

Huntsville Swim Association

Guide to NCAA and NAIA Swimming

Recruiting is a Full Contact Sport

- If you wait, you will lose out
- The college wants you to attend their school, while paying you as little as possible.
- You want the college to pay you as much as possible.

Parents: Establish a Budget

- Budget is a First Step
- Realize that once offers start, especially athletic, you are in a negotiation
- Your budget will dictate both the scope and direction of schools your swimmer can look at.

3 Most Important #'s to College Coach

- GPA
- SAT
- ACT

Myles Brand (former NCAA Director)

- “The real opportunity is taking advantage of how eager institutions are to reward good students.”
- Most people with good academic record aren't paying full sticker price.

Who's Going to College

- Hey, Students!
 - You are going to class for 4 years.
 - You are going to practice everyday.
 - You need to research online.
 - You need to contact college coaches.
 - You need to fill out college applications.

Glossary of Terms

- Full qualifier = competition, athletics aid (scholarship), and practice the first year
- Academic Red-Shirt = athletics aid the first year, practice in first regular academic term (semester or quarter).
- Non-Qualifier = no athletics aid, practice, or competition first year
- NLI = National Letter of Intent

Glossary of Terms (cont.)

- Signing Period
 - Starts mid November (11.8.23) to August 1st, 2024
- Dead Periods
 - Several scattered through the season
 - One week in August (starting 3rd Sunday of the month)
 - December 18th-January 7th
 - Two weeks in February during peak conference championship season
- Verbal Commitment/ Verbal Offer
 - Verbal Offer 6.15 between Sophomore and Junior Year
- Official Visit (8.1 of Junior Year)
 - Up to 48 hours (limited to 5, this is in the process of changing)
- Unofficial Visit (beginning 8.1 of Junior Year)
- NCAA
 - Division 1 & Division 2 use eligibility center
 - Division 3 does not
 - NAIA uses the NAIA eligibility center (playnaia.org)

Eligibility Center

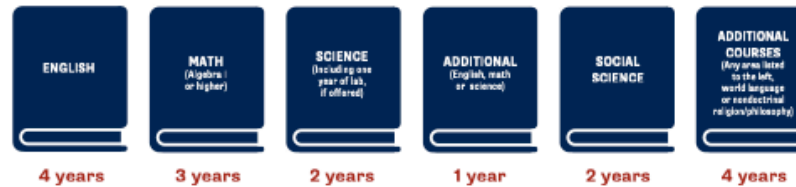
- [NCAA Eligibility Center](#)
- [NAIA Eligibility Center](#)
- Great Resources at ncaa.org
 - [NCAA Prospective Student Athlete Information](#)
 - [Guide for the College Bound Student-Athlete](#)
 - [National Letter of Intent Information](#)

Academic Eligibility Requirements

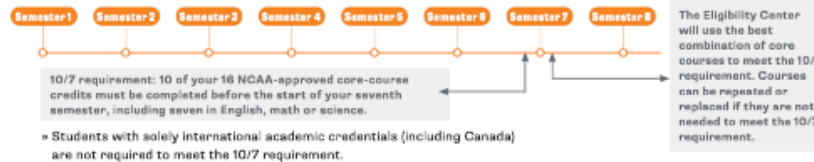
DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses and **core-course GPA**. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must meet all of the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



2. Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester. Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.



3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.

4. Earn a minimum 2.3 core-course GPA.

5. Submit your final transcript with proof of graduation to the Eligibility Center.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

10th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

11th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

12th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

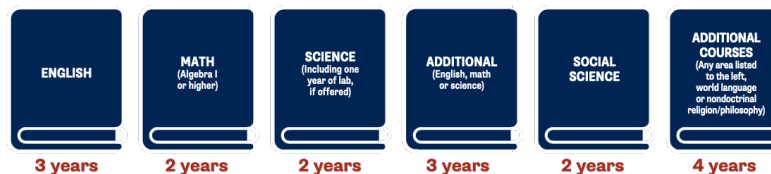
Division II

DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses and **core-course GPA**. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must meet *all* of the following requirements:

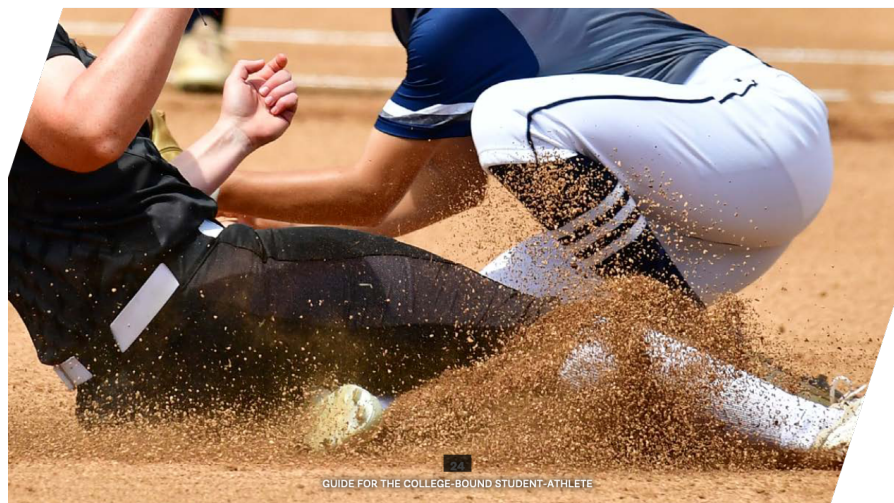


1. Earn 16 NCAA-approved core-course credits in the following areas:



2. Earn a minimum 2.2 core-course GPA (minimum 2.2).
3. Submit your final transcript with proof of graduation to the NCAA Eligibility Center.

Student-athletes enrolling at an NCAA member school Aug. 1, 2021, or later who do not meet Division II qualifier standards will be deemed partial qualifiers. All Division II partial qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.



Division III

DIVISION III REQUIREMENTS

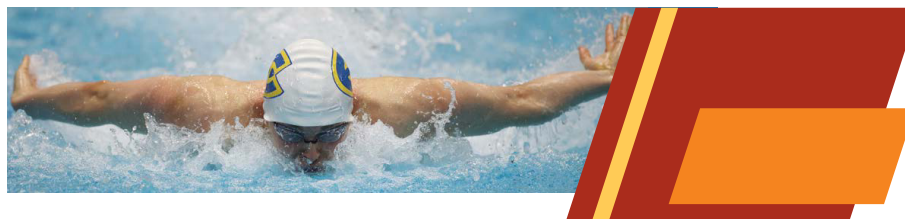
Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play to maximize academic, co-curricular and extracurricular opportunities. While Division III schools do not offer athletics scholarships, 80% of Division III student-athletes receive some form of merit or need-based financial aid.

While Division III schools set their own admissions and academic requirements, **international student-athletes** (first-year students and transfers) who initially enroll full time

at a Division III school on or after Aug. 1, 2023, are required to complete an Amateurism-Only Certification account. See the Amateurism section below for more information on the Amateurism-Only Certification account, which does not include an academic certification. Contact the Division III school you plan to attend for more information about its academic requirements.



DIVISION III
DISCOVER | DEVELOP | DEDICATE



AMATEURISM

When you register for an Academic and Amateurism or Amateurism-Only Certification account with the NCAA Eligibility Center, you will be asked a series of questions about your **sports participation** to determine your amateur status. In some instances, the Eligibility Center staff may need to gather additional information to evaluate your amateur status.

ISSUES REVIEWED AS PART OF THE AMATEURISM CERTIFICATION PROCESS

- » Delaying your full-time collegiate enrollment to participate in organized competition.
- » Playing with professionals.
- » Signing a contract with a professional team.
- » Participating in tryouts or practices with a professional team.
- » Receiving payment or preferential treatment/benefits for playing sports.
- » Receiving prize money.
- » Receiving benefits from an agent or prospective agent.
- » Involvement with a recruiting service.

REQUESTING FINAL AMATEURISM CERTIFICATION

College-bound student-athletes enrolling for the first time at an NCAA Division I or II school and international students enrolling for the first time at a Division III school must **request their final amateurism certification** before being eligible to compete. (This includes transfers from junior colleges, National Association of Intercollegiate Athletics, international schools or transfers from a Division I, II or III school to a school in a different division. **See page 13** to determine the right Eligibility Center account for your circumstances.) Students must request their final amateurism certification through their Eligibility Center account; the Eligibility Center staff cannot finalize your amateurism certification without your request. **Note:** You can request your final amateurism certification even if other tasks are still open in your account. When you can request your final amateurism certification depends on when you are starting at a Division I, II or III school:

Fall Enrollment: If you are enrolling at a Division I, II or III school for the fall semester, you may request a final amateurism decision on or after April 1 before your enrollment at an NCAA school.

Winter/Spring Enrollment: If you are enrolling at a Division I, II or III school for the spring semester, you may request a final amateurism decision on or after Oct. 1 before your enrollment at an NCAA school.

NCAA vs. University Standards

- In January 2023, NCAA Divisions I and II adopted legislation to remove standardized test scores from initial-eligibility requirements. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.
- All of the Academic requirements are minimum NCAA requirements
- Each University's admissions requirements may be higher

Your High School and the NCAA

- Meet your Guidance Counselor to make sure you are on track to meet your 16 core course requirements.
- Talk to Guidance Counselors, not friends
 - Free advice: you get what you pay for

Home School Information

- [Home School Student-Athlete Landing Page](#)
- [Home School Toolkit](#)

Nobody cares about your college journey as much as you and your family

- Be persisitent (a pest).
 - Ask and ask again
- If you need help, be sure to provide all contact information
- Follow up with a note or an e-mail
- Keep copies of all forms

Research

- Usnews.com/education
- Swimcloud.com
 - Have a profile, and make sure you include your graduation year!
- Talk to your High School guidance counselor
- Talk to your swim coach
- Side note: recruiting agencies are only important in a non-timed sport

3 Keys

- You are choosing an educational institution
- Pick a school that believes in you
 - What's their plan for you?
 - Are you a big fish in a small pond, or a small fish in a big pond, etc.? What do you want to be?
- The school picks you.

Scholarship Stats

(courtesy of scholarshipstats.com)

-	Division	Schools	<u># of teams</u>		<u>Total Athletes</u>		<u>Average team size</u>		<u>Scholarship limit</u>		<u>Average Scholarship *</u>	
			Men's	Women's	Men	Women	Men's	Women's	Men	Women	Men	Women
	NCAA I	202	137	200	4,032	6,196	29	31	9.9	14	18,890	19,149
	NCAA II	100	75	99	1,687	2,141	23	22	8.1	8.1	6,388	7,540
	NCAA III	274	244	268	4,553	5,453	19	20				
	NAIA	41	38	41	474	510	12	12	8	8	8,341	7,883
	CCCAA	56	50	56	744	705	15	13		-		
	NJCAA	14	14	14	145	131	10	9	15	15	1,543	1,821
	Totals	687	558	678	11,635	15,136	21	22				

Odds of a High School Swimmer Swimming in College

(courtesy of scholarshipstats.com)

College Swimming Odds 2022:

	Male	Female
Number of US High School Swimmers 2021-22	139,002	168,948
Number of College Swimmers (see table below)	11,635	15,136
% of US HS Swimmers competing at any College Level	7.6%	8.1%
% of US HS Swimmers Competing at NCAA I Schools	2.5%	3.2%
Odds of a US HS Swimmer making any College Roster	13:1	12:1
Odds of a US HS Swimmer making an NCAA I Roster	40:1	32:1

Choose Wisely

- Big or small
- Close or far
- Division I, II, III, or NAIA
- What's your major?
- Best on team or challenged?

Sell yourself

- Hundreds of athletes as good as you looking for colleges
- Contact schools of your choice
- Put together a one page resume (no more than one page... you're not that interesting)
- List academic and athletic achievements
- List your times
- List your contact information
- Have a youtube page of your race video

General timeline

- Freshman year
 - Register for a free profile page at eligibilitycenter.org
 - Make sure you are taking the right core courses
 - Get good grades
- Sophomore year
 - If you are being actively recruited by an NCAA school and have a Profile Page account, transition it to the right Certification account.
 - Monitor the task list in your NCAA Eligibility Center account for next steps.
 - Meet with your guidance counselor to make sure you are on track.
 - At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.
 - Define your college experience that you are targeting.
 - Research colleges
 - Create a BIG list of colleges!
 - At least 4-5 safety schools, 4-5 50/50 schools, and 4-5 reach schools
 - Make good grades!
 - Parents establish a budget.

General Timeline

- End of Sophomore Year
 - Start getting specific
 - Who's your top 10?
 - Contact top 10-15 schools (can do this in the Spring)
 - 6.15 between Sophomore and Junior Year, College coaches can begin direct contact through text and e-mail, phone call, and you can call them
 - Narrow List
 - Start Planning your recruiting trips (5 officials, this may change)

General Timeline

- Junior Year
 - 8.1 Off campus contact can start
 - Official and unofficial visits start 8.1 of Junior Year
 - Ensure your sports participation information is correct in your Eligibility Center account.
 - Check with your high school counselor to make sure you are on track to complete the required number of NCAA-approved core courses and graduate on time with your class.
 - At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account
 - Non-binding commitments start during official visit season. What is your word worth?
- Senior Year
 - Mid-November: NLI's signed
 - Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
 - Complete your final NCAA-approved core courses as you prepare for graduation.
 - After you graduate, ask your high school counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.

Why commit later?

- No appealing scholarship offers
- Initial recruiting trips weren't what you expected

Why commit early?

- More scholarships and roster spots available
- College coaches want athletes to commit early and many sweeten offers to entice you to do so.
- Get the headache behind you.

Enticements to sign early

- They want set roster
- Offer for short period of time
 - Give you a deadline that the offer expires
- Multiple offers
 - They operate on 1st come, 1st serve

Show Me the Money!!!

- Needs of school
- Money available
- Grades?
- Commit early?
- Do they know you exist?
- Can you score in conference?
- Rare to have offer before recruiting trip.

Learn to say NO!!!!!!

- Don't waste your time or theirs.

Recruiting Trip

- They roll out the Red Carpet for you.
 - Always remember: the recruiting trip is their best show. They are putting their best foot forward.
- Pay attention!!!
 - Are these the people you want to spend the next four years with?
 - Is this the place you want to spend the next four years at?
- Who's recruiting whom?
 - Be yourself. Don't try to impress.
- Most teams have a meeting after to determine if you will be a good fit.
- You did what?!?!?!
 - Partying is part of college life, but it doesn't sit well with the athletic department or administration of the school
 - Not the norm any more.
 - This is a job interview. If you get drunk, you'll probably be looking for a different school.

Information Courtesy of:

- NCAA.org
- Scholarshipstats.com
- Bill Schalz of Academy Bullets Swim Club

HSA College Swimmers This Year

Kobie Melton- University of Arkansas

Joe Swing- Birmingham Southern College

Alison Hu- Harvard University

Chris Bedsole- Missouri State University

David Driver- Southern Illinois University

Ana Fleming- Naval Academy

Julia Krichev- University of Richmond

Mia McBride- Marshall University

Sarah Pauley- Campbell University

Maggie Robbins- University of Alabama

Jayne Simmer- Henderson State University

Nikolai Garding- Centre College

Rebekah Hamilton- Auburn University

Owen Harlow- West Point

Zolon Knoll- Centre College

Riley Worshek- West Point

Adam Jones- Birmingham Southern College