

## Questions to ask your future Swim Coach

1. How do I fit into your recruiting class?
  - a. Does the entire team travel to competition?
  - b. Do you envision me being a member of the travel team?
  - c. What events will I compete in at championships?
2. What is the scholarship package you are considering for me (D1/D2) or what is the merit aid package that will be available to me?
  - a. Will that offer stay the same over 4 years?
  - b. In what situations will the number change?
  - c. How does your college meet aid? Do you have a net-price calculator?
3. What is your practice schedule?
  - a. Is your program yardage or technique based?
  - b. Do you break down into stroke groups?
  - c. What technology do you use to train?
  - d. Do you allow flexibility around required classes?
  - e. What is your average improvement rate by year?
  - f. (D3) What is your off-season practice plan?
4. Do you lift and/or do dryland?
  - a. Is there a full-time weight coach?
  - b. What type of lifts are there?
  - c. How often do you lift or do dryland?
  - d. Is there any injury management or prevention program?
5. How does your travel schedule work?
  - a. What is the furthest you travel?
  - b. What teams are in the conference? Which are the rivals?
  - c. Where is the conference meet? How do we get there?
6. Do you do a training trip?
  - a. Where to? How often

- b. How is the travel paid for? If it's by the athlete, what is the average obligation?
7. How is college services?
- a. What is your freshman attrition rate (national average 68%)?
  - b. Are there tutoring and counseling services available free of charge?
  - c. What is the team GPA? (be insistent on this one)
  - d. What is the team graduation rate?
8. What is my financial obligation to the team?
- a. Is there a mandatory lesson program? Event?
  - b. Does the team provide championship suits or is it my responsibility?
  - c. What equipment am I expected to purchase before coming in?
9. Admissions?
- a. Does your program have the ability to help me with admissions?
  - b. Given my academic profile, what are my chances on getting in?
  - c. When will I find out my status from admissions?
10. Closing
- a. What is the next step in the process?
  - b. When can I do a visit?
    - i. Is it overnight?
    - ii. Who will I stay with?
    - iii. Who is paying for travel to the site?
    - iv. Will it be a group visit or a personalized visit?
  - c. When will I hear from you next?
  - d. How often would you like me to update you on my progress?
  - e. ALWAYS thank the coach for their time and follow up with a thank you email.