

**Princeton Tiger Aquatics Club  
College Recruiting Worksheet**

Name: \_\_\_\_\_

**College Academic Goals (and how can swimming help me in my academic pursuits?)**

**College Swimming Goals (For example - Swim in DI Program / Swim on Championship Squad)**

**Important Questions to Research and Ask Coaches - Also See USA Swimming Document**

General History of Team?

How did the team place at Conference last season? How does the team look next year and beyond?

What will it take to make the conference squad?

What does a week of practice entail? (time in H2O / Dryland / Weights)

Will I be recruited and how can it help me get into college?

What are the important dates for application and recruiting?

What is the approximate High School GPA and Test Scores for swimmers recruited to the Program?

What is the surrounding town like?

What is the support like from Alumni?

Is there a team training trip every year?

Do swimmers typically swim all 4 years?

Coaches Experience?

**College Programs of Interest (Initial List of College Choice in order of Interest)**

1) \_\_\_\_\_

6) \_\_\_\_\_

2) \_\_\_\_\_

7) \_\_\_\_\_

3) \_\_\_\_\_

8) \_\_\_\_\_

4) \_\_\_\_\_

9) \_\_\_\_\_

5) \_\_\_\_\_

10) \_\_\_\_\_

**College Programs of Interest**

1) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
**Program Contact (List any contact and notes with coaches while being recruited)**

**Official and Unofficial Visits (List any visits and notes)**

**Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)**

2) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
**Program Contact (List any contact and notes with coaches while being recruited)**

**Official and Unofficial Visits (List any visits and notes)**

**Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)**

3) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
**Program Contact (List any contact and notes with coaches while being recruited)**

**Official and Unofficial Visits (List any visits and notes)**

**Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)**

4) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)

5) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)

6) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)

7) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)

8) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)

9) \_\_\_\_\_ Recruiting Questionnaire? (y/n) \_\_\_\_\_  
Program Contact (List any contact and notes with coaches while being recruited)

Official and Unofficial Visits (List any visits and notes)

Deadlines and Plan of Action (List any dates of importance, application deadlines, etc.)