



Swimming in College Information

1. Need to get Clearinghouse info from your school counselor

- www.ncaaclearinghouse.net

- 877-262-1492

- cost \$50

2. Swimming in College Directory

- Gives a list of all the Universities that offer Swimming

- 800-356-2722

- 954-563-4930

- www.swimmingcoach.org

- Cost \$30

3. Letter

- Intro who you are – test scores – class rank – AP classes, etc –
- Extracurricular activities – best times in 3-5 events in both SC and LC
- contact info

Example letter:

Dear Coach _____,

Hello, my name is Emily Pickett. I hope your 2014-2015 season was a success. I am very interested in the athletic and academic opportunities offered at (_____), and what it will take for me to become apart of your program.

I am a senior at Willow Canyon High School in Surprise, Arizona. The past three years I have been enrolled in Honors, IB, and AP programs. My current GPA is 3.9 and I am 15th out of 489 students in my class, making me in the top three percentile. I am also an active member of the National Honor Society (NHS), recipient of the Principal's List and Honor Roll, three time MVP of Willow Canyon's Swim and Dive team, and Senior Class treasurer on Student Council.

I have been competitively swimming for six years for the YMCA Westside Silver Fins. In my time as a swimmer I have been privileged to compete at the Western Zone Championships, Far Westerns, the Mesa Grand Prix, Sectionals, YMCA Nationals, three Arizona High School State Championships, and other meets. My times earned at said meets are listed below.

EVENT	FRESHMAN TIME	CURRENT TIME
100 FREE	58.25	54.01
200 FREE	2:02.89	1:55.72
500 FREE	5:33.96	5:10.02
1000 FREE	NA	10:37.64
100 FLY	1:05.39	1:00.72
200 BREAST	2:50.70	2:27.95
200 IM	2:23.79	2:12.80

Thank you for taking the time to read my letter. I look forward to hearing from you.

Sincerely,

Emily Pickett

Example letter:

Dear Coach (last name),

Hello, my name is Samantha Seiber. I hope your 2015/2016 season was a success. I am very interested in the athletic and academic opportunities offered at (school name), and what it will take for me to become part of your program.

This fall I will begin my senior year at Liberty High School in Peoria Arizona. The past three years I have been enrolled in the Honors program. My current GPA is 3.783 and I am 115th out of 563 students in my class. I am also an active member of the National Honor Society (NHS), two time MVP of Liberty's Swim and Dive team, a leader in my school's FCA (Fellowship of Christian Athletes) huddle, and Secretary of the Special Olympics program at Liberty.

I have been competitively swimming for four years, the last two years being with the YMCA Westside Silver Fins. In my time as a swimmer I have been privileged to compete at the Western Zones Championships, three Arizona High School State Championships, Sectionals, and other meets. My times earned at said meets are listed below.

EVENT	FRESHMAN TIME	CURRENT TIME
50 Free	26.38	25.03
100 Free	57.88	55.14
100 Breast	1:13.17	1:06.17
200 Breast	2:41.33	2:29.16
200 IM	2:36.35	2:13.64

Thank you for taking the time to read my letter. I look forward to hearing from you.

Sincerely,

Samantha Seiber

4. How many letters do I send out?

- Plus/minus 50
- Bigger net, more options

4. Be realistic on where you want to swim

- If you don't have a great GPA, then don't apply to any IVY League Schools
- Be realistic about the Division you want to swim in. Don't apply to "powerhouse" swim Universities unless you really see yourself being recruited by them.

5. Questions to ask yourself to help narrow down your school choices:

- Big school?
- Small school?
- What sports do they offer?
- City campus?
- College town campus?
- Big fish, little pond?
- Small fish, big pond?
- What do you want to study?
- Sign early or sign late?
- Pick for team and academics and not coach
- Location?

6. Rules

- Coaches cannot contact you till July 1st of the summer before your senior year
- You get 5 official recruiting trips (school pays for part or your entire trip)
- You get as many unofficial trips as you want (paid solely by you)
- You can only be on campus for 48 hours
- Military academies can call before July 1st
- Schools only get one phone call per week

7. D3 = no athletic aid (scholarships)

- D3 school do however offer academic aid

8. Applications

- Ask schools if they can waive application fee
- Only send in application to those schools you are interested in

College recruiting: The 5 most important areas of consideration

1. **Academics** – Does this school have the academic curriculum that you are interested in?
2. **Athletics** – Is this the appropriate level for your abilities? Would you be happy with this team?
3. **Geographical location** – can you spend 4 years of your life there? Would you choose this school if you were not swimming?
4. **Financial** – can you afford this school? The area? Will you receive academic or athletic aid? Is this school financially secure enough to continue its current level of commitment to swimming?
5. **Institution size** – Are you going to be comfortable in a big school or would you prefer a small school?

Academic considerations

- Does this school have a solid academic reputation?
- Do they have a graduate program that fits your interests?
- Upon graduation, what % of the students get jobs in your field of study?
- In order to gain experience, are summer internships or employment available in your field of study?
- Ask former students about program
- What % of student-athletes graduate? What % of swimmers graduate?

- Is tutoring available? Cost?
- Is there academic counseling available?

Institution size

- What size school are you looking for?
- Which type of school will you thrive in?

Consider: NCAA Division 1, NCAA Division 2, NCAA Division 3, NAIA, Junior College, Community College, or Service Academy.

College recruiting timeline

Freshman/sophomore year:

- Start searching Universities on the www.ncaa.org webpage
- Find schools that have the major you want (your diploma will be more important than your swimming after graduation)
- Find out the academic reputation of the school
- Check out the team records, coach's history with the program

Send the coaches of the programs an email that you are interested in their program (send this annually). Include a cover letter with an athletic resume including:

- Your name, birthdate, address, phone number, email
- GPA and test scores
- Training background – how many workouts per week, yardage, hours per workout, if you've done weights, running, dryland, how many years you have been swimming
- Competition background – send them a record of your time progression
- Any/all activities you're involved in

During your freshman/sophomore years, the college coaches can send you a questionnaire in response, and general team info, but no recruiting materials.

Check initial-eligibility requirement. There are certain courses you will need to take to be eligible to swim as a Freshman in College.

Junior Year

After you have begun your junior year, the college coaches can begin sending you official recruiting material.

You should be sending updated information to them, and narrowing your list of Universities to select from.

Sign up at NCAA Initial-eligibility Clearinghouse. You can do it online at: www.ncaaclearinghouse.net . There is a sign up fee.

July 1 between your Junior and Senior Years

College coaches can officially begin calling you on this date. They may only speak with you once per week, but may send unlimited mailings and email.

Senior Year

Once your senior school year has begun, you may take 5 official visits to college campuses. These 5 visits must be to different campuses. You may go to any campus unofficially as many times as you like, and at any point in the selection process during any school year.

Be sure to take a copy of the list of questions with you, to cover all your bases.

It's very romantic to be recruited.... having college coaches paying all this attention to you. Be sure to get your questions answered, and keep your eyes and ears open to what is best for you. If you decide that you are really not interested in a particular school and the coach continues to call you, please tell him/her you're not interested. It's a difficult thing to do, but it will save both of you time in the long run. If the coach gets mad or says mean things to you for not wanting to join his/her program, then it probably confirms that you didn't want to swim for this person anyway.

There are 2 signing periods for scholarships if you are offered one. Early (November) and late (April). There are pros and cons to both. If you take your visits early and are sure of your decision, then by all means sign early! It takes a load of pressure off your shoulders in the spring semester. Some coaches may say to wait; they may have more scholarship money available in the spring semester to offer. This is a gamble...maybe they will, maybe they won't.. it's not always a guarantee. Some coaches may offer a full scholarship (room/board/tuition/fee/books...) others may offer a partial scholarship, which can include any of those segments. Division 1 and 2 schools offer athletic scholarships; Division 3 only has academic scholarships. If you are not sure, then wait till the spring. Give yourself more time to think over the decision, and make the one that's right for you.

Your high school guidance counselor can help you through this process. They can help you with financial aid information, getting your test

scores, etc to places for official visits and may have the resources to tell you about the academic reputation of the schools you're looking at. Don't be afraid to ask questions and get help. The more informed you are, the more easily you're going to make the best decision for yourself.

Good luck!!!

Making the decision

1. Choose 6-10 schools that fit your criteria
2. Make a folder/notebook for each of those schools
3. Develop a list of coaches addresses for each of those schools
4. Draft a letter to those coaches/schools and include the following:
 - ACT and/or SAT scores
 - High school GPA and class rank
 - What you major might be in college
 - High school and club coach's name, address, email and phone number
 - Best events and times for both short and long course
 - Financial needs
 - Future goals and ambitions
 - Brief history of your training
 - Birth date, height and weight
 - Ask if you can visit the campus. The coach will let you know if your visit will be an official or unofficial visit.
 - Ask for a brochure and information on the team and school
 - Ask for admissions standards and ask to have an application sent
 - Ask for a college catalogue

Planning your college visit

1. Plan to visit early to allow you time to think over the information you have learned from the visit so you do not feel rushed
2. Have a goal date in mind by which time you would like to have finished your campus visits
3. NCAA rules allow only 5 official visits. The visits to each school may not exceed 48 hours. There are no limits on unofficial visits.

The college visit

- Take notes and record in your notebook the pros and cons of the program, school, etc
- Talk to the academic advisors and other students
- NCAA rules do not permit prospective athletes to train with the college team during visits
- Get to know the team and coaches