



Guide To Swimming In College

Sophomore Year

- ☐ Meet with your coach to have a discussion about your goals and their thoughts on your collegiate potential.
- ☐ Look at multiple schools. Take tours, visit websites and mail/e-mail prospective coaches based on your discussion with your coach to make initial contact.
- ☐ Return any college questionnaires mailed/e-mailed to you by coaches if you have a legitimate interest in that particular school.

Junior Year

- ☐ By the start of the school year, mail/e-mail all college coaches to express your interest in learning more about their programs, visiting the school and meeting with the staff. Include your best times.
- ☐ Begin composing your athletic resume.
- ☐ Narrow down school choices for which you want to apply no later than December 1st.
 - Mail/e-mail these coaches your athletic resumes and inquire about visiting the campus.
 - Complete any student-athlete interest forms on the college websites.
- ☐ At the conclusion of the short course season, follow up with these coaches and include all updated times, a summary of your season and your level of interest in their school.
- ☐ Plan a visit to your schools of interest. Stay with a swimmer, meet with the coach, attend a class and watch a practice.
- ☐ Take SAT/ACT exams.
- ☐ Complete all common application forms online before the end of your junior year.
- ☐ Register with NCAA or NAIA Clearinghouses.

Senior Year

- ☐ Finish all college essays and applications before the end of September. Consult with your teachers and guidance counselors for feedback.
- ☐ Take SAT/ACT exams again if needed.
- ☐ Take your official college visits.
- ☐ Inform your coach of the schools you're interested in and ask them to make contact with the coaching staff.
- ☐ Finish strong, both in the pool and in the classroom!
- ☐ Maintain monthly contact with your prospective college coaches.



Questions for Prospective Programs

General Questions for Potential Coaches & Teammates

- ☐ How many hours per day will my swimming responsibilities take?
- ☐ How will my class schedule affect my practice schedule?
- ☐ Is there tutoring available?
- ☐ Do prospective teammates like the coaching staff?
- ☐ How do my times compare with those on the team? Can I qualify for a scholarship or can I walk on?
- ☐ Does the college environment appeal to me?
- ☐ What is the campus attitude towards athletes?
- ☐ Do athletes have their own residence halls?
- ☐ What are the academic expectations of the team?

Questions Regarding Academics

- ☐ Are there separate academic advisors for student-athletes?
- ☐ Is there advance registration for student-athletes?
- ☐ How many classes will I miss due to team travel?
- ☐ What is the team graduation rate?
- ☐ What is the faculty-student ratio?
- ☐ What is the average class size?
- ☐ Are my grades comparable to non-athletes?

Questions Regarding the Program

- ☐ What are the strengths and weaknesses of the program?
- ☐ How many coaches are on staff?
- ☐ What support does the program receive from the school?
- ☐ Where did your team finish in the conference/nation last year?
- ☐ What was your overall record last season?
- ☐ How does the program travel to competitions?
- ☐ Does the program go home for the holidays or take training trips?
- ☐ Can I play other sports?
- ☐ What off-season programs are required?