



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swimming in College

Information

1. **Need to get Clearinghouse info from your school counselor** www.ncaaclearinghouse.net - 877-262-1492 -Cost\$50
2. **Talk to your school counselor about your classes, grades, SAT, ACT and college admissions. Do your research there are currently 663 Divisions I, II and III colleges that have swim teams.**
3. **Letter**
Introduce who you are including test scores; class rank; AP classes; etc. All Extracurricular activities; best times in 3-5 events in both Short and Long Courses. Provide updated contact information.

Sample letter - 1:

Dear Coach _____,

Hello, my name is Emily Boy. I hope your last 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 a part of your program.

I am a senior at Cypress Bay High School in Weston, Florida. 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 Cypress Bay's Swim and Dive team, and Senior Class treasurer on Student Council.

I have been competitively swimming for six years for the YSF Barracudas of the YMCA of South Florida. In my time as a swimmer I have been privileged to compete at the YMCA Florida Championships, the Speedo Winter Championships, Sectionals, YMCA Nationals, three Florida 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 Boy

Sample letter - 2:

Dear Coach (last name),

Hello, my name is Samantha King. I hope your 2018/2019 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 Cypress Bay High School in Weston, Florida. 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 Cypress Bay'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 Cypress Bay.

I have been competitively swimming for nine years, the last six years being with the YSF Barracudas of the YMCA of South Florida. In my time as a swimmer I have been privileged to compete at the Southern Zones Championships, four Florida High School State Championships, Sectionals, and other meets. My times earned at these meets are listed below.

List your current best times:

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

Sincerely,

Samantha King

4. **A. How many letters do I send out?**

We recommend plus/minus 50 – Bigger net, more options

B. 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:**

a. Big school?

b. Small school? -

c. What sports do they offer?

d. City campus or College town campus? -

e. Big fish in little pond or small fish in big pond?

f. What do you want to study?

g. Pick for team and academics and not a coach.

h. Location? Where would you possibly like to live in the future.

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 Schools:** Do not have athletic aid (scholarships) but they do however offer academic aid.

8. **Applications Fee:** 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? Does this school have a solid academic reputation? Do they have a graduate program that fits your interests? Upon graduation, what percentage (%) 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 percentage (%) of student-athletes graduate? What percentage (%) of swimmer's graduate
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. What size school are you looking for? Which type of school will you thrive in?
Consider: NCAA Division I, NCAA Division II, NCAA Division III, 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 your GPA and test scores. Also include your 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. What is your 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 information, 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 signup 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.

Remember:

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 (February). 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 I and II schools offer athletic scholarships. Division III 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.

Good luck!!!