



College Knowledge Event

College Check - List

Created by Miriam Lynch and Doug Carrington



STUDENT-ATHLETE'S HIGH SCHOOL PLAN

Freshman Year

- Talk to your school counselor about NCAA core class requirements
- Keep your grades high and work on your study habits
- Get to know all the coaches in your sport
- Attend the college sports camp
- Attend LSC and Zone Sponsored Camps
- Realistically analyze your ability and set SMART goals for where you want to be in order to be recruited by that school
 - Example: I am a female and I want to swim at UVA in the 100 Free and 200 Free. I will need to be at least 50.0 and 148.8 by my Junior Year in order to get recruited early into my Senior Year*
- Start thinking about academic and career goals

Sophomore Year

- Keep up your grades
- Take the PSAT test in October
- Talk to your HS and Club coaches about your ability and ambitions
- Make preliminary inquiries to colleges that interest you (a brief letter to the college coach might be appropriate)
- Continue to evaluate your swimming goals

Junior Year

- Talk with your counselor about career goals and, again, about the NCAA core course requirements
- Talk with your coach about a realistic assessment of which college level you can play
- Take the PSAT, SAT and/or ACT
- Attend local College Night fairs to find more information about the colleges you are interested in applying.
- Refine your list of possible college choices. Know their admission requirements
- Create a swimming resume

End of Junior Year

- Write emails to college coaches expressing your interest and give them your swimming profile (swim resume)
- Fill out their swimming questionnaires (if given)
- Obtain letters of recommendation from teachers
- Apply for eligibility to the NCAA Clearinghouse at the completion of junior year



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Senior Year

- ❑ Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements
- ❑ Attend college fairs and financial aid workshops
- ❑ Retake the SAT and/or ACT, if appropriate
- ❑ Refine your college list and apply for admission
- ❑ Be aware of recruiting rules regarding campus visits
- ❑ Complete Free Application for Federal Student Aid (FAFSA) after January 1
- ❑ Sit down with your parents and coach to list the pros and cons of each school you are considering
- ❑ Be sure of your final choice before signing any papers
- ❑ Let coaches know when their school is no longer in the running. Thank them!
- ❑ Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!

QUESTIONS TO ASK YOUR RECRUITER

- ◆ What is the recruiter's relationship to the school? Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Assurances carry different weight depending on who they come from.)
- ◆ Keep your education foremost in your mind by asking about academic programs that interest you. A good recruiter is as informed about programs as an admissions person is. Fire away with specific questions about majors and courses in your field.
- ◆ At what level does your team compete? NCAA Division I schools offer athletic scholarships; most Division II schools offer scholarships; no Division III schools offer scholarships.
- ◆ Ask for details about athletic scholarships—any strings? Typically, athletic scholarships (or grants, as they are sometimes called) are for one year, renewable at the coach's discretion. If you get benched, do you start paying your own way from then on?
- ◆ How many athletes were kept on scholarship after their eligibility had expired? What is the college's graduation rate for athletes? Because of heavy demands on their time, some college athletes take five years to graduate. By their final year, they are usually ineligible to play.
- ◆ Is tutoring or counseling available? Beware of remarks like, "Don't worry. We haven't lost a player yet because of academics," which could imply that your education will be allowed to suffer before your value to the team will.



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- ♦ What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- ♦ Ask the coach what he expects of his players: time commitment, behavior, appearance, etc., and decide whether you can work with her or him.
- ♦ What is expected of players during the off-season?
- ♦ Has drug use been an issue at your school or in your athletic program?
- ♦ Most importantly, ask yourself if the school would be right for you even if you weren't competing in athletics.

QUESTIONS TO ASK OF OTHER SWIMMERS AT THE SCHOOL:

- ♦ What does your typical daily schedule look like? In-season? Off-season?
- ♦ How rigorous is your travel schedule?
- ♦ Approximately how many hours a night do you study?
- ♦ How do you like the living arrangements?
- ♦ What assistance is available if you have academic problems?
- ♦ Were changes made to any promises once you committed/enrolled? Is the program what you expected based on your recruiting experience?

QUESTIONS TO ASK SCHOOL OFFICIALS/ADMISSION OFFICERS:

- ♦ What are the different graduation rates for athletes? In your sport?
- ♦ How long does it take someone in your sport to earn a degree from this school?
- ♦ What is the placement rate and average starting salary for graduates in your field of study?
- ♦ What financial aid is available?