

College Swimming



Divisions

NCAA D1

- 197 Schools
- Minimums – Sectional Finals
- Highest level of Competition
- Can be state or private schools, usually range dramatically in size
- Mid-Major (CAA, AAC, WAC) and the Big Five (ACC, SEC, Big 10, Big 12, Pac 12)
- Separate National Championships, sometimes separate Conference Championships
- 14 female / 9.9 male scholarships maximum to divide among the team
- Average team size of 28
- Year Round – 100% Commitment

NCAA D2

- 95 of the 300 schools offer swimming
- Minimums – Sectional Level
- Can be state or private schools, usually range dramatically in size
- Combined National Championships, includes the 1000 free
- 8.1 scholarships maximum to divide among the team
- Average team size of 24
- Sept to May – 100% Commitment

NCAA D3

- Largest division with 258 of the 442 schools sponsoring swimming
- Minimums – Zone Level
- Usually smaller liberal arts, academic schools with limited athletic budgets, but not always
- Combined National Championships
- Sept to May – Less Practice time than D1 or D2

NAIA

- 26 of the 250 universities in NAIA offer swimming
- Wide range of ability
- Looser academic requirements than the NCAA – separate Eligibility Center
- Combined championships – usually cuts around Sectional standard
- Sept to May – Less Practice time than D1 or D2

NJCAA

- A great first step for late bloomers or swimmers with academic issues
- 2 year degree program allows for easy transition into NCAA programs
- Combined championships – relatively easy time standards for participation

Scholarship Information

- In all divisions, a full ride is extremely rare
- Academic scholarships depend on grades, test scores, and individual university standards
- For D1, must have above 3.5 GPA to combine academic and athletic scholarships
- Find a good fit – if 26 ACT but the midrange for a specific university is 27-30, unlikely to qualify for academic scholarship
- Leadership and service are evaluated
- Need based financial aid often an option (fill out the FAFSA each year)
- Many swimmers who compete in college start as walk-ons, and some will earn a swimming scholarship during their four years if they work hard and represent the team well
- High school grades and test scores do make a difference in terms of scholarship offers or opportunities, coach taking a chance on a borderline athlete, and how well you will balance being a student athlete

Recruiting Information

- Starts with initial letters and recruiting questionnaires
- Be sure it is the student athlete, not the parent, making contact
- Coaches evaluate your strengths and their needs – looking for a match
- Visits, calls and in person evaluations and meetings are the next step
- Coaches and Schools have verbal offer and official signing
- Recruiting services can be an asset for very busy families and student athletes, but they aren't a requirement to be recruited and find a great fit. Don't pay more than \$800-\$1000 for a full service program, and only do this if you can't manage the leg work on your own

If you'd like more details on anything pertaining to recruiting, or if you'd like help finding a great fit for you both academically and athletically, feel free to get in touch with Kristin Hill [**kmwhill@gmail.com**](mailto:kmwhill@gmail.com)

Recruiting Process - Freshman

	Aug / Sept	Oct / Nov	Dec / Jan	Feb / March	April / May	June / July
Compile a List of 20-30 Schools						
Grades						
Study and Time Management Skills						
Character Decisions and Involment						
Social Media Posts						

Recruiting Process - Sophomore

	Aug / Sept	Oct / Nov	Dec / Jan	Feb / March	April / May	June / July
PSAT						
2 Recruiting Websites						
CollegeSwimming.com						
NCSAsports.org						
Berecruited.com						
Write to coaches on College list						
Online recruiting forms for Colleges						
Consider unofficial visits to 2 Schools						
Grades						
Character Decisions and Involment						
Social Media Posts						

Recruiting Process - Junior

	Aug / Sept	Oct / Nov	Dec / Jan	Feb / March	April / May	June / July
Contact College Coaches						
Email Summer Progress	8/20-8/25					
Email Progress from the past 2 years			12/15-1/10			
Email Video of few races compiled on YouTube					After NCAA's	
As there is interest - set up phone call						
Take time to respond to ALL coaches						
Sign up for NCAA Eligibility Center						
NST Coach - call and email on your behalf						
Video of few races compiled on YouTube						
Unofficial visits to 2 Schools or Junior Day						
Keep online recruiting tools updated						
Narrow to 10-15 schools, but be open						
SAT and ACT						
Grades						
Character Decisions and Involvement						
Social Media Posts						

Continually modify list of schools that fit you - where you can contribute to the team and earn a degree that excites you.

Recruiting Process - Senior

	Aug / Sept	Oct / Nov	Dec / Jan	Feb / March	April / May	June / July
Email College Coaches						
Fill out FAFSA						
Narrow to 3-6 schools, but be open						
School Decision Times		October			April	
NST Coach - contact new schools						
Update Video of Races on YouTube						
Official and / or Unofficial Visits						
Keep online recruiting tools updated						
Grades						
Character Decisions and Involvement						
Social Media Posts						

- Keep in Contact with Coaches every 2 to 3 weeks
- Politely let a coach know if you are not interested
- Ask where you stand on their recruiting list and timeline

College Comparison Worksheet

COLLEGE NAME					
LOCATION					
Distance from Home - Travel Time					
SIZE					
Student Enrollment					
Physical Size of Campus					
ENVIRONMENT					
Type of School					
School Setting					
Location and Size of City					
Religious Affiliation					
ADMISSION REQUIREMENTS					
Average Test Scores					
Average GPA					
Special Requirements					
Deadlines and Notification Dates					
ACADEMICS OFFERED					
Majors Offered					
Internships					
Assistance with Classes / Tutoring					
Student to Faculty / Class Size					
COLLEGE EXPENSES					
Tuition					
Room and Board					
Application and Deposits					
SWIMMING PROGRAM					
Division and League					
Previous finish in League for Team					
Coach Tenure					
Swimming Facilities					
Swimming Scholarships Available					
Top 16 time in Conf. Champ. in my event					
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