

# NCAA Prospective Student Athlete Guidebook

## **Contacting A Coach**

Once a student athlete has narrowed down the number of schools they are interested in they may decide to contact a swimming coach. One of the best ways to express your interest in a college program is to complete an athletic questionnaire. Most colleges have either downloadable or online request for information forms on their athletic websites. Most athletes begin completing athletic questionnaires during their Sophomore and Junior years in high school. Please be aware that college coaches have limitations as to how they may contact you.

**Mail** - With the exception of an athletic questionnaire and camp brochure, Division I and II schools cannot provide recruiting materials to you until September 1st at the start of your junior year. After that date, schools can send you general correspondence, attachments printed on white paper with black ink, business cards, wallet-size schedule card, and one media guide or recruiting brochure. Division I and II schools cannot send you recruiting or highlight videos, or CD-ROM's, though they may show them to you on campus. Division II has no such restrictions.

**Phone Calls** - Division I and II colleges and universities are prohibited from calling you prior to July 1st following the completion of a prospect's junior year. If you received a call prior to July 1st, that school broke the law. After that coaches may call you once per week. Exceptions to this limit are made a) during the five days prior to your official visit; b) the day of an in-person, off-campus contact; and c) subsequent to your national letter of intent signing. Calls may be made by most athletic staff, but not student-athletes. Division III has no such limits.

**Electronic Contacts** - E-mail and faxes are considered mail, so they are permissible to juniors. AOL's Instant Messenger and similar services are considered telephone calls and limited to seniors.

**Contacts and Evaluations** - Any face-to-face meeting between a college coach and you or your parents, during which any of you say more than "hello" is a contact. If no contact is made between a coach and you or your parents, this is considered an evaluation. For all divisions, a college coach cannot contact you off-campus and in person until July 1 prior to your senior year. During the academic year Division I and II institutions are limited to seven permissible recruiting opportunities (contacts and evaluations) with you, not more than three of them may be in-person, off-campus contacts with you.

**Contacts at a Meet** - A coach may not speak with you at a meet until the conclusion of your final event and clearance from your high school or club coach. If the meet takes place over a number of days, college coaches will have to wait until the final day to speak with you.

## **Please note:**

College Moratorium months are November and April. These months are National Signing months for prospective college athletes. Coaches can't talk to people during these months.

That many coaches do not have year-round contracts and they may not immediately respond to e-mail especially during the summer months. If you do not hear a response from a coach don't assume they are not interested. Feel free to send a second follow-up email.