



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swimming in College

**YMCA OF THE TRIANGLE SWIM TEAM**

JERRY FOLEY / JAMIE BLOOM

4/19/2022

# Swimming in college you say you want



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ There is a place for everyone!!
  - ❑ NCAA - Div. 1, Div. II, Div. III
  - ❑ NAIA
  - ❑ JC
- ▶ Find the right fit
  - ❑ Academics and Athletics
  - ❑ Perfect is **NOT** the goal

**“Plan for the future, but don’t ignore the present” ~ YODA**

# Where do you begin?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ What information do you need to start the process?
  - ❑ Transcripts, Test Scores
  - ❑ Best times list
- ▶ What's important to you?
  - ❑ Academic & athletic goals.
  - ❑ Financial considerations.
  - ❑ What are you looking for in a school?
- ✓ 5 questions to ask >>>

1. What type of experience are you looking for?
2. How far or close to home would you like to be? Base this in terms of hours in a car.
3. Is there a geographic location that you are most interested in?
4. What are you interested in studying or what do you like? (undecided is ok)
5. What size of school are you looking for? Numbers below are undergraduate.

# Finding a school takes time and effort.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Start early (just not too early) and be proactive!!
  - ❑ It's a marathon, not a sprint!
- ▶ Keep a journal!
  - ❑ Do your homework and take notes!
- ▶ Communicate!
- ▶ Communicate!
- ▶ Communicate!

# Communication is key!!!!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ The search belongs to the student!
  - ❑ Communicate clearly and effectively.
  - ❑ Don't be shy. Ask questions.
  - ❑ Be honest and objective.
  - ❑ Use Questionnaires, Emails, Phone calls, etc.

*“We are looking for student-athletes that are motivated to find the right fit for themselves and who are committed to being involved and taking ownership of their college search. The last thing I want do is to sit with a prospective student-athlete and their parents and listen to mom or dad talk for half an hour about what Johnny or Jane wants in a school and swim team.”*

*-Rick Simpson, Villanova University*

# Don't get tunnel vision!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ There is not just one “perfect fit.”
- ▶ Keep an open mind!
  - ❑ Just because you never heard of it doesn't mean that it's not a good school or swimming program!
  - ❑ Learn what you like, not what you think you like!!!
- ▶ Don't eliminate a school based on your preconceived notions or biases.
- ▶ What compromises are you willing to make in order to get most of what you want in your college experience?

# Building a List....



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Key Factors
  - ▶ Academic
    - ❑ Majors & Minors
    - ❑ Plan B? Plan C?
    - ❑ Internships, Research, Study Abroad?
  - ▶ Athletic
    - ❑ Athletic fit? Athletic aspirations?  
Future goals?
  - ▶ Other Considerations
    - ❑ Size & Geography
    - ❑ Campus culture
    - ❑ Social Life
    - ❑ Activities
    - ❑ Facilities

**Balance is Critical!**  
**Academic**  
**Athletic**  
**Financial**

**Find the right fit!!**

# Use your resources!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ School Counselors
  - ❑ School profile
  - ❑ Naviance/Family Connection
  - ❑ List generation
  - ❑ Recommendations
  - ❑ Processing applications.
- ▶ Your coaches.
  - ❑ Club Coaches
  - ❑ School Coaches
- ▶ Your parents
  - ❑ They know you!
  - ❑ They want the best for you!
- ▶ Your peers
  - ❑ Current teammates
  - ❑ Kids you swim against
- ▶ Online resources
  - ❑ [Collegeswimming.com](http://Collegeswimming.com)



# Timeline & Calendar Thoughts

Jamie



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Finding your own path. Everyone is unique!
- ▶ Different types of schools may require different processes and timing!
  - ▶ Earlier Recruiting Visits may be a reality. You get 5 division I visits! You DON'T NEED to go on 5!
  - ▶ Rules for correspondence
    - ▶ Division I & II Electronic & Phone Calls (June 15 between 10<sup>th</sup> & 11<sup>th</sup> grade)
    - ▶ Division III Electronic & Phone Calls (anytime starting in 9<sup>th</sup> grade)
    - ▶ Be prepared to make a commitment at the best moment based on your individual situation.
- ▶ Power 5 conferences vs. Mid-majors vs. Ivy/Patriot.

# Freshman Year



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Train hard!!! Swim fast!!!
- ▶ Do a self-inventory academically, athletically, & personally.
- ▶ Generate initial list of possibilities based on academic & athletic profile.
  - ▶ Evaluate your goals.
  - ▶ Be objective & realistic
  - ▶ Start recruiting questionnaires at schools of interest.
  - ▶ Start a list of questions about schools and swimming programs.
- ▶ Be prepared to visit schools early.
  - ▶ Learn on the fly!

# Sophomore Year



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Work hard in the classroom and in the pool!!
- ▶ Do a self-inventory academically, athletically, & personally.
- ▶ Generate initial list of possibilities based on academic & athletic profile.
  - ▶ Evaluate your goals.
  - ▶ Be objective & realistic
  - ▶ Start recruiting questionnaires at schools of interest.
  - ▶ Start a list of questions about schools and swimming programs.
  - ▶ Gather as much data as humanly possible. Use your journal!
- ▶ Meet with your school counselor
- ▶ Go on unofficial visits as time allows

# Junior Year



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Work hard in the classroom and in the pool!!
- ▶ Register with NCAA Eligibility Center
- ▶ Meet with your school counselor.
- ▶ Do recruiting questionnaires.
- ▶ Contact coaches electronically. Schedule phone conversations.
- ▶ Go on official & unofficial visits. Use your list of questions. Reevaluate list based on mid season performance academically and in the pool.
- ▶ Gather as much data as humanly possible. Use your journal!
- ▶ Be prepared to make a decision

# Senior Summer into Sr. Year



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ Work hard in the classroom and in the pool!!
- ▶ Work on generating your final school list.
- ▶ Continue visiting schools as appropriate.
- ▶ Phone conversations with coaches (summer).
- ▶ Official visits in Fall
- ▶ **Work on college applications.**
- ▶ Prepare to make a decision!

## Whether you have committed or not....

- ▶ Work hard in the classroom and in the pool!!
- ▶ Communicate with coaches
- ▶ **Start on your application.**

## If you're not done yet....

- ▶ Continue visiting schools officially or unofficially.
- ▶ Think about final decision.

# Making a decision....



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ **Early Commitments**
- ▶ **Timelines for choosing a school and final decisions....**
- ▶ **Scholarship offers & National Letters of Intent (NLI)**
  - ▶ June 15<sup>th</sup> between 10<sup>th</sup> & 11<sup>th</sup> grade is when verbal offers are allowed.
  - ▶ NLI's are still signed in the senior year. (Nov. 13, 2019, Division I & II)
  - ▶ NO NLI in Division III. Schools do "celebratory signings."
- ▶ **Early Decision & Academically Selective Schools.**
  - ▶ Does applying ED make a difference?
  - ▶ Slots, Spots, Banding, & the Academic Index.

***Remember, everyone is different and your path is unique to you!***

# On-Line Searching: The School



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

*Use your Key Factors when looking at any school!*

*Can you get in and/or are you comfortable having this school as one of your reaches in the academic sense?*

*Does the school have what you want to study?  
Does it have your second choice?*

*Do you like it? Would you be happy there if you were not swimming?*

# On-Line Searching: The Team



- ▶ It's about what you want and where you fit!!
  - ▶ What are you looking for in a school and swimming program?

*“Don't get caught up in worrying about whether a school is D (Division) I, II, or III. Worry about finding a place that is right academically and athletically. Find a place that you will be happy at and will allow you to best achieve your goals in the classroom and the pool.”*

- Jim Henry, Yale University



# On-Line Searching: The Team



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ What conference are they in?
- ▶ Size & Nature of the Program
- ▶ Financial Considerations
- ▶ *Where do you fit in that conference?*
- ▶ *Where do you fit on the roster?*
- ▶ *Athletic/Academic aid availability?*

# Scholarships & Financial Aid



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ How much athletic money is really out there?
  - ▶ What is “fully funded?”
  - ▶ Does anyone get a full ride?
- ▶ What is realistic?
  - ▶ Athletic scholarships, Need based Financial aid, Merit scholarships & Academic aid.
  - ▶ Does a school “meet demonstrated need?”
  - ▶ Remember that merit aid means that you are a “good catch” for the school in question.
- ▶ Can you create a good situation for yourself?

# Things to think about....



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ What are college coaches looking for?
- ▶ What is Title IX?
  - ▶ How does it affect swimming in college?
- ▶ What is a roster cap? Do teams actually have them?
- ▶ Does everyone travel or make the conference team?
- ▶ Will you have to stay at school and train over the summer?

# NCAA rules to be aware of



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- ▶ NCAA Core Curriculum requirements.
- ▶ Rules connected to phone calls & contact.
  - ▶ Division I & II June 15 between 10<sup>th</sup> & 11<sup>th</sup> grade.
  - ▶ Division III Starting in 9<sup>th</sup> grade.
- ▶ 5 Permitted official visits between 11<sup>th</sup> & 12 grade for Division I. Unlimited official visits for Division II & III. Can only make 1 official visit per school.
  - ▶ Don't say yes just for the sake of "getting a trip."
- ▶ Permissible contact in or at a competition site.