



SWIMMING IN COLLEGE

CODED FOR EXCELLENCE

ATHLETICS • ACADEMICS • FRIENDSHIPS • FUN!



OPENING THOUGHTS

- There is a place for everyone → limiting factor is the number of boxes each school checks
- Swimming will open doors
- Be realistic in your approach... just because you can go to a school, doesn't mean you should swim there
- Try to keep emotion out of the process as much as possible
- Ask for help → use the resources available to you → we will help you as little or as much as you want
- Speed up early on so you can slow down later



HOW TO PREPARE

- PRIOR TO THE COMPLETION OF SOPHOMORE YEAR
 - Work hard in school, get good grades
 - Establish long-term study habits → become the true student-athlete
 - Grow your communication skills with teachers and coaches
 - Invest in practice attendance (attendance precedes reward in swimming)
 - Learn to be a great teammate → WE > ME
 - Make good choices → especially with social media
 - Work with parents to classify as an academic, athletic, and/or cost based decision early in the process
 - Try to keep perspective and use the 10,000 ft approach as much as possible → no need to be specific yet



HOW TO PREPARE

- BEGIN TO RESEARCH SCHOOLS
 - Fields of study and potential majors
 - Average entrance requirements
 - Location / size of enrollment / social life
 - Cost of attending
 - Conference championship results → where can you contribute?
 - Team's history of improvement
 - Team's GPA
- MAKE THE INITIAL LIST [don't worry if the list is big]
 - Reaches
 - Right in your wheelhouse
 - Safeties

RECRUITING TIMELINE – NCAA D1

- JUNE 15TH AFTER COMPLETION OF SOPHOMORE YEAR
 - Coaches can have correspondence/private messages (email, text, direct messages via social media) with recruit
 - Coaches can accept incoming phone calls from recruits
 - Coaches can place outgoing phone calls to recruits
 - Coaches can make a verbal offer of roster spot, scholarship, etc.
- AUGUST 1ST PRIOR TO JUNIOR YEAR
 - Coaches can contact athletes off campus
 - Recruits are permitted to take official visits (limited to one visit per institution and a maximum of 5 visits)
 - Recruits are permitted to take unofficial visits (unlimited)

RECRUITING TIMELINE – NCAA D2

- **Non-recruiting materials:** Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications at any time.
- **Printed recruiting materials:** Starting June 15 after an athlete's sophomore year, coaches can begin sending recruits printed recruiting materials.
- **Telephone calls:** Starting June 15 after an athlete's sophomore year, coaches can start calling athletes.
- **Off-campus contact:** Coaches can conduct off-campus communications with athletes and/or their parents starting June 15 after an athlete's sophomore year.
- **Unofficial visits:** Athletes can take unofficial visits at any time.
- **Official visits:** Athletes may start taking official visits starting June 15 after an athlete's sophomore year.

RECRUITING TIMELINE – NCAA D3

- **Recruiting materials:** Athletes can receive recruiting materials at any time.
- **Telephone calls:** There is no limit on when college coaches can call athletes.
- **Digital communications:** There is no limit on when college coaches can contact athletes digitally.
- **Off-campus contact:** After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- **Official visits:** Athletes can begin taking official visits after January 1 of their junior year.
- **Unofficial visits:** Athletes can make an unlimited number of unofficial visits at any time.



UNOFFICIAL VISITS

Visit to a college/university campus that is not financed at all by the institution. Recruits can interact with coaches, the team, and administrators. There is no limit to the number of Unofficial Visits a recruit can take. They can be a great tool to learn more about a school early in the active process, especially for local schools. Easy to knock out a few schools in a long weekend.



OFFICIAL VISITS

Visit to a college/university that is financed by the host institution, including transportation, meals, and housing. The trip is limited to 48 consecutive hours on campus (may come in early and stay at hotel). Parents may accompany their child at their own expense. Pro tip for parents: don't go.

As a reminder, Division 1 limits recruits to five (5) Official Visits. If you have done your research and legwork well, you shouldn't need all five.



SCHOLARSHIPS

- MEN'S
 - At the Division 1 level, over 130 universities have swim teams for men. There are a maximum of 9.9 scholarships available per team to be divided among the athletes.
 - At the Division 2 level, nearly 70 universities have swim teams for men. There are a maximum of 8.1 scholarships available per team to be divided among the athletes.
- WOMEN'S
 - At the Division 1 level, nearly 200 universities have swim teams for women. There are a maximum of 14.0 scholarships available per team to be divided among the athletes.
 - At the Division 2 level, over 80 universities have swim teams for women. There are a maximum of 8.1 scholarships available per team to be divided among the athletes.
- Division 3 schools (over 200) do not offer athletic based aid
- NAIA schools (over 30) offer a maximum of 8 scholarships on the men's and women's side

SUGGESTED PERSONAL TIMELINE

- EARLY SOPHOMORE YEAR
 - Fill out online questionnaires (visit athletic website)
 - Email coaches your resume
- END OF SOPHOMORE
 - Have your initial list ready
 - Register with the NCAA Eligibility Center:
<https://web3.ncaa.org/ecwr3/>
 - SAT/ACT prep
 - Have “the money” talk



SUGGESTED PERSONAL TIMELINE

- JUNIOR YEAR

- Narrow the list to 3-5 schools
- SAT/ACT
- Unofficial visits → use long weekends/school breaks to hit local schools
- Official visits → maybe 1-2 in fall, 1-2 in spring, keep 1-2 just in case → this is a guide but don't be in a rush
- May receive an offer
- Can give verbal commitment

- SENIOR YEAR

- Don't panic! You can still do everything here as well.
- Signing day



US CENTER FOR SAFE SPORT - MAAPP

- The United States Center for Safe Sport has launched the Minor Athlete Abuse Protection Policy
- This no longer applies to the college recruiting process
- Advice: parents should know about all communication, but don't need to be involved in all communication
- Discussing finances? Parents should be involved



CLOSING THOUGHTS

- Parents and coaches should help, but the athlete needs to own this process
- Athletes and parents must be realistic with the intended outcome
 - Find the school that checks YOUR boxes
- Don't compare
 - This is an individual journey... everyone's timeline and destination is different
 - Comparing offers is like comparing apples and oranges
- You will know when you know
 - Don't rush the decision
 - Make the decision for the right reason
 - Ignore social media

RESOURCES

- <https://www.collegeswimming.com/>
- <https://new.berecruited.com/>
- <https://www.ncsasports.org/>
- <http://www.cscaa.org/>
- Pay sites and services → unnecessary as you are only paying for legwork
- University/college athletic department websites → staff directory
- Dynamo coaches
- NCAA guide to the college bound athlete:
<http://www.ncaapublications.com/productdownloads/CBSA19.pdf>