

**COLLEGE  
RECRUITING 101  
USA SWIMMING  
WEBINAR**

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# **DO'S AND DON'T'S FOR RECRUITS**

# DO:

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Reach out to the schools that you are interested in.

- Don't wait for us to contact you first.
- Online questionnaires, follow up email, etc.

# DO:

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Return phone calls to coaches that leave you a message.

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Check your emails, and reply to them.

# DO:

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Be honest with a coach about your level of interest in his or her school.

-It's OK to tell us "no"

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Consider the academic match, as well as the athletic factors.

# DO:

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## Consider all divisions

- NCAA Divisions I, II, III and NAIA.
- Look at the differences between divisions as well as the differences within divisions.



# NCAA RECRUITING FACTS

College sports offer student-athletes opportunities to learn, compete and succeed.

More than  
**460,000**  
Student-athletes

**19,000**  
Teams

**3** Divisions  
**1** Association

## DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.

### PARTICIPATION

- 173,500 student-athletes
- 346 colleges and universities

### ATHLETICS SCHOLARSHIPS

53 percent of all student-athletes receive some level of athletics aid

### ACADEMICS

2012 Graduation Success Rate: 81 percent\*

### OTHER STATS

**Average Enrollment:** 12,900  
**Average Number of Sports:** 18  
**Average Percentage of Student Body Participating in Sports:** 6 percent  
**Division I National Championships:** 26 (1 out of every 8.5 student-athletes participates)

## DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

### PARTICIPATION

- 109,100 student-athletes
- 300 colleges and universities

### ATHLETICS SCHOLARSHIPS

56 percent of all student-athletes receive some level of athletics aid

### ACADEMICS

2012 Academic Success Rate: 71 percent\*

### OTHER STATS

**Average Enrollment:** 4,200  
**Average Number of Sports:** 15  
**Average Percentage of Student Body Participating in Sports:** 14 percent  
**Division II National Championships:** 25 (1 out of every 7 student-athletes participates)

## DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful non-athletics opportunities.

### PARTICIPATION

- 183,500 student-athletes
- 450 colleges and universities

### FINANCIAL AID

75 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$13,500 on average

### ACADEMICS

2012 Academic Success Rate: 87 percent\*

### OTHER STATS

**Average Enrollment:** 2,600  
**Average Number of Sports:** 18  
**Average Percentage of Student Body Participating in Sports:** 21 percent  
**Division III National Championships:** 28 (1 out of every 10 student-athletes participates)

Want to play NCAA sports? Visit [www.NCAA.org/playcollegesports](http://www.NCAA.org/playcollegesports)

\*Graduation rate for student-athletes, including those who transfer from one school to another.

August 2014

# 2018 NCAA WOMEN'S QUALIFYING TIMES

Event	Division 1		Division 2		Division 3	
	A Cut	B Cut	A Cut	B Cut	A Cut	B Cut
500 Free	4:36.30	4:47.79	4:51.48	5:06.05	4:45.33	5:00.62
200 IM	1:55.00	2:01.59	1:59.48	2:05.45	2:00.51	2:06.68
50 Free	21.80	22.99	22.90	24.05	22.77	23.75
400 IM	4:04.70	4:19.39	4:17.69	4:30.57	4:13.77	4:31.12
100 Butterfly	51.19	54.49	53.47	56.15	52.92	56.82
200 Free	1:43.30	1:47.99	1:48.21	1:53.62	1:47.34	1:52.56
200 Butterfly	1:53.80	1:59.59	1:59.37	2:05.33	1:56.90	2:05.86
100 Back	51.16	54.49	54.24	56.95	54.12	57.18
100 Breast	58.85	1:02.49	1:01.57	1:04.65	1:01.79	1:04.95
1650 Free	15:53.50	16:30.59	16:43.45	17:33.63	16:27.52	17:16.16
100 Free	47.53	49.99	49.63	52.11	49.54	51.82
200 Back	1:50.99	1:59.19	1:57.46	2:03.33	1:56.47	2:03.87
200 Breast	2:07.18	2:15.99	2:13.75	2:20.44	2:13.71	2:22.73



# 2018 MEN'S NCAA QUALIFYING TIMES

Event	Division 1		Division 2		Division 3	
	A Cut	B Cut	A Cut	B Cut	A Cut	B Cut
500 Free	4:12.49	4:24.99	4:22.34	4:35.46	4:20.26	4:33.78
200 IM	1:41.88	1:49.09	1:46.34	1:51.66	1:45.47	1:51.98
50 Free	19.05	20.19	19.82	20.81	19.66	20.68
400 IM	3:39.95	3:54.49	3:49.91	4:01.40	3:47.19	4:02.37
100 Butterfly	45.49	48.29	46.79	49.13	47.19	49.44
200 Free	1:32.54	1:37.99	1:35.53	1:40.31	1:36.89	1:40.24
200 Butterfly	1:41.44	1:47.99	1:45.11	1:50.37	1:45.59	1:51.98
100 Back	45.25	48.29	46.94	49.28	47.32	50.27
100 Breast	51.74	55.39	52.91	55.56	52.11	56.28
1650 Free	14:40.75	15:30.39	15:19.06	16:05.01	15:02.59	16:16.65
100 Free	42.11	44.29	43.42	45.59	43.46	45.46
200 Back	1:39.66	1:46.39	1:44.78	1:50.02	1:44.47	1:50.64
200 Breast	1:52.94	1:59.79	1:55.13	2:00.88	1:53.85	2:04.80

# DIVISION I CONFERENCE COMPARISONS-WOMEN

Event	SEC		Horizon		Missouri Valley	
	1 <sup>st</sup>	16 <sup>th</sup>	1 <sup>st</sup>	16 <sup>th</sup>	1 <sup>st</sup>	16 <sup>th</sup>
500 Free	4:37.20	4:45.12	4:52.44	5:04.19	4:48.14	5:03.66
200 IM	1:52.69	1:57.58	2:01.33	2:08.43	2:01.75	2:08.15
50 Free	21.39	22.64	22.61	24.08	22.74	23.85
400 IM	3:59.30	4:11.55	4:21.63	4:33.55	4:16.91	4:39.15
100 Butterfly	49.85	53.50	53.63	57.47	53.65	57.63
200 Free	1:43.62	1:46.06	1:47.24	1:53.34	1:48.63	1:54.91
200 Butterfly	1:53.05	1:58.18	1:59.51	2:07.56	1:59.92	2:15.73
100 Back	50.86	53.72	53.73	57.36	54.38	57.87
100 Breast	58.86	1:01.31	1:02.67	1:05.48	1:02.51	1:05.99
1650 Free	15:57.68	16:33.04	16:44.99	17:59.94	16:35.84	17:35.39
100 Free	47.17	49.17	49.22	51.96	49.91	52.66
200 Back	1:49.65	1:55.33	1:57.92	2:06.03	1:55.00	2:07.11
200 Breast	2:04.62	2:11.81	2:16.53	2:23.75	2:13.97	2:24.54

# DIVISION I CONFERENCE COMPARISONS-MEN

Event	SEC		Horizon		Big East	
	1 <sup>st</sup>	16 <sup>th</sup>	1 <sup>st</sup>	16 <sup>th</sup>	1 <sup>st</sup>	16 <sup>th</sup>
500 Free	4:10.51	4:19.88	4:24.40	4:36.92	4:23.12	4:33.28
200 IM	1:38.13	1:45.91	1:47.76	1:52.01	1:48.40	1:53.85
50 Free	19.14	19.94	19.73	20.89	20.11	21.35
400 IM	3:35.76	3:46.51	3:52.82	4:04.76	3:55.54	4:09.34
100 Butterfly	45.26	46.93	46.91	50.12	47.80	50.83
200 Free	1:31.96	1:36.11	1:37.53	1:41.80	1:36.41	1:43.04
200 Butterfly	1:41.25	1:46.07	1:47.51	1:58.78	1:46.51	1:50.75
100 Back	45.26	47.43	47.51	51.23	48.56	52.98
100 Breast	52.11	53.33	54.43	56.78	54.92	59.78
1650 Free	14:37.01	15:03.39	15:31.85	16:08.53	15:25.52	17:06.34
100 Free	41.01	43.89	44.03	45.85	44.26	46.78
200 Back	1:39.42	1:43.37	1:46.25	1:51.82	1:45.41	1:53.67
200 Breast	1:51.86	1:55.31	1:58.76	2:06.80	1:59.41	2:10.64

# SPORT SPONSORSHIP BY DIVISION

## Swimming and Diving

	WOMEN	MEN
Division I	196 teams	134 teams
Division II	96 teams	71 teams
Division III	221 teams	221 teams

# DO:

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Be realistic about where you would fit  
in

- On a team
- In that conference
- In that division

# DO:

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For each school consider your ability to

- Make the traveling team
- Be on a relay
- Score at the conference/NCAA meet

# DO:

- Be realistic about athletic scholarship expectations.
  - Only about 3% of high school swimmers receive a college swimming scholarship.
  - The average award is about 40%.
  - It is OK to be a walk-on. There are many on every team.
  - Consider academic scholarships and need-based aid, as well.

# DO:

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Research the improvement of the student-athletes in each program you are considering.

- You want to go somewhere that you will get faster



# DO:

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## Find the right team fit for you.

- What is the team culture like?
- Ask team members about their experience in the program, in addition to talking with the coaches.

# DON'T:

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Don't pay a recruiting service!

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Don't take official visits unless you are truly interested in that school.

-You don't have to take all 5 visits just because the rules allow you to.

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Don't drink on your recruiting trip.

# DON'T:

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Don't have your parents be the ones to contact the college. You can do it yourself!

- While parents are certainly involved in the decision, and invested in the outcome, they should not control the process.

- Parents play a support role, but should give their son/daughter the responsibility.

# BASIC NCAA RULES

DIVISION	OFFICIAL VISITS	PHONE CALLS	EMAIL/TEXT	OFF CAMPUS CONTACT
I	Sept 1 of junior year*	July 1 after junior year	Sept 1 of junior year	July 1 after junior year
II	After June 15 preceding Junior year	After June 15 preceding Junior year	After June 15 preceding Junior year	After June 15 preceding Junior year
III	January 1 of junior year	no start date restriction	no start date restriction	After completion of soph year

# OTHER COMMON RULE QUESTIONS

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You may call a coach prior to the call date. However, if you leave a message that coach cannot call you back.

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During a campus visit, you may **NOT** practice with the college team.

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In person contact is **NOT** allowed while you are at a competition.

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NCAA Eligibility Center registration for DI and D II.  
(Not needed for D III.)



## **IN CLOSING...**

There is a place for everyone to swim in college. Do your research to find the right fit.

The college swimming experience is worth it. The time/effort pays off in your academics, adjustment to college, friend and support group forever, resources, etc.