

Athletics and College Admissions

Levels of Play

- * Varsity
 - * NCAA Division I
 - * NCAA Division II
 - * NCAA Division III
 - * NAIA
- * Club
- * Intramural

About the Divisions

- * Division I- “The Big Division”
 - * Minimums – Sectional finals or above, preferably NCSA Junior Nationals
 - * Mid-Major (Ivy, CAA, AAC, WAC) and Big Five (ACC, SEC, Big 10, Big 12, Pac 12) Conferences
 - * Separate National Championships
- * Division II
 - * Minimums – Sectional level or above
 - * Can be state or private schools
 - * Range dramatically in size
 - * Combined National Championships (Includes the 1000 Free)
- * Division III – “No Athletic Scholarships”
 - * Minimums – Zone level swimmers, sectional and above will get an extra look
 - * Usually smaller liberal arts, academic schools with limited athletic budgets
 - * Combined National Championships with cuts usually falling near Division I ‘B’ standards

Other Types

- * NAIA –
 - * Wide range of ability – great for the late bloomer with some State cuts
 - * Looser academic requirements than the NCAA
 - * Separate Eligibility Center
 - * Combined championships with cuts around the faster Sectional standard
- * NJCAA – “Training Wheels”
 - * Also a great first step for late bloomers or swimmers with academic limitations
 - * 2-year degree program allows for easy transition into NCAA programs
 - * Combined championships – relatively easy time standards for participation
- * Club Swim Teams – “Fun Swimming”
 - * Great for any level of swimmer as well as any commitment level
 - * No recruiting needed, just contact the club president (similar to Masters)
 - * Yearly championship in Atlanta



Total Student Body

**Strong
Support**

Support

Awareness

Scholarships and Financial Aid

663 schools sponsored varsity swimming & diving teams in 2017-18:

Division	# of Schools	# of teams		Total Athletes		Average team size		Scholarship limit per team		Average Athletic Scholarship *	
		Men's	Women's	Men	Women	Men's	Women's	Men	Women	Men	Women
NCAA I	196	133	195	3,756	5,511	28	28	9.9	14	16,933	17,227
NCAA II	104	73	103	1,515	2,003	21	19	8.1	8.1	6,282	7,429
NCAA III	261	229	258	4,362	5,119	19	20	-	-	-	-
NAIA	32	27	32	310	338	11	11	8	8	6,751	7,393
CCCAA	56	47	56	703	745	15	14	-	-	-	-
NJCAA	12	12	12	154	146	13	12	15	15	1,884	2,218
Other	2	2	2	23	13	12	7	-	-	625	581
Totals	663	523	657	10,823	13,875	21	21			6,441	6,750

Questions to Ask

- * What do you want to study?
- * Do you want a combined, separate or gender-isolated program?
- * What type of Head Coach is the best fit for you?
- * What is your commitment preference (year round, September to May, or seasonal)?
- * What is your preferred size of school?
- * What type of experience are you looking for (Walk-on, recruited walk-on, partial, full)?
- * Football or no football?
- * Do you have any financial limitations or guidelines?
- * Do you have location preferences?
- * Are there any intangibles?

Evaluating Fit

* What next? Evaluate yourself.

- * Compile a chart of best times – (By Fresh./Soph./Jr. year)
- * Identify your top 5 collegiate events
- * Know the order of events for championship meets

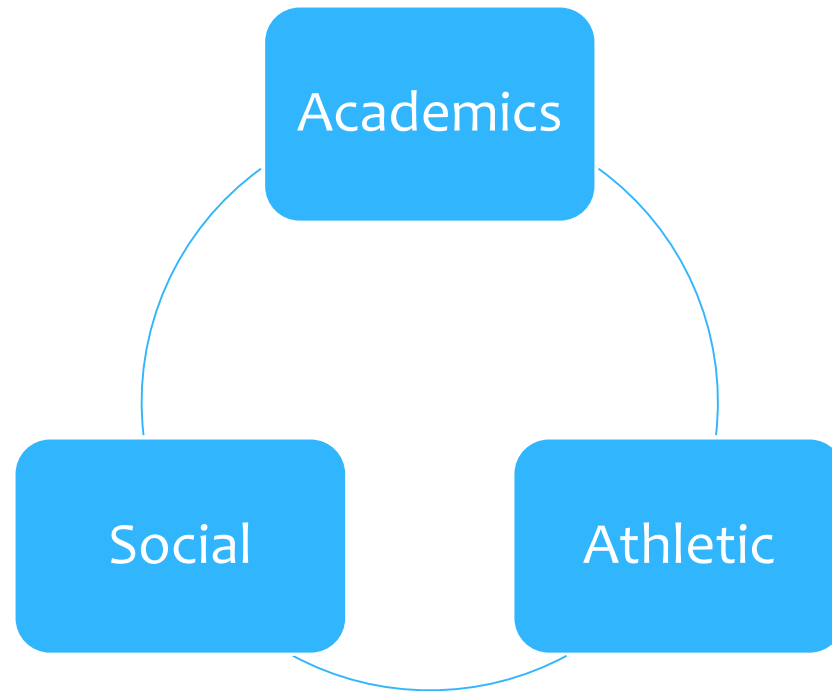
* Evaluate the school for your fit

- * NCAA results
- * Conference results
- * Top times lists – individual colleges
- * Rosters – where are swimmers from? Local, foreign, out-of-state?
- * Academics – does the school offer what you are interested in?

Common example of conference meet lineup:

Day 1	Day 2	Day 3	Day 4
<ul style="list-style-type: none"> • 800 Free Relay • 1000 Free* 	<ul style="list-style-type: none"> • 200 Free Relay • 500 Free • 200 IM • 50 Free • 400 Medley Relay 	<ul style="list-style-type: none"> • 400 IM • 100 Fly • 200 Free • 100 Back • 100 Breast • 200 Medley Relay 	<ul style="list-style-type: none"> • 1650 Free • 200 Back • 100 Free • 200 Fly • 200 Breast • 400 Free Relay

Factors



Personal Evaluation

Academic

- * Counselor
- * Websites
 - * Middle 50%
 - * Acceptance Rate
- * Testing

Athletic

- * Your coaches
- * College coaches
- * Former teammates

Timeline

Freshman Year

- * Tour some colleges to get a sense of options
- * Make a list of 20-25 schools and fill out questionnaires
 - * 3-5 “safety” schools
 - * 5 “Big Money” Schools
 - * 10-15 Scholarship schools
 - * 3-5 “Dream” Schools

Fall of Sophomore Year

- Make an athletic resume and keep it updated
- Review your list of 25- add or subtract
- Fill out online questionnaires for new schools
- Meet with your coach to go over your progress and any questions you might have

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Prospective Students

If you are a prospective student-athlete interested in Bowdoin College, our coaching staff would appreciate your completing this questionnaire.

-- Select a Sport --

All data collected is private and confidential. Information will be used only internally and will not be released to persons or institutions outside Bowdoin College.

- [NCAA Rules Summary](#)
- [NESCAC Statement on Admissions \(.pdf file\)](#)



Rule Changes

	Old Rules	New Rules	Change
Coaches can have correspondence/private messages	September 1 after sophomore year	June 15 after sophomore year	A month and a half earlier
Coaches can accept incoming phone calls from recruit	Anytime	June 15 after sophomore year	Now restricted
Coaches can place phone calls to recruit	July 1 after junior year	June 15 after sophomore year	Half a month earlier
Recruit can take unofficial visit	September 1 of junior year	August 1 before junior year	A month earlier
Recruit can take official visit	September 1 of junior year	August 1 before junior year	A month earlier
Coach can contact athlete off-campus	July 1 after junior year	August 1 before junior year	Almost a year earlier
Coach can make verbal offer of roster spot, scholarship, etc.	Anytime	Anytime beyond June 15 after sophomore year	Not legislated – but more restricted now that early recruiting communication is prohibited

Timeline

Spring/Summer of Sophomore Year

- * Comb websites
- * Visit campuses
- * Evaluate athletics and academics
- * Begin to prioritize and refine your list (cut down to 15 then meet with your coach)
- * Register with NCAA Clearinghouse
- * June 15 - Open communication with coaches allowed
- * Aug 1 - Official visits allowed

Junior Year

- * Meet with AG coaches to review list and talk about recruiting trips
- * Refine list to 10 with a focus on 5 that you'd like to take recruiting trips to
- * Decide when you will take your trips
- * Schedule official and unofficial recruiting trips

Timeline

Senior Year

- Continue to talk with coaches
- Finish all overnight visits
- Choose your school

Connecting with Coaches

- * Contact Form
- * Email
- * Resume
- * Visits
- * Student Initiative
- * Honesty
- * Consistency
- * Patience

Questions for Coaches

- * What are their expectations throughout the year?
- * Where do they see your role?
- * How would they define the personality and character of their team?
- * What is their relationship with Admissions?
- * What is their projected timeline?

Things to Remember

- * The recruiting process begins a relationship.
- * The athlete must always take the lead in communication.
- * Each college has an academic, athletic and social personality.
- * There are many college options – the goal is to find the best fit for YOU.
- * Coaches are selling themselves and their program.
- * Applying ones self in college is more important than where you go.
- * Trust your instincts.

Enjoy the Process!

Ivy League Recruiting Tutorial

- * Finite number of roster spots
 - * Team needs?
 - * Coach Philosophy?
- * Academic Index
 - * History & Rationale behind using the A.I. Scale
 - * Components
 - * Economics of Recruiting
- * Each program / school different
 - * Non-swimming examples