

CAC COLLEGE PREPARATION INFO: ACADEMIC AND SWIMMING

- **Do I want to swim in college?**
 - Things to consider
 - There are programs for everyone!
 - College swimming very much like HS swimming (TRUE team)
 - Can I balance the schedule?
- **Choosing a college**
 - Things to consider
 - Academics- what kind of school do I want academically? Does it matter? (ex. Medicine, law, business, film)
 - Swimming- Do I want to be a big fish or little fish (pros and cons); what kind of coach do I want? What kind of team do I want?
 - Location- where do I want to be geographically? Does it matter?
 - School size- Big, Medium, Small?
 - Cost- Need to identify this now w/ parents. Money should NOT drive the decision: there are lots of financial assistance opportunities (scholarship, grants, loans, etc)
- **The Process**
 - **Junior year**
 - Take the SAT or ACT (ACT if planning more math based career)
 - Get your current class rank and GPA (weighted)
 - Make sure you are planning to take AP classes next year (if not already this year)
 - But don't overdo it!
 - Put together a “resume”
 - Needs to cover academics and swimming
 - Personal info
 - Academic info
 - Times
 - Important info- doubles, weights, etc.
 - Don't need to cover extracurricular stuff here
 - Advantage over questionnaire
 - Need to identify interests you may have in school
 - But not necessarily pick your major: average college students change majors 2-3 times throughout school
 - Need to identify colleges that you MAY be interested in (for academics, location, or swimming); this is NOT your list that you want to narrow down, just to identify!
 - Mail out “resumes” with cover letter to schools
 - Complete NCAA Clearinghouse at end of Junior year (at school or online, small fee)

- **College Info**
 - **Academics**
 - Most colleges have at least one strong major or school
 - Academic support varies school to school
 - Starting to take frontline at schools
 - Academic Centers
 - Tutors
 - This should be available!
 - Study Hall (or “tables”)
 - Most programs have this; amount of time needed by swimmer varies greatly, but an important area!
 - Academic advisors
 - College should have full-time (although they will say it's not that important), half have GA's as academic advisors
 - Know what minimum SAT is to get accepted
 - This can be waived by coach in certain situations
 - **Swimming**
 - Programs are either men only, women only, or combined
 - Pros and Cons of all
 - 3 NCAA levels
 - Division 1
 - Larger schools
 - Scholarships allowed
 - Costs of these schools vary widely!
 - Usually more competitive
 - Division 2
 - Smaller schools
 - Limited scholarships
 - Costs are usually a bit more as these schools tend to be a bit more academically inclined
 - Not quite as competitive depth-wise
 - Division 3
 - No scholarships
 - Small school size
 - Usually rather expensive as focus is academics
 - Competitive top end, but drops off rather quickly!
 - **Scholarships**
 - Also known as Letter of Intent, or NLI's
 - NCAA allows a maximum of 14 women's scholarships, 9.9 men's scholarships (this is called “fully funded”)
 - Only large D1 schools are fully funded
 - Scholarships can be broken up any way coach sees fit

- Scholarships are awarded to swimmers that meet one or more of the following criteria:
 - Are in need of assistance
 - Aren't a liability to program
 - Can help team point wise
 - This vary according to college
 - Coach feels has potential
- Scholarship can be increased each year
- Scholarships can't be decreased due to performance (NCAA rule)
- Scholarships CAN be taken away for:
 - Academic ineligibility
 - Certain incidents
- **Practices**
 - Most start mid-September, gradual increase
 - Most colleges break into multiple training groups
 - Sprint, Mid-Distance, Distance, Strokes
 - Some more specific!
 - College training usually more anaerobic than aerobic
 - CAC background prepares for that!
 - Swimmers training varies
 - Most go every afternoon
 - Most go at least 2 mornings, up to 4
 - NCAA rule is 20 hours per week for training, rest is "voluntary"
 - Weights, dryland
 - Usually a great deal of this done, more than club (due to time)
 - Training trips
 - Many schools offer this at new-years to provide training opportunity and have fun!
 - Costs of swimmer vary!
- **Meets**
 - Colleges uses mainly dual meet format, sometimes invitationals
 - Dual meets
 - 13 or 16 event format
 - Decided on by coach
 - 13 events- swim any 3 events
 - 16 events- swim total of 4 events, 1 HAS to be a relay
 - Meets are scored individual 9,4,3,2,1 (Can't 1-2-3-4)

- Meets are scored relay 11-4-2 (Can only 1-2)
 - Teams will “exhibition” when they have accumulated enough points to win meet by default
 - Done to be “gracious” to other team, similar to not running up the score in football
 - Dual meets are combined with 2 diving events, usually take 2 hours tops!
 - If school has large roster, swimmer may be “exhibitioned” if not very good (potential redshirt)
 - **Some schools, dual meet wins NOT that important, some it is!**
- **Invitationals**
 - 2-3 day meets with multiple college teams
 - More opportunities to swim different events
 - Doesn’t count in dual meet schedule
- **Conference meets**
 - Usually mid-February
 - Meets can be combined or separate depending on conference
 - Only 18-23 men and women can attend (varies by conference)
 - Those not making it can swim USA invites and shave
 - **Important factor!**
 - Goal is to qualify for NCAA’s!
- **NCAA Champs**
 - Held mid-March
 - Complicated system of qualifying
 - “A” cut- automatically qualify
 - “B” cut- minimum time to be considered for meet, allows “A” qualifier another event
 - app. 20-27 swimmers taken from the seasons top times
 - Goal to have met certain number!

- **Recruiting**
 - **Process**
 - Letters
 - Swimmers can be contacted by mail Junior year (personal letters)
 - Phone Calls
 - Swimmers can receive 1 telephone call from coach in the month of March
 - This rule may change again!!
 - Swimmer can receive calls after July 1st of their Junior year
 - Can only receive 1 call per week
 - Call week is Sunday through Saturday
 - Swimmer can call coach unlimited amount of times
 - Instant message counts as a phone call
 - Swimmer / Coach can communicate through email unlimited amount of times
 - A call with parents longer than “hello” counts as a call!
 - Frequency of calls varies program to program
 - Personal visits
 - Swimmers can be visited ONCE by a coach in April
 - ONLY at High School!
 - This rule may change as well!
 - Coach can talk with you at meets
 - ONLY at the end of a meet!
 - Home visits
 - Coach can watch practice, visit family and swimmer at house
 - Recruiting trips
 - Official and Unofficial
 - Swimmer can take a maximum of 5 official visits
 - Officials offered by most programs, depends on financial budget of program
 - School pays for travel, room and board, and meals
 - Anyone can take unofficial
 - School can't pay for it
 - Opportunity to see college life, meet the team, coaches, academic advisors, professors, etc
 - Coach can make unlimited calls the week before official visit
 - Coach Fabio to prep before that trip
 - Trips can be trouble!

- Signing periods
 - There are 2 signing periods
 - Early- 2nd week in November, one calendar week in duration
 - Late- 2nd week in April, lasts until the beginning of school
 - Pro's and Con's of each
 - Early
 - Scholarship money is offered to ensure roster
 - Get decision out of the way to eliminate stress
 - Late
 - Most scholarship money awarded
 - Opportunity to go faster and possibly get larger offer
 - Scholarship amounts
 - Most colleges now try to “package” an athletic / academic scholarship package
 - Many states have “Hope” scholarships
 - Ends up helping out of state swimmers
- **NCAA Rules**
 - Important!
 - NCAA rulebook as thick as phonebook!
- **Final Decision**
 - Coach Fabio and advisor to consult with swimmer and family
 - I will not tell them where to go, it's their decision!
 - This is a stressful time, don't focus on process!