

HOW TO HELP A SWIMMER MAKE THE BEST COLLEGE CHOICE



CHUCK WARNER

ARETE AQUATIC SERVICES

- ❖ INNOVATION
- ❖ CREATIVITY
- ❖ EXCELLENCE

YOUR BIGGEST DECISION TO DATE?



SEMINAR SECTIONS



- **I. NCAA Eligibility Rules**
- **II. Factors To Consider**
- **III. A Process For Selecting A School**
 - NCAA Recruiting Rules
 - Calendar

SECTION I



NCAA ELIGIBILITY RULES

BACKGROUND – Three Divisions



- **DIVISION I – Often Athletic Aid (larger schools)**
- **DIVISION II – Sometimes Athletic Aid**
- **DIVISION III – No Athletic Aid (smaller schools)**
- **Community Colleges/JR Colleges**

NCAA ELIGIBILITY CENTER



- **HIGH SCHOOL GUIDANCE COUNSELOR**
 - (junior year?)
- **REQUIRED CORE CLASSES**
- **FLOATING SCALE BETWEEN TEST SCORE AND GPA CREATE ELIGIBILITY FOR COLLEGE ATHLETICS**

DIVISION I AND II ELIGIBILITY



- scholarship during your first year, you must:
 - Graduate from high school;
 - Complete these 16 core courses:
 - - 4 years of English
 - - 3 years of math (Algebra 1 or higher)
 - - 2 years of natural or physical science (including one year of lab Science if offered by your high school)
 - - 1 extra year of English, math, or natural or physical science
 - - 2 years of social science
 - - 4 years of extra core courses (from any category above, or Foreign language, comparative religion or philosophy);
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860)

GPA SAT ACT

- 3.550 & above 400 37

- 3.525 410 38



- 3.500 420 39

- 3.475 430 40

- 3.275 510 45

- **3.000 620 52**

- 2.975 630 52

- 2.950 640 53

- 2.925 650 53

- 2.900 660 54

- 2.875 670 55

- 2.850 680 56

- 2.825 690 56

- **2.125 960 81**

- 2.100 970 82

- 2.075 980 83

- 2.050 990 84

- 2.025 1000 85

- 2.000 1010 86

DIVISION III



- **DOESN'T USE NCAA ELIGIBILITY STANDARDS**



STAYING ELIGIBLE



- **STUDENT IN GOOD STANDING:**
 - GPA
 - PROGRESS TOWARD GRADUATION
 - BEHAVIOR



SECTION II



FACTORS TO CONSIDER IN YOUR CHOICE

BALANCING YOUR CHOICE

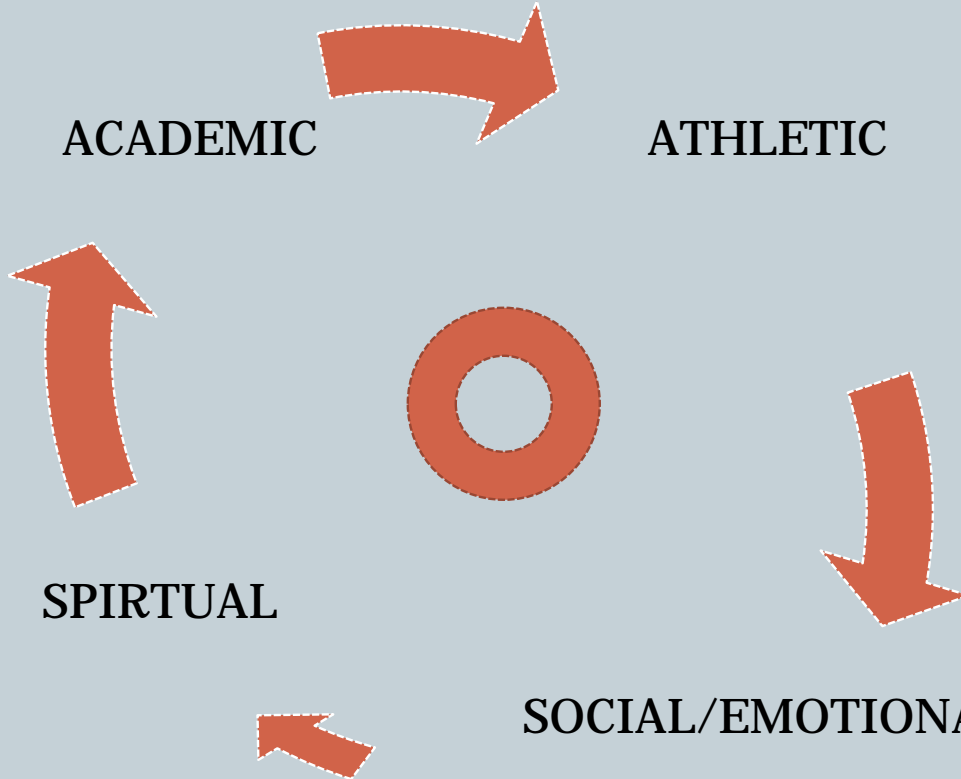


ACADEMIC

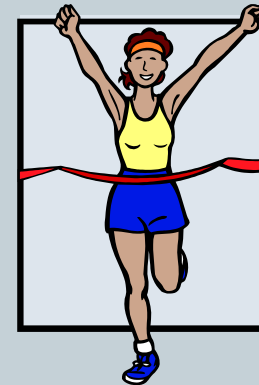
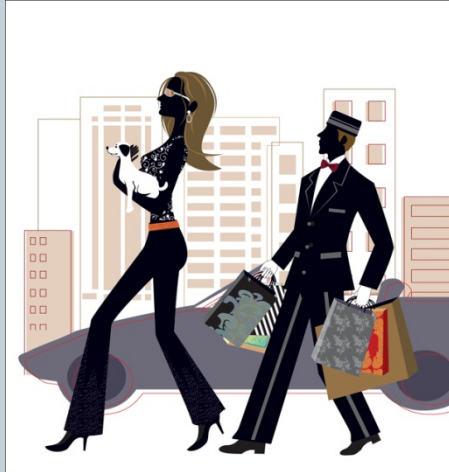
ATHLETIC

SPIRITUAL

SOCIAL/EMOTIONAL



BEGIN WITH THE END IN MIND



How To Balance Swimming & Academic Priority



- **SWIMMING FASTER IS PEPARATION FOR LIFE**
 - GOAL SETTING
 - PERSONAL ORGANIZATION
 - COMPETITIVE CALM
 - TEAM WORK
 - SELF-DISCOVERY
 - CONTACTS (Military experience)
- **ACADEMICS**
 - LEARNING HOW TO LEARN
 - KNOWLEDGE IS POWER
 - SCHOOL REPUTATION HELPS OPEN DOORS
 - Grad School Entrance?



SIZE



- **ADVANTAGES OF SMALL**
- **ADVANTAGES OF LARGE**
- **COLLEGE IS THE LAST INCUBATOR FOR YOUR LIFE'S PREPARATION**
- **THINK JUNIOR/SENIOR YEAR**

ACADEMICS



- **RANKINGS**
- **MAJOR INTEREST**
- **MAJOR OPTIONS**
- **PROFESSOR: STUDENT RATIO (Class size)**
- **UNDER GRAD VS. GRAD EMPHASIS**
- **RESEARCH OR NON RESEARCH**

ACADEMIC SUPPORT



- **TEAM CULTURE WITH ACADEMICS**
- **TUTORS? COST?**
- **STUDY HALL/TABLE**
- **PRIORITY REGISTRATION**

COST I



- **Costs To Expect: Tuition, Rm, Bd, Fees, Books**
- **FASA**
- **ATHLETIC SCHOLARSHIPS** (general: how do you know?)
 - What is an NLI?
- **‘NON ATHLETIC SCHOLARSHIPS’**
- **WORK STUDY**

LOCATION



- **STUDENT LIFE VS. 6 FOOTBALL GAMES/YR**
- **What are your current hobbies?**
- **INTERNSHIPS AND CAREER CONTACTS**



SOCIAL CONSIDERATIONS



- **How do I like the swimmers?**
 - ✦ Visit the school for a weekend
 - ✦ Email, call or write
 - ✦ Friends on Social Media
- **How diverse is the student body?**
 - ✦ Commuter school?

ATHLETICS/SWIMMING



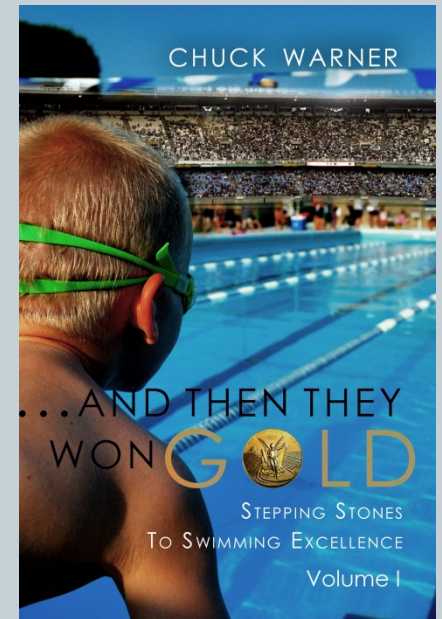
- **Where do I fit into the team?**
 - ✦ Top 5-10 Times Per Event
 - ✦ Graduating Seniors in Your Events

- **Team Performance**
 - ✦ Individual Improvement
 - ✦ Training Expectations
 - ✦ Training Program
 - ✦ Coaches Personality

ATHLETICS/SWIMMING



- **Where do I fit into the team?**
 - ✦ Top 5-10 Times Per Event
 - ✦ Graduating Seniors in Your Events
- **Team Performance**
 - ✦ Individual Improvement
 - ✦ Training Expectations
 - ✦ Training Program
 - ✦ Coaches Personality



BALANCING YOUR CHOICE



ACADEMIC

ATHLETIC

SPIRITUAL

SOCIAL/EMOTIONAL



"TYPICAL WEEK" STUDENT-ATHLETE



Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am	Train		Train		Train		
8:00 am	Brk-Stu	Class	Brk-Stu	Class	Brk-Stu	Train	Spiritual
10:00	Class	Class	Class	Class	Class	Train 11	Stud
12	Lun/Br	Lun/Br	Lun/Br	Lun/Br	Lun/Br	Lunch	Stud
2:00 pm	Train	Train	Train	Train	Train	Compet	Stud
4:00 pm	T/Din	Stu/Din	T/Din	Stu/Din	T/Din	Stud	Social
6:00 pm	Study	Class	Study	Study	Social	Social	Social
8:00 pm	Study	Spiritual	Social	Study	Social	Social	Social
10:00						Social	
12							

COST AS ATHLETIC AID



- The higher your value to the team
 - ✦ The greater cooperation tends to happen with admissions.
 - ✦ The greater the athletic aid.
- HOWEVER
 - ✦ The **MORE** the school can do for you financially the **LESS** they may do for you academically and athletically.

WOMEN'S D I NCAA Q TIMES



	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in
	2011	2010	2009**	2008	2007	2006	2005	2004	2003	*2002	2001	2000	1999	1998	1997	1996	1995
50 Free	22.52	22.56	22.49	22.61	22.87	22.88	22.98	23.04	23.02	23.13	22.97	23.12	23.04	23.14	23.22	23.36	23.37
100 Free	48.95	49.36	49.12	49.39	49.77	49.91	49.85	50.20	50.20	50.22	49.90	50.07	50.10	50.29	50.54	50.73	50.81
200 Free	1:46.19	1:46.85	1:46.52	1:47.09	1:47.82	1:48.18	1:48.33	1:48.42	1:48.82	1:48.38	1:48.36	1:48.65	1:48.72	1:48.89	1:49.26	1:49.87	1:49.66
500 free	4:42.69	4:43.75	4:43.13	4:45.37	4:47.12	4:48.05	4:47.78	4:48.00	4:48.60	4:48.61	4:47.97	4:48.84	4:49.28	4:49.90	4:49.98	4:50.54	4:49.55
1650 Free	16:15.53	16:20.14	16:22.31	16:25.44	16:29.28	16:32.70	16:33.42	16:33.31	16:34.34	16:37.77	16:33.29	16:39.84	16:42.04	16:39.17	16:39.87	16:40.93	16:33.22
100 Fly	52.95	53.24	53.14	53.75	54.29	54.32	54.54	54.57	54.52	54.75	54.73	54.84	55.20	55.42	55.52	56.13	56.09
200 Fly	1:57.49	1:58.05	1:57.43	1:59.11	2:00.13	2:00.04	2:00.45	1:59.92	1:59.82	1:59.83	2:00.40	2:00.32	2:00.94	2:01.12	2:01.42	2:02.58	2:02.26
100 Back	53.20	53.69	53.55	54.50	54.83	54.91	55.40	55.31	55.15	55.77	55.28	55.79	55.79	56.05	56.00	56.45	56.21
200 Back	1:55.19	1:55.68	1:55.52	1:57.37	1:58.02	1:58.49	1:59.41	1:59.26	1:59.41	1:59.36	1:59.71	1:59.10	1:59.83	1:59.48	2:00.03	2:00.55	2:00.76
100 Breast	1:00.72	1:01.20	1:01.20	1:01.83	1:02.40	1:02.61	1:03.08	1:03.12	1:02.64	1:02.91	1:02.79	1:03.31	1:02.96	1:03.47	1:03.47	1:03.90	1:03.95
200 Breast	2:11.27	2:12.11	2:12.38	2:14.14	2:15.01	2:15.31	2:15.88	2:15.84	2:15.65	2:15.84	2:15.17	2:15.99	2:16.52	2:17.04	2:16.39	2:18.07	2:17.20
200 I.M.	1:58.67	1:58.96	1:58.78	2:00.33	2:00.90	2:01.24	2:01.69	2:01.53	2:01.65	2:02.00	2:02.16	2:02.03	2:02.23	2:02.63	2:02.56	2:03.44	2:03.23
400 I.M.	4:11.56	4:13.22	4:13.44	4:15.45	4:17.38	4:18.37	4:17.50	4:17.32	4:18.44	4:19.01	4:18.44	4:19.46	4:19.96	4:19.65	4:19.86	4:22.33	4:20.25
200 Fr.R.	1:29.70	1:30.04	1:29.62	1:31.00	1:31.85	1:31.59	1:31.40	1:31.68	1:31.71	1:31.77	1:31.55	1:31.89	1:32.09	1:32.10	1:33.02	1:33.61	1:33.51
400 Fr.R.	3:17.23	3:17.79	3:17.36	3:18.28	3:21.00	3:21.31	3:20.60	3:20.03	3:20.94	3:20.86	3:21.26	3:21.67	3:21.21	3:21.98	3:23.22	3:23.73	3:23.59
800 Fr.R.	7:06.52	7:09.14	7:08.07	7:10.94	7:16.77	7:16.46	7:14.22	7:13.13	7:16.20	7:18.26	7:19.57	7:17.97	7:18.12	7:18.83	7:21.10	7:22.48	7:21.19
200 M.R.	1:38.31	1:38.78	1:38.40	1:39.40	1:40.96	1:40.79	1:40.75	1:41.16	1:41.02	1:41.09	1:41.93	1:42.36	1:41.71	1:42.60	1:43.44	1:44.05	1:43.76
400 M.R.	3:34.82	3:36.12	3:34.62	3:37.84	3:41.21	3:40.60	3:40.26	3:40.78	3:40.44	3:41.12	3:41.60	3:42.69	3:43.17	3:42.85	3:43.67	3:45.07	3:45.21

**33 swimmers added to meet this year.

*Cap Size Increases to: to 322: 41 divers, 281 swimmers.

MEN'S D I NCAA Q TIMES



	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in	Invited in
	2011	2010	2009*	2008	2007	2006**	2005	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
50 Free	19.69	19.78	19.50	19.75	19.78	19.79	19.96	19.96	20.00	20.02	19.92	19.85	19.92	19.99	20.05	20.15	20.13
100 Free	43.24	43.49	42.95	43.57	43.58	43.63	43.89	43.92	43.98	44.07	43.85	43.93	43.97	43.98	44.16	44.41	44.05
200 Free	1:35.41	1:35.56	1:34.79	1:35.79	1:36.43	1:36.16	1:36.53	1:37.16	1:36.75	1:37.31	1:36.79	1:37.04	1:37.39	1:37.03	1:37.16	1:37.33	1:37.32
500 free	4:19.08	4:19.44	4:17.60	4:20.52	4:21.39	4:21.08	4:21.83	4:22.86	4:21.44	4:23.19	4:21.85	4:22.63	4:23.26	4:23.12	4:23.74	4:24.26	4:23.76
1650 Free	15:05.98	15:08.28	14:59.50	15:10.87	15:11.71	15:11.63	15:16.48	15:23.37	15:16.64	15:20.39	15:14.75	15:18.23	15:19.94	15:19.23	15:19.56	15:24.94	15:19.21
100 Fly	46.74	46.94	46.46	47.09	47.54	47.52	47.69	47.97	47.72	47.90	47.95	48.01	47.91	47.91	48.24	48.61	48.5
200 Fly	1:44.97	1:44.83	1:43.74	1:45.32	1:45.77	1:46.33	1:46.57	1:47.02	1:45.88	1:46.52	1:45.85	1:46.31	1:46.55	1:46.97	1:47.42	1:48.17	1:47.80
100 Back	47.05	47.13	47.05	47.62	48.00	48.18	48.60	48.48	48.13	48.41	48.26	48.35	48.40	48.47	48.63	48.91	49.00
200 Back	1:43.77	1:43.17	1:42.85	1:44.00	1:45.00	1:45.20	1:45.69	1:45.61	1:45.14	1:45.65	1:45.06	1:45.70	1:45.47	1:45.56	1:45.59	1:46.34	1:46.33
100 Breast	53.47	53.58	53.48	53.85	54.05	54.22	54.66	54.58	54.43	54.85	54.75	54.96	55.04	54.85	55.08	55.62	55.59
200 Breast	1:56.19	1:56.55	1:56.07	1:57.84	1:58.09	1:58.80	1:59.26	1:59.22	1:58.70	1:59.49	1:58.96	1:59.45	1:59.62	1:59.85	1:59.92	2:00.45	2:00.48
200 I.M.	1:45.37	1:45.51	1:45.26	1:46.53	1:47.14	1:46.91	1:47.76	1:47.94	1:47.51	1:47.71	1:47.68	1:47.68	1:48.46	1:48.50	1:48.61	1:49.25	1:48.95
400 I.M.	3:47.68	3:47.77	3:46.95	3:49.20	3:50.08	3:50.43	3:51.50	3:51.63	3:50.64	3:50.89	3:49.43	3:50.72	3:51.37	3:51.35	3:51.36	3:53.56	3:53.10
200 Fr.R.	1:18.28	1:18.88	1:17.84	1:18.85	1:19.16	1:19.43	1:18.90	1:18.99	1:19.63	1:19.21	1:19.42	1:19.31	1:19.43	1:19.92	1:19.88	1:20.21	1:19.87
400 Fr.R.	2:52.76	2:54.38	2:53.88	2:55.46	2:56.21	2:56.53	2:55.73	2:55.06	2:56.10	2:56.39	2:56.05	2:56.79	2:55.90	2:56.59	2:57.22	2:58.45	2:57.69
800 Fr.R.	6:23.23	6:25.94	6:25.11	6:29.39	6:30.38	6:30.55	6:28.03	6:29.73	6:29.57	6:30.02	6:30.83	6:31.27	6:32.75	6:32.96	6:33.57	6:33.85	6:32.52
200 M.R.	1:26.11	1:26.39	1:26.12	1:27.14	1:27.29	1:27.46	1:27.56	1:27.69	1:27.95	1:27.78	1:28.23	1:28.03	1:28.37	1:28.37	1:29.01	1:30.04	1:29.40
400 M.R.	3:10.25	3:11.07	3:10.40	3:12.49	3:12.96	3:13.54	3:12.77	3:12.77	3:13.97	3:13.93	3:14.45	3:14.85	3:14.88	3:14.53	3:15.10	3:17.37	3:15.86

*34 swimmers added to meet.

** relays 13-16 added on sliding scale.

		WOMEN				
		24th	16th	8th	1	
Northeast	50 Free	26	25	24.5	23.6	
	200 Fr	02:03.0	01:59.4	01:54.7	01:49.9	
	200 Bk	x	02:17.9	02:07.7	02:00.7	
	200 Br	x	02:37.8	02:28.4	02:16.5	
	200 Fly	x	02:21.2	02:12.0	02:03.8	
		24th	16th	8th	1	
NE Small C	50 Free	25.3	24,9	24,3	23,8	
	200 Fr	01:59.5	01:56.5	01:55.4	01:47.2	
	200 Bk	X	02:16.9	02:14.6	02:01.7	
	200 Br		02:36.3	02:31.6	02:21.2	
	200 Fly	02:17.1	02:12.8	02:06.7	02:02.9	
		24th	16th	8th	1	
DII Pysche	50 Free	23,8	23,6	23,4	23,0	
	200 Fr	01:53.9	01:52.3	01:51.4	01:49.5	
	200 Bk	02:05.4	02:04.2	02:03.0	01:58.3	
	200 Br	02:23.4	02:20.3	02:18.5	02:14.4	
	200 Fly	02:09.4	02:05.2	02:03.0	02:01.2	

IVY		24th	16th	8th	1
	50 Free	24.5	23.9	23.2	22.9
	200 Fr	01:54.8	01:52.2	01:49.9	01:47.0
	200 Bk	02:11.3	02:04.1	02:02.0	01:56.6
	200 Br	02:25.0	02:20.2	02:17.3	02:12.2
	200 Fly	02:10.8	02:05.2	02:02.0	01:57.7
		24th	16th	8th	1
Big East	50 Free	24.2	23,9	23,2	22,9
	200 Fr	01:55.8	01:52.5	01:50.3	01:46.8
	200 Bk	02:06.5	02:03.9	02:01.8	01:55.1
	200 Br	02:22.7	02:19.5	02:16.1	02:11.1
	200 Fly	02:06.9	02:05.1	02:02.7	01:57.0
		24th	16th	8th	1
SEC	50 Free	23,3	23,0	22,7	21,3
	200 Fr	01:50.6	01:48.8	01:46.6	01:42.4
	200 Bk	02:00.8	01:57.5	01:56.1	01:51.5
	200 Br	02:18.7	02:16.3	02:12.2	02:08.5
	200 Fly	02:07.5	02:00.7	01:59.0	01:53.9

		MEN				
		24	16	8	1st	
N E Small Colleges	50 Free	21.8	21.7	21.4	20.6	
	200 Free	01:46.1	01:45.1	01:43.6	01:39.2	
	200 Back	02:01.3	02:00.3	01:56.3	01:49.6	
	200 Breast	02:16.6	02:12.3	02:09.8	02:00.3	
	200 Fly	02:01.1	01:59.0	01:55.7	01:52.1	
		24	16	8	1st	
D II Pysche Sheet	50 Free	20,8	20,7	20,5	19,6	
	200 Free	01:40.9	01:40.2	01:39.8	01:38.4	
	200 Back	01:54.4	01:51.4	01:49.4	01:47.9	
	200 Breast	02:08.7	02:04.4	02:02.0	01:58.5	
	200 Fly	01:54.4	01:50.6	01:50.0	01:45.5	

		24	16	8	1st
IVY	50 Free	21,1	20,8	20,7	19,7
	200 Free	01:42.5	01:41.3	01:39.4	01:36.5
	200 Back	01:54.7	01:51.3	01:49.5	01:44.5
	200 Breast	02:11.0	02:05.9	02:02.7	01:56.3
	200 Fly	01:55.2	01:51.9	01:49.8	01:46.3
		24	16	8	1st
Big East	50 Free	21,1	20,8	20,4	19,8
	200 Free	01:42.1	01:40.6	01:39.3	01:35.0
	200 Back	01:53.6	01:51.3	01:49.0	01:43.9
	200 Breast	02:06.9	02:05.8	02:01.0	01:54.9
	200 Fly	01:53.6	01:51.8	01:49.0	01:45.2
		24	16	8	1st
SEC	50 Free	20,3	20,0	19,7	19,0
	200 Free	01:39.3	01:37.6	01:35.6	01:32.3
	200 Back	01:50.0	01:47.2	01:44.9	01:40.1
	200 Breast	02:07.4	02:02.1	01:58.4	01:54.2
	200 Fly	01:49.2	01:46.7	01:45.9	01:41.3

SECTION III



A PROCESS FOR SELECTING A SCHOOL

A PROCESS FOR SELECTING A SCHOOL



- Organize your priorities with the end in mind and top priorities shelter lesser priorities:



A COLLEGE NEEDS TO CHOOSE YOU, AS WELL AS YOU CHOOSE IT



- Impressing the college coach and university with what you can contribute.
- Vs.
- Exposing negatives via social media, poor dress and behavior on recruiting trips, etc.

THE LAW OF CIRCULATION



KEY NCAA CALENDAR RULES



Any time: You can **visit a coach on their campus** at your request

Any time: You can **call a college coach**

Any time: You can **write to a college coach** and let them know you're interested.
(soph)

September 1, Junior Year: First written correspondence from the college coach

July 1 Prior To Senior Year: Coaches can call

Sr Year: Coaches can call once per week

Sr Year: You can take five expense paid visits (SATS/Transcripts)

EARLY DECISION OR SPRING DECISION



EARLY

- If \$ are involved they will more likely be gone in the spring.
- Enjoying your senior year without pressure of “the decision.”
- Schools may have filled their needs by spring.

SPRING DECISION

- A coach could be desperate for what you do \$
- More time to improve and increase your value.

CREATING A CALENDAR



SATS

REG Date

9/21/2012

10/19/2012

11/16/2012

1/11/2013

2/22/2013

4/19/2013

5/17/2013

TEST Date

10/6/2012

11/3/2012

12/1/2012

1/26/2013

3/9/2013

5/4/2013

6/1/2013

NLI SIGNING DATES



- **Early Signing 11/4/2012 – 11/21/2012**
- **Late Signing 4/17/2013- 8/1/2013**

Organizing Your Calendar



- **August before Junior Year:** Campus visits
- **November 1 Soph & Jr. Year:**
 - Letters to Schools (10-20?), complete their questionnaires on-line
- **April 1 Junior Year:**
 - Register with NCAA Clearinghouse
 - Evaluate and update preliminary list of 10-15 schools
 - First SATs?
- **June Jr Year:** Work list down to 10 schools

ORGANIZING YOUR CALENDAR



- **EARLY DECISION (Nov. 1 – Dec. 1)**
 - July 1 phone calls received – use your coach if you're not getting them
 - By August 15 – set up 3 visits
 - By September 15- set up 4th visit
 - By October 21 – 3-4 visits complete
 - November 5 – SATs (late reg Oct. 21)

EARLY NLI Signing – Nov. 9-16

SPRING DECISION CALENDAR



- July 1 – Phone calls received
- Dec. 1 – SATs (reg by 11/16)
- Dec. 10 – ACTs (reg by 11/4)
- In January & February set up 3-5 visits to complete by April 1
- January 26 – SATs (reg by 1/11)
- Feb. 11 – ACTs (reg. by 1/13)
- SPRING NLI Signing – April 17 to August 1, 2013
- May 4 – SATs – Juniors! (reg by 4/19)
- June 1 – SATs – Juniors! (reg by 5/17)

FALL VS. SPRING DECISION



- **GET AN EARLY START:**
 - LATE PLANNING IS A POOR REASON FOR A SPRING DECISION

BEST RECRUITING PRACTICES



- **Be Proactive**
 - Contact the college coaches you are interested in
- **Your Coach Can Serve As Your Agent**
- **Let College Coaches Know When They Can Call You and Be Available**
- **Know The Magic Words.....**



THE BEST WORDS A COLLEGE COACH CAN HEAR



- **“I’m coming to your school!!!!”**

The Second Best Thing A College Coach Can Hear



- “Thank you for your interest in me. But I’m not interested in your school.”
- Or – “It sounds like you have a great school but I’ve decided I’m going to:
 - Stay closer to home
 - Go to a smaller/larger school
 -

ANNOUNCING YOUR DECISION



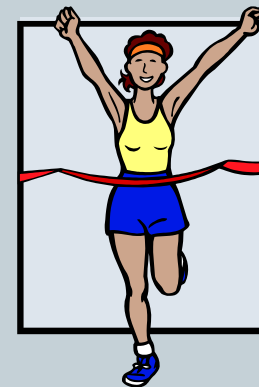
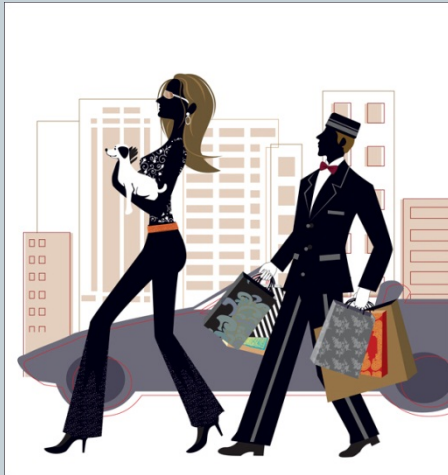
- On your campus/HS
- Collegeswimming.com
- Swimming World Magazine.com
- Local Newspapers

MAKING YOUR CHOICE THE RIGHT CHOICE



- **Every school has pluses and minuses**
 - What you embrace makes you stronger
 - What you regret makes you weaker
- **Grow in your experience, especially by:**
 - Assert yourself in building friendships for a lifetime
 - Treat your swim team like family: help them and they will help you.
 - Seeking out the help you need when you need it- make appts
 - ✦ Dorm RAs and Resident Director
 - ✦ Student Life Counseling Office
 - ✦ Team Captains
 - ✦ Coaches

SUCCESS IS THE PROGRESSIVE REALIZATION OF A WORTHY IDEAL – ENJOY THE JOURNEY...IT'S EVEN MORE REWARDING THAN THE DESTINATION



RESOURCES



College Bound Student-Athlete Guide:

<http://www.ncaapublications.com/productdownloads/CBSA.pdf>

NCAA Eligibility Center: www.eligibilitycenter.org

<http://www.ncaa.org/wps/wcm/connect/nli/nli>

- **collegeswimming.com**
- **[Swimmingworldmagazine.com](http://swimmingworldmagazine.com)**
- **<http://www.ncaa.org/wps/wcm/connect/nli/nli>**
- **www.aret swim.com (BOOKS * MEDIA)**