



Flip Turn

What Does YOUR Social Media Look Like?

By Kevin Weldon
American College Connection

As we live in the new world with “technology evolving” at such a fast rate, so must the student-athlete pay very close attention to what they are posting on social media. American College Connection is very much aware of this and as part of our program we help to educate the importance to ALL of our recruits to demonstrate their maturity on social media.

We know that college coaches use **Twitter and Instagram** to not only showcase their own program, athletes, but also to follow potential recruits. So, it is a great opportunity to get your name out there in front of coaches, but before doing that we feel that you need to be aware of specific types of posts that coaches are looking for from their future athletes.

Acceptable social media posts that can positively impact your future:

- Pictures or videos of you and your teammates having fun at practice, swim meets and even away from the pool ...with the emphasis on “clean fun.”
- Pictures or videos of you inspiring one of your teammates, especially after a tough swim, not so great swim or in celebration of a great swim.
- Pictures can be worth a thousand words, so anything that you can showcase your coach swimmer relationship is excellent. (Ex. High Five, Fist Pump, and of course a Huge Smile.)
- College coaches like to see commitment to academic excellence and importance.
- Anything that you could use to help stand out in front of others, some unique qualities. Ex. take a picture of you “palming two basketballs in both hands, or a picture of you next to something smaller for reference might gain the attention of some coaches.
- Finally, college coaches may attend your swim meet and will take mental notes about how you act on deck with your team, do you listen to your coach, do you go warm down afterwards, how you act after your race (positively or do you throw a tantrum) and how you treat your parents can be a deal breaker if the observing coach can figure out who your parents are.
- **BOTTOMLINE IS SOMEONE IS ALWAYS WATCHING, SO DEMONSTRATE GOOD CHARACTER AT ALL TIMES.**

American College Connection We had a terrific experience with Rick Paine and staff. According to my son, Rick was like a second parent to him during the recruiting experience – an additional parent with knowledge of the college recruiting process! Rick and his staff cared deeply about finding the right fit for my son, not necessarily the quick fit, but a school where he could have success in the classroom and in the pool. They were confident about the process; Rick eased his concerns on several occasions with his thoughtful and insightful feedback. My son went on his recruiting trips prepared with questions and ultimately chose a school that was not on our radar before engaging ACC. Rick and staff’s knowledge of the collegiate swimming world was invaluable during recruiting, but what we will always be most thankful for is the way Rick invested in our son’s future by helping him select a college that truly fit his goals. Thanks ACC!

Troop Family

SENIORS!! Have you started your FAFSA?

For most students seeking higher education, financial aid plays an important role in affording college. In addition, if you plan to use any aid through college, including needs and merit-based aid, it is required that you fill out a FAFSA. Early October of senior year is when you will want to apply for financial aid. Tasks such as this can be daunting when you are busy with so many things your senior year, but applying for aid is easier than it looks. Here are a few highlights of what you need to do for the FAFSA:

- You and your swimmer must first create an account for a Federal Student Aid (FSA) ID so you will each have an ID. Be sure to save your account ID and password in a safe place as you will need it for all 4 years of college. <https://studentaid.gov/fsa-id/create-account/launch>
- You will need to include tax information from your swimmer's sophomore year (January 31) through junior year (December 31)
- You can easily submit your tax information using the IRS Data Retrieval Tool <https://studentaid.gov/resources/irs-drt-text>. This saves a TON of time!
- Once submitted, the Education Department will calculate your Expected Family Contribution (EFC). This is the estimated amount the government feels you can afford to pay for your swimmer's college for the year.

For more information about the FAFSA application, go to our partner site, OnTo College, to read the full article. <https://www.ontocollege.com/your-guide-to-the-fafsa/>

Melynda Nash
Academic Advisor/
Coordinator of
Recruiting Education
www.accrecruits.com

Academic Calendar

Dates to remember!

- October 1, 2022 - FAFSA opens for applications
- November 1/15 - Early Action/ Early Decision 1 deadline for many colleges

SAT dates for 2022

- October 1
- November 5
- December 3

ACT dates for 2022

- October 22
- December 10