



T2 Aquatics College Guide

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Which Schools Should I Be Looking At?

Look Up Teams: You can look up teams on collegeswimming.com using the search bar. You can see meet results as well as details about the school – such as what conference the school is in. Check out the conference championship meet results (usually in February) and team rankings to get a glimpse at if it is a good swimming fit for you.

Look Up Conferences: If you are exploring and want to find a conference that is a good fit for you, you can look up conferences on collegeswimming.com using the search bar. Check out the conference championship meet results (usually in February) and team rankings to get a glimpse at if it is a good swimming fit for you. If you want to look up conferences that you may not have heard of you can go to this search page on collegeswimming.com and use the “Region” search to explore new conferences.

How Interested Will Schools Be To Have Me?: Schools are looking for swimmers who can score at the Conference Championship Meet. Check the results and see if your times would make the A final, B final, or if they are close. If your times would qualify you for the “B” Final, coaches will be interested in hearing from you, invite you for a visit, and depending on the school, may be able to help your application through the acceptance process. If your times would qualify you for the “A” Final, coaches will be interested in actively recruiting you by possibly being able to push your application through and depending on division and funding issues – offer scholarships, grants, and financial aid. You may want to look at a faster or slower school/conference based on checking these conference championship results. Note: Conference results are only one way to look at your fit. You should also look at the individual school. Some schools are excellent swim schools but are in a weak conference. You can use the internet to research times, how athletes are progressing, how long as the coach been at the school, and the current talent the team has – on the other hand, even if your times wouldn’t place you in the A or B final at conference championships you might be the best up and coming prospect the team is looking at and a school could be really interested in having you!

Create A List: Once you find a conference/teams where it looks like you may fit, you can narrow down your schools. Some you will cross off your list for being too big/small, too far away from/close to home or the climate might not be right. Soon you will develop a list of “top tier” choices as well as “second tier” and “fall back” options.

Check The Admission Requirements: If you are in the bottom 25% of test scores of accepted students the coach may be able to get you admitted but don’t count on it. Coaches would rather pursue swimmers who can be accepted on their own merit.

Recruiting Process

When do I begin the recruitment process?

The time line outlined is ideal. Certainly, if you are an elite swimmer, it is more likely that coaches will find you and that the process may be sped up. Swimming recruitment is very competitive. Therefore, it is to your advantage to start early but it is not too late to begin your Junior year, even spring of your Junior year. Beginning July 1st (between an athlete's Junior and Senior year), coaches are able to contact athletes directly once per week. Prior to that time, it is up to the swimmer to initiate telephone contact. The summer months are typically the time when coaches are narrowing down their choices and deciding who will be invited on recruit trips in the Fall. As recruiting budgets are very limited, they rely on these calls and email conversations to ascertain swimmers who are the best "fit" for their program. If you know a swimmer already on the team, contact them and let them know of your interest in swimming at that particular college.

Athletes are allowed to attend up to 5 official college visits (5 separate schools) and unlimited "unofficial" visits. While 5 may not seem like very many, it is difficult to find the time to attend 5 trips given a swimmer's senior year academic course load, swimming schedule, standardized test schedule and the entire college application process (which may feel like a full time job!).

Choose trips wisely and be respectful of the process and the other athletes. Choose trips to schools where you truly feel like they are one of your top 5 college choices. Don't just take a trip because it might be fun as it reflects poorly on you and on T2 Aquatics and it is disrespectful to the other athletes for whom the opportunity to swim for that particular school may be a dream come true. Colleges may only be able to offer recruit trips to 5-10 athletes. That doesn't mean that if you aren't offered a trip, you won't be recruited, but recruiting trips do provide the best opportunity to meet the entire team, the other potential recruits, the coaches, attend classes with a swimmer, observe a workout and feel what it would be like to be part of that particular team. There is almost always the opportunity to meet with a team unofficially if you have not been offered or it is too late for an official recruit trip. As school starts in the fall, the coaches will be very busy coaching their existing team and finalizing their recruits for the following year. College meets begin in October and extend through the championships in February and March. Most coaches would like to wrap up their new class of recruits by the end of the calendar year so that they may focus on their current season.

Who initiates the recruitment process?

You do. The recruitment process is extremely competitive but you can be successful. T2 Aquatics is building a national reputation for providing outstanding athletes with strong academics and leadership/character skills. These are the skills that college coaches desire. Just remember that you are competing with literally thousands of other swimmers who are also trying to earn a spot on a college team. In order to be recruited, the coaches need to know about you. In other words, you need to market and advertise yourself. Think of it as a job interview. If you are an elite swimmer, then chances are, they probably already know of you, but if not, then it is up to you to market and promote yourself and to let coaches know that you want to swim on their team. Just like an employer, coaches want swimmers who want them. As you start the process, here a few tips:

Please don't rely on your T2 coaches to man the phones to find a team for you. They are familiar with many coaches and programs throughout the country and they will review and discuss some options with you to help you expand or narrow your list. They will work closely with the collegiate coaches and write letters of recommendations for you throughout the process, but it is your job to get your name into the market.

Develop a Swimming Athletic Resume and cover letter.

Submit on-line Swimming questionnaires for colleges of interest to you.

Develop your own list of potential schools based on academics, geographic region, size of school, etc.

Discuss with your coaches and your parents what your goals are for your college experience: both academically and athletically

Contact coaches as soon as you determine that you are interested in their program/school.

Recruiting budgets are very small and the coaches' available time for recruiting is limited. This means that coaches have to rely on lower cost methods of finding prospective student athletes ie searching league results and times data bases and getting referrals from existing team members. Thus, contacting coaches directly and promoting yourself to teams that appear to be a good fit, is a great deal for both the swimmer and the college coach. It is important to present yourself in the best light by being as organized, sincere, mature and honest as possible.

What are college coaches looking for in their recruits?

It is important to remember, that while potential student athletes should be looking for a school/team that is the right "fit", so too are the coaches looking for swimmers that are the right "fit", which is more than just "times". While not all the coaches are desirous of the same things, per USA Swimming, they do share the same needs (in no particular order):

Academics: Coaches seek recruits who are motivated both in the classroom as well as in the pool. Recruits must meet the academic requirements of a particular college or university. Coaches want to be sure that each recruit will remain academically eligible throughout his or her collegiate career. Swimming is just a subset of the collegiate experience-you may actually spend as much time studying as you will training-perhaps even more! That's why coaches desire recruits who can succeed both in and out of the pool and are excited by their success both in their studies and their sport. Additionally, they want to know what you are leaning towards as a possible major in order to ascertain if their school is a good total fit. While the athletes are reviewing the schools, the coaches are also considering the probability of whether or not each potential athlete will actually decide that their school is the right match.

Leadership: Not only do coaches want talented and motivated swimmers, but they want talented leaders who will have the ability to help motivate and lead the team in the future. They are important ingredients in a team's success. Team captains, for instance, are highly regarded for their leadership, dedication and ability to motivate. A leader improves his or her team through hard work, team focus and a contagious desire to improve personally and collectively.

Work Ethic and Dedication: it is important that swimmers have demonstrated strong, consistent work ethic (both in the pool and in the classroom). This work ethic will help the swimmers to motivate their fellow teammates and help them to compete effectively. Work ethic and dedication is even more important for the mid and long distance swimmers. Coaches are also looking for athletes that will represent their program well both in and out of the water.

Success: Coaches review past results to ascertain if a swimmer could fill the needs of their respective team i.e. they need a mid-distance freestyler, they will be graduating 3 senior breaststrokes this season, their incoming freshman is a sprint backstroker, etc. Past results are indicative of a recruit's talent and ability to compete and contribute in the NCAA atmosphere. In studying meet results, each coach attempts to fill the needs of his or her team, looking to fill team weaknesses first.

Potential: Coaches review a potential student athlete's year-to-year results to track an athlete's potential. Coaches want swimmers to continue to improve, remain motivated and dedicated, and thus stay with the team for four years. Potential, of course, extends far beyond the pool. Athletes can highlight potential by explaining new dry land routines, training regimens, dietary focuses, etc.

Versatility: Many coaches may find swimmers who can effectively compete in more than one event, as opposed to being a one-or-two man specialist, a more attractive prospect as versatility is rewarded in the NCAA dual meet format. Coaches are limited as to the number of swimmers on their travel teams. Versatility is highly rewarded in the NCAA dual meet format, in which athletes are allowed to swim several events and relays. It tends to be even more highly prized by smaller teams that struggle to fill lanes during dual meets. Larger teams are likely to be more selective, recruiting stroke specialists with greater ease. Understanding the needs of particular teams will allow you to market yourself more effectively.

Personality and Enthusiasm: Coaches (and teams) will always be attracted to outgoing, personable recruits precisely because their teams will welcome those individuals. A teammate who carries a smile to practice and a contagious aura of enthusiasm is an enjoyable and effective peer. During recruiting trips or phone conversations, remember always to convey your enthusiasm and to smile! Again, it is the overall "fit" on the team that it is important.

How do Coaches Decide who is a Fit?

The coaches learn many things throughout the recruiting process. Not only are they focused on your times and potential but also on your academics. They will probably have spent quite a bit of time talking to potential student athletes on the phone, through emails and also on recruit trips. They have observed how the potential student athlete meshes with the existing team and gotten their opinion as to whether or not they would fit in. Coaches also talk to people who might know you, high school/club coaches, and family. They will also want to know that a family will be able to handle the financial obligation. The coach wants to know that everyone will be able to work together. It is not just enough that a swimmer is fast or that they are a fit for the team. The student athlete needs to demonstrate that they have a lot of desire and that they want to continue to work hard for another four years. This requires a personal commitment. Coaches are also looking for swimmers that are team players and supportive of their teammates in both training and competition. They are looking for student athletes who will bring things to the table that will help the team as a whole i.e. leadership and that they will "fit in". As one coach said, "You want people to come in and swim well, do well athletically, and have a lot of fun, be a lot of fun, and be happy alumni. It shouldn't be less than that."

Recruiting Trips (Senior Year) and Preparation:

To be recruited for college athletics is an exciting experience, in many ways, recruiting trips are the single best way for you to learn about a school and for the school to learn about you. Recruited student athletes are very lucky as they actually get an actual sneak peek at what their future could be: training, living and socializing with the team they could be a member of for the next four years. Per NCAA rules, athletes are allowed to take up to five "official" visits (lasting no longer than 48 hours each) to five different Div 1 or 2 campuses (unlimited official visits to Div 3). There is not a limit on the number of unofficial visits that an athlete can take nor when they take these visits.

Depending on your time line for applications, it may be in your best interest to go on recruiting trips early in the fall to allow you enough time to compare and contrast different schools/programs. Typically you will stay in the dorms with a member of the team, go on a college admissions tour, meet with the coach(es), socialize with the team, etc. A recruit should try to make sure to find the time to meet with the coach to confirm their interest in joining that program.

Do not be nervous about the recruiting trip. Recruiting trips are an incredible opportunity to live and breathe 48 hours of what it could be like the following year. Enjoy it and BE YOURSELF as that is the best way to see if YOU fit in or not. While visiting, be attentive, act interested, be curious and cognizant, always be honest and ask a lot of questions and DO NOT SPEND A LOT OF TIME TEXTING OR ON THE PHONE with your friends. You may leave the campus with a clear impression of whether it works for you, or just as important, if it doesn't. That is a good thing as it narrows the search or fine tunes what your criteria are!

Finer Details: What should you ask and what should you take note of?

Some things to consider or ask first hand when meeting with the coaches:

It is important to ask the coach what the average GPA and test scores of the team are as they may be different from the overall school average. This will give you an indication of whether or not you could handle it. Inquire as to what percentage of the swimmers stay on the team for four years. Determine if you like the coaches' style, goals, philosophy and reputation. Is it a good fit? You should feel comfortable asking the coach where he/she sees you fitting in on the team. Do not ask questions that should have already been researched on the website ie enrollment in the school, breaks, majors, etc.

Check out the other recruits on the trip! While you need to formulate your own opinion, talk to them and get their impressions of not only that team but other teams they have visited and what their impressions are. Why did they choose this particular recruit trip? While not all of them will choose this school, could you see yourself with them for four years?

If you feel very positive about the team while you are there, make sure you let the coach know that the team feels like a "fit" to you. Depending on the coach, they may or may not make you an offer while you are there or soon after returning. They may ask you to verbally commit, but you should not feel any pressure to do so. You can say, "I really like this school and it feels like a fit and it is definitely one of my top 2 choices". Or, you can turn the school down, give them your verbal or tell them that you want to go home, think about it and discuss it with your parents and your coaches.

No matter what decision you are making, immediately after each trip, a potential student athlete should contact the coach and thank them for the opportunity to come on an official visit. A recruit should always write a thank you note to the coach after the visit (it will go in your file!). For many campuses, the number of visits a coach is allowed is extremely limited. It is a privilege and an honor to be invited on a trip. Take it seriously. Conversely, do not go on a trip if you know upfront that you would not choose that team, as it could be the end-all team for someone else. Be respectful of the process. But, if you have the opportunity to go on 5 recruiting trips to viable choices, it is in your best interest to do so as it will help you to compare and contrast to make the most informed decision.

If after a visit, you decide that you are not interested in their program, as hard as it is, be honest and upfront with the coach. They want to be liked as much as you want to be liked and you are both looking for the right fit. If it isn't a fit, then graciously move aside for the swimmer for which it is a "dream" school. If the coach makes it difficult for you, then that alone might solidify your decision!

Examples of Questions to Ask Coaches:

- What is your philosophy? What are the goals for the team?
- What does weekly training look like? Dryland? Weight training? Is it flexible?
- Do swimmers continue to improve over their four years?
- What are you looking for in a recruit?
- How does the coach see you fitting into the team? Could you make the travel team?
- What is the profile of the swim team on campus?
- What kind of support does the school offer the athletes? Training, meals, tutors, course registration?
- What is the average team GPA?
- How would you differentiate your team from other college teams?
- What is the biggest change you would like to make to the team?
- What percentage of the swimmers stay on the team swimming for four years? Why have some swimmers left the team?
- What percentage of the swimmers graduate in 4 years?
- What are the NCAA Recruitment Guidelines for Coaches?

Phone Calls: Colleges cannot make regular phone calls to prospects until July 1 following the prospect's junior year in high school. Following that date, schools can call you once per week. However, you or your parents can call our coaching staff at any time. If you do not reach a coach, please keep trying because they are not allowed to return phone calls.

Visits: You may visit any college at your own expense at any time during high school or afterwards. This is called an unofficial visit. Please call ahead to make sure the coaches will be available when you are in the area. There are no limitations on the number of unofficial visits you may take or the number of times you may visit one school.

An official visit is a recruit trip and the amount that the school pays for varies from full air fare to PSA paying for air fare but typically once on campus, the college will pay for meals and lodging. You can take five official visits beginning on the first day of classes your senior year in high school.

NCAA Eligibility Center

Purpose

The purpose of the NCAA Eligibility Center is to certify prospective student-athletes' athletics and amateurism eligibility for Divisions I and II.

Initial Eligibility vs. College Admission

NCAA initial eligibility is separate from college admissions. Each institution makes its own admissions decisions based on established admissions criteria. A prospective student-athlete may gain admission to an institution but not meet NCAA initial-eligibility standards or may meet initial-eligibility standards but not gain admission.

Who Should Register

High school students who intend to participate in Division I or II athletics as a freshman in college should register with the eligibility center. Transfer students who will be attending a Division I or II school for the first time must also register and receive amateurism certification.

When Should Students Register

There is no deadline to register with the eligibility center; however, the center recommends that students register after their junior year in high school. Students can register with the eligibility center by completing the on-line registration form at: <https://web3.ncaa.org/ecwr3/>

Please note that students must be registered with and certified as eligible by the eligibility center to be eligible for an athletic scholarship, practice and intercollegiate competition their first year at a Division I or II institution.

Requirements for Initial-Eligibility Certification

Students must meet the following requirements in order to be certified by the clearinghouse:

- Graduate from high school;
- Successfully complete a core curriculum of at least 16 academic courses (beginning August 2008); and
- Have a core-course grade-point average and combined score on the SAT verbal and math sections or a sum score on the ACT based on the initial-eligibility sliding scale.

Core Courses

To meet the core-course requirement, the course must be defined as a recognized academic course and qualify for high school graduation credit in one or a combination of the following areas: English, mathematics, natural/physical science, social science, foreign language, computer science or no doctrinal religion. The course must be considered college preparatory by the high school. In addition, the course must be taught by a qualified instructor and at or above the high school's regular academic level (i.e., remedial, special education or compensatory courses shall not be considered core courses). A list of your high school's approved core courses is available on-line at <https://web1.ncaa.org/eligibilitycenter/common/>.

ACT/SAT Test

In Divisions I and II, students must achieve the minimum required SAT or ACT score before their first full-time college enrollment. Test scores must be achieved under national testing conditions on a national testing date. All prospective student-athletes, including natives of foreign countries, must achieve the minimum required test score on a national testing date. Please note that the ACT sum score is used, not the composite score. To obtain the sum score, add the four subscores together (English, math, science and reading). The same applies for the SAT. To obtain the sum score, add the verbal and math sections together. If the eligibility center has more than one ACT or SAT score for a student, the highest scores from each subtest (ACT: English, math,

science and reading, SAT: verbal and math) will be used. Test scores must be sent directly to the eligibility center from the Testing Agency.

A Year By Year Guide To The College Process

Freshman Year:

- Focus on your academics
- Work hard in swim practice, focusing on strong work ethic and character
- Adjust to High School life
- Meet with your college counselor to make sure your course load is both on track and appropriately challenging for college admissions.

Sophomore Year:

- Focus on your academics
- Continue to work hard in swim practice and be a leader both in and outside of the pool
- As you travel, begin to “visit” college campuses journaling your impressions of each school, its location, the students, the facilities, philosophy, special programs, logistics, dorms, etc.
- Fall: consider registering and taking a practice PSAT exam (October each year)
- Meet with your college counselor. Consider Junior Year courses that will prepare you for SAT Subject Tests and/or AP exams in Spring of Junior Year. Colleges much prefer students who challenge themselves.

Junior Year:

- Focus on your academics! Courses get harder! Junior year academic performance is especially important. Study hard for your final exams! Seriously consider which courses and academic areas are of future interest to you and make sure your courses and course load satisfy college entrance requirements.
- Train hard and continue to perform successfully as an athlete and as a leader
- November: If you are prepared, consider registering for the January SAT. Request the Question and Answer Service as it provides important feedback as to your strengths and weaknesses on the exam.
- Evaluate swim programs that might be of interest to you and for which you might be a good fit. Continue to research team and conference results. If your times fit well into the conference championship results, you may want to look at several teams within that conference
- Clean up your Facebook/Social Networking sites. Make sure the email address you will use for college applications and communications with coaches is “professional”
- Develop your Sports Resume
- Submit Sports Resumes and College on-line Athletic Questionnaires to prospective coaches
- Prepare your T2 coaches by letting them know which schools you have contacted. It is not unusual for college coaches to contact club coaches before contacting the athletes themselves
- Send Follow up emails to Coaches and update them monthly
- Visit college campuses, take admissions tours and schedule on-campus meetings with coaches.
- Develop your own criteria for choosing your right academic and athletic “fit”. Talk to people!
- Review your resume and if you think necessary, consider summer employment or community service opportunities that “round out” your application.
- Spring: Register with NCAA Eligibility Center and send required documentation (official transcripts, standardized test scores, etc)
- Spring: line up two teachers who would be willing to write “excellent” letters of recommendation for you in the fall

June/Summer –Between Junior and Senior Year:

- Obtain a copy of your Unofficial Transcript for your Personal File. Many high school offices are closed during the summer months. Plan accordingly.
- Prepare all information needed to prepare counselors/teachers to write their Letters of Recommendation (some high schools require both student and parent “brag sheets”)
- If you are not satisfied with your Standardized test results, consider prepping for the Fall tests.
- Continue making “unofficial” visits to colleges and coaches.
- Immediately respond to any correspondence from college coaches. If you do not receive initial responses to calls or resumes or submissions of on-line questionnaires, you may want to call or email the coach to make sure it was received.
- Coaches may begin contacting athletes directly beginning July 1st. Be prepared to talk to these coaches.
- Fine tune your list of college criteria and your list of athletic criteria
- Target 5-10 schools that are both an academic and an athletic fit
- Schedule a meeting with your coach to discuss your college options.

Senior Year:

- Take additional Standardized tests, if needed
 - Familiarize yourself with the Admissions, School and Recruiting websites to gather team and team information available for each college that you are considering applying to. Know why you want to apply to each school.
 - Go on recruit trips!
 - Follow-up with coaches immediately! Reconfirm your interest in their program.
 - Continue to work hard in school. Fall grades are very important to colleges/coaches.
 - Follow up/double check to make sure that letters of recommendation, transcripts and applications are received in a timely manner (financial aid information too)
 - Submit applications in a timely manner ie in advance of the deadlines.
 - January: File the Free Application for Federal Student (FAFSA) as soon as possible after January 1st. Check with your prospective colleges about additional financial aid application forms and requirements.
 - May 1st is the acceptance date for most schools. It is important that you notify each college that you were accepted to as your choice. If you accept college admittance before hearing from any other schools, it is important to withdraw your application from those schools.
 - Congratulations! Buy college gear!
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Items Athletes Need To Prepare

Sports Resume:

It is a great idea to compile a list of best times, time improvement, GPA and test scores, activities and clubs, volunteer activities, academic and athletic awards, and leadership positions.

While you can start contacting coaches as early as your freshman year, you will be adding to it throughout high school. When you are ready to begin either with campus/coach visits, phone calls or emails to coaches, you will have a Sports Resume to reference or give to them when you meet them in person. You can update this resume as frequently as you want (time improvements, the addition of test scores, activities, voted team captain, etc). After your initial contact, continue to provide email updates to coaches on changes (better times, new test results, becoming captain of the team, leadership positions at school, academic achievements, etc.) They want to hear from you as it is an expression of your interest in their team. You will want to get your name in front of the coaches on a regular basis.

You may want to include additional information such as why you are interested in that specific college ie academic reputation, a particular program that is offered, location, reputation of the team, lifelong dream to attend that school, etc.

Additional Correspondence with Coaches:

After your initial contact with a specific school, continue to routinely update the coaches via email (it may go into your file) on both your academic and athletic progress. It is very important that you continue to express your interest in the team.

Develop a College Filing system (Keep records as you research):

As you research colleges and their swim teams, we recommend that you begin a filing/folder system for each individual school as navigating the various college and athletic websites is extremely cumbersome. It is often very hard to find the information you are seeking and then to find it again at a later date. To save yourself time and duplication of effort during the application process, as you research schools, take note of or print out for each school:

Admissions:

- Website address
- Address
- Phone Number

Deadlines for Applications:

- Early Decision, Rolling Decision, Regular Decision, etc
- Are decisions binding or non-binding?

Testing Requirements: Standardized tests and score requirements, number of Subject Tests required, AP Tests

- Copy of the Application: Common Application, Supplemental Applications, Specific College Applications, Honors Colleges (print out copies if available)
- Letter of Recommendation Requirements and forms (on-line or mailed?)
- Essay questions and personal statement requirements (Usually not available until the summer before you apply)
- High School Course requirements

- Other

Swim Team:

- Coaches' Names and titles, address, email address, phone number and Fax number
- Coaches' Background and number of years on the team
- Athletic questionnaire
- Athletic Conference
- Historical Conference Results (list other teams in the Conference)

Cleaning up your Facebook/Social Networking pages and establishing your Email Address:

Before initiating contact with coaches, establish a dedicated email address for communication with college admissions/coaches. This address may actually be a school's/coach's first impression of you and needs to make the correct impression. This address needs to be a positive and "professional" reflection of you as a PSA. Additionally, make sure your Facebook Page or other social networking sites are "in order" and private. These have become useful tools for college admissions officers, coaches and employers to research their potential students/employees. This may also be a coach's or potential new teammates' first impression of you. It is highly likely that as soon as your "host" swimmer learns your name, they will try to familiarize themselves with you via these sites. It is a small swimming world and even though your page is private, swimmers know other swimmers who may be able to get access to your information. Please make your best effort to ensure that there isn't anything on your page that you wouldn't want your potential new coach or teammates to see.

Are the Myths True about my Ability to Swim in College?

Fast Times overshadow Poor Grades:

Not true. You are going to college (school!) and performance in the classroom is very important to the coaches. Coaches can't afford to take a risk on athletes who may end up unable to compete because they become academically ineligible. Therefore, when deciding which schools to pursue, it is important to be honest with yourself about the academic fit of an institution.

I'm a Fast Swimmer; I will be recruited:

Maybe, maybe not. Most coaches have very limited recruiting budgets and scarce time to find athletes. This makes it difficult for coaches to find potential recruits and puts the onus on the swimmer to find the teams.

A questionnaire in the mail means a team is interested:

Many coaches send out piles and piles of questionnaires based on League Results, USA databases, etc. They often send out questionnaires to swimmers they have never heard of. If you are not interested, don't fill out the questionnaire.

D-1 is the only place to swim:

Misconception. In fact many D-3 and D-2 schools provide stronger academics and much stronger swim programs than many of the D-1 schools. The D-2/D-3 programs may, in fact, offer a more balanced college experience than the competitive D-1 programs. D3 schools do not, however, offer any athletic scholarships (financial aid and academic scholarships may be available).

You are not good enough to swim in college:

There are many collegiate swim programs available. True, acceptance into the strongest programs is intensely competitive. However, many programs are looking for college students that they can develop further, numerous, of which will have scholarships available. If you want to swim in college and are willing to do the legwork, then most likely, there is a place for you on a collegiate swim team. But, It is up to you to initiate the process.

I can start the process during the summer between my Junior and Senior Year:

You can start then but work fast and furiously. Many swimmers have started months, if not years, before but it is not imperative that you have done so. If you have developed a relationship with a team prior to this, continually update them with developments to confirm your continued interest in their program. This will ensure the most success. It is important to keep in mind that, for many programs, it is during the summer months that coaches are finalizing their list of invitees for fall recruit trips.

In State Options

There are many options if you are looking to swim in college while attending an in state school. There are a wide range of swim teams on this list – a few could be a great fit for you. Check them out!

School	Conference <i>(Both Women and Men Unless Noted)</i>
Florida State University	ACC
University of Miami	ACC (W)
University of Florida	SEC
Florida Atlantic University	CCSA (M), C-USA (W)
Florida Gulf Coast University	CCSA (W)
University of North Florida	CCSA (W)
Florida International University	C-USA (W)
Florida Institute of Technology	SSC
Lynn University	SSC
Nova Southeastern University	SSC
Rollins College	SSC
Saint Leo University	SSC
University of Tampa	SSC
Florida Southern College	CCS
University of West Florida	NCISC (W)