *Competitive*
 - *Limited opportunity (to be an athlete)*
- Connect to group/lifelong relationships
- Represent school
- Student-athlete experience (assumed and hopefully) extremely positive and valuable



Cautions (on Swimming)

- Cultures vary (some negative)
- Coaches many not be personal/caring
- Training will be different
- High level programs can be very demanding
- Coach may leave (can be good or bad)
- Program can be cut
- Swimmer can be cut
- Injury can limit career
- CA has limited options



Resources

- OA Website (dated)
 - *General*
 - *College history*
 - *Grid (historical data – not updated)*
 - *OA College Handbook – 2015 (dated)*
- swimcloud.com (Jean Follmer)
- NCAA website (handbook)
- High School (may not understand swimming)
- Academic websites
- A million other websites
- OA has a very strong reputation nationally



Parents Role

Open/healthy dialogue

“Team” approach – student/parent/coach (know roles)

Transparency

Act as admin assistant – file org/timelines, etc.



Who...

Anyone/Everyone (must find fit)



Swimming in College

The key is fit

Consider the ranges –

- Novice swimmer thrives in program for four years and becomes a team captain
- National swimmer doesn't survive freshman year pre-season and has no college career



How

- Process
- List creation
- Vetting



Process

- Start early
- Don't Drive Yourself Crazy – article on website (DH)
- Cast a wide net
- Filter
- Methodology/review
- YOU create the list, DO NOT let it create itself (uncle, friend, an email, football team, etc.)



List Creation

Know filters
(needs/wants/themes*)

Cast wide net

- *Level 1 – filter (25-50)*
- *Level 2 – deeper dive (15-25)*
- *Level 3 – email coach/visit (10-20)*
- *Level 4 – apply (8-12)*



Themes

*Some kids will go or be “happy anywhere”,
but...*

- *Pitzer and ASU are VERY different*
- *Santa Barbara and Mt Holyoke are VERY different*



(Main) Filters

Academic

Athletic

General/Living

Financial

Depends on weighting



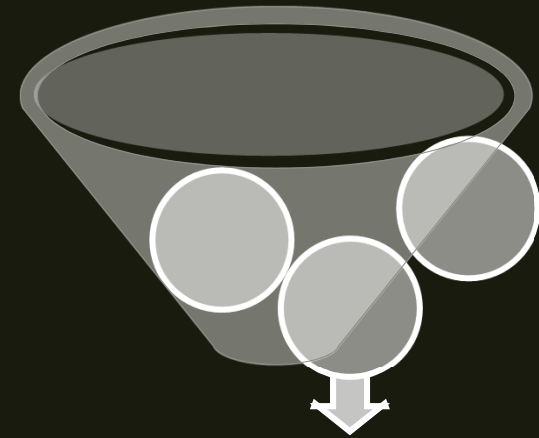


Filtering - Academic

Set (some) guidelines

Academic

- Ranking
- Major
- Resources
- Etc.



ACADEMIC (Student)



Finding an Academic Fit

Rankings

School advisor

Academic advisor

BE REALISTIC

BE Safe



Quick Search

US News and World Report

National & Liberal Arts

NCAA Team Rank – D1, D2, D3

Team level

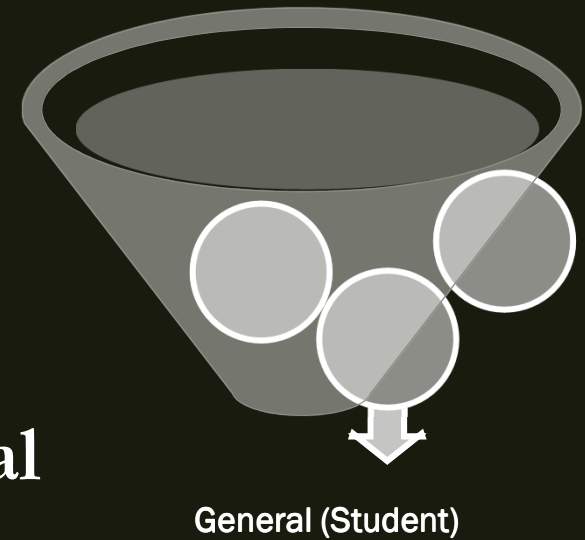
Swimcould.com (depth)



Filtering - Living

Set (some) guidelines

- Location
- Size
- Culture
- Urban/Rural
- Etc.



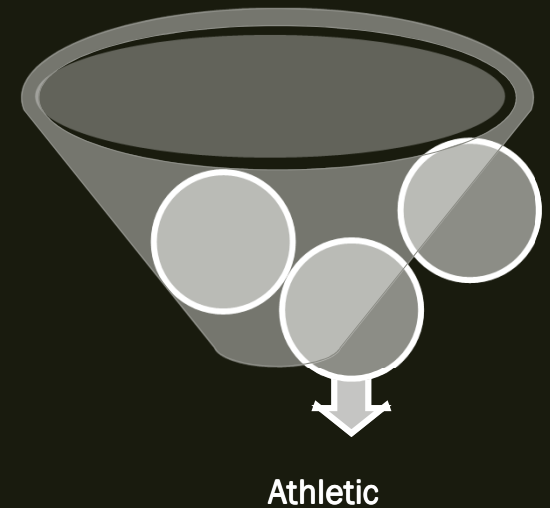


Filtering - Athletic

Set (some) guidelines

Athletic

- Performance fit
 - *Walk-on, mid, travel*
- Culture/Team fit
 - *Culture*
 - *Training (demands)*
 - *Development*
 - *Conference success*





Finding a Swimming Fit

swimcloud.com - Jean

“Top Times” on team’s website

Conference results

National Ranking – D1/D2/D3

Conference comparables



Range of Possibilities

No Swimming/Club Swimming



Walk-on



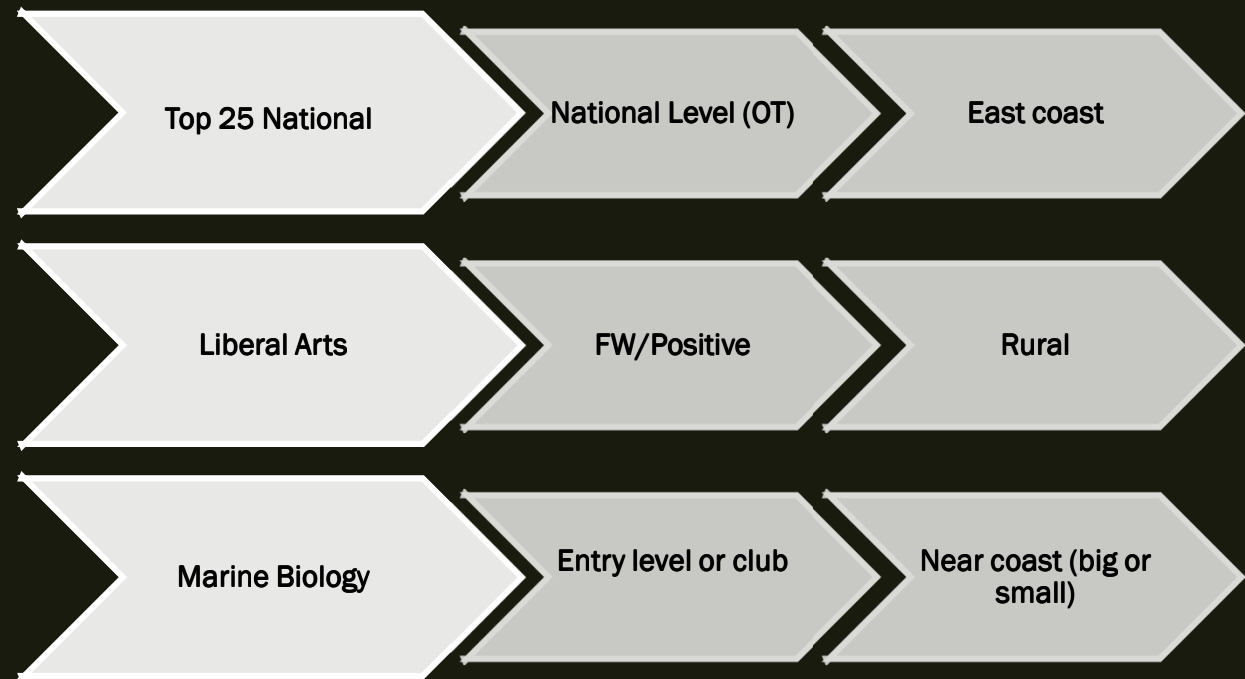
Recruit/Support (a little)



Admit/Tag/Scholarship



Filter Examples





List depth

- Reach/Stretch (3-5)
- “Fit” (8-12)
- Safety/Back-up (3-5)

ALL filtered and vetted

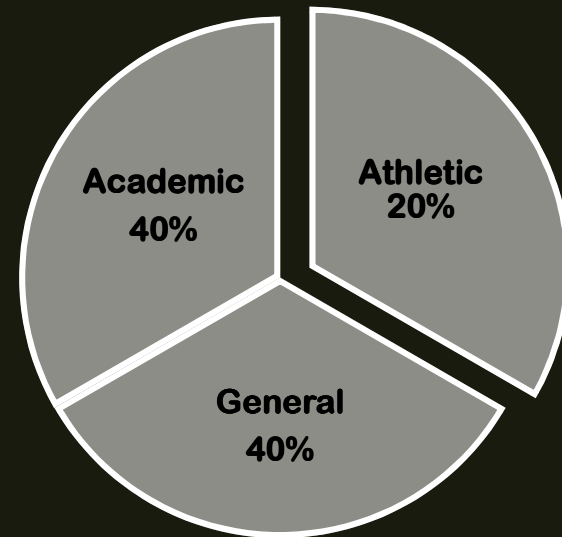


Track/Sort Lists

- Academic rank
- Swimming vs. Non-Swimming
- Size
- Geography
- Coach response
- Etc.



Decision Weight (you set)





Leverage



- Can leverage swimming for academics - i.e., best on team may “get you in”
- May need stronger academics to get in school that you are not being recruited for



Contacting a Coach

Team website – recruit questionnaire

Email coach (sample short letter)

Know where you stand prior

Be open and honest

DR may know and help



OA Support

- Help cultivate list (based on what we know, and knowing you)
- Review email/correspondence
- Letter of recommendation
- Refer to OA alum
- Offer guidance on direction
- *Orinda Aquatics has a strong reputation nationally*
- *Liz Laporte, Academic Advisor – past and future talks*



Recruiting Trips/Visiting

Depends on how strong an athlete is being recruited – position on depth chart and need

Typically scheduled in the summer

Fall (to secure team roster) round and Spring round

Official vs. unofficial



Division 3

Have “slots” available depending on sport and school

AI – Academic Index” grades/test scores

Pre-reads to meet threshold

Likely letters prior to regular decisions



Swimming Alternatives

Club team

Triathlon/Pentathlon

Local USA Swimming team

Club Water Polo



Summary -

Start early

Be thorough

Be realistic

Be open-minded

Be a good filterer

Be positive (and excited)

Visit schools when possible

Talk to alumni



Summary...

Get broad list

Work down to applications

Know the swimming options well in advance



Thank You. Questions?

