

Navigating the College Swimming The Recruiting Process

Chances of swimming in college

- Make A or B finals at Sr. State or Sr. Sectional cuts – lower tier D2,D3
- Make A or B finals at Sr. Sect or Winter Jr. cuts – upper tier D2,D3 mid major D1
- Summer Juniors cuts – lower tier D1
- US Open cuts – major D1

Chances of a swim scholarship

- Full ride – top 8 time US Open
- Partial – Times would score points at the conference championship but depends on needs
- Walk-on – depends on needs
- Fully funded D1 men 9.9 women 14 scholarships
- Fully funded D2 up to 8.1 scholarships
- Not all programs are fully funded
- Scholarships are spread out over a roster of 30-35
- Usually only 7-8 new roster spots available each year.

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Sophomore Year

First priority – GRADES – GRADES – GRADES!!!!

- Sign up with collegeswimming.com and berecruited.com
- Keep best times updated
- Over time, make a list of 30-50 potential schools D1,D2,D3 • Investigate:
- Academics
- Entry Requirements
- Academic Scholarship Requirements

JUNIOR Year

- First priority – GRADES – GRADES – GRADES!!!!
- Take the SAT or ACT
- Get tutoring if needed – it's an investment • Clean up your Facebook, Instagram, Twitter!!!
- Coaches will look
- Get an adult sounding email address
- Treat this like a job interview process
- (December) – start filling out recruit questionnaires with time from Sr. State, or most recent best times

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- Keep track of responses; coaches name, email, phone number etc.
- Be patient - it's the middle of their season too.

JUNIOR Year (cont'd.)

(March) - Send emails to coaches with updated best times.

- Keep track of the responses
- Register with the NCAA eligibility center
www.ncaaeligibilitycenter.org
- (Spring) - Make unofficial visits to 3-5 schools that have shown interest.
- Set up meetings with coaches
- July 1st - The first date that coaches can call or meet you away from campus • Answer the phone!

The Unofficial Visit

- You have to pay all of the expenses of the trip - unlimited number of visits
- Coaches can only meet with you on campus until July 1st following your junior year.
- Be prepared to answer/ask questions
- Don't get your feelings hurt

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Senior Year

- First priority – GRADES – GRADES – GRADES!!!!
- Go on official visits (5 maximum)

Senior Year (cont'd.)

Take SAT/ACT if needed

- Apply to schools
- Nov. 1 – first commitment period
- January – fill out the FAFSA
- April 1 – second commitment period

The Official Visit

- Limited to 5 and 48 hours per trip
- School pays for all expenses
- They are very interested in you if an official visit is offered.
- Be on your best behavior

Things to consider

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- Think school first, swimming second. Would I want to be here if I wasn't swimming?
- Be realistic in your expectations. Everybody can't go to Georgia or Cal.
- How much pressure do I want to be under?

Communicating with coaches

Email – treat as a job interview. Make sure spelling, punctuation is correct.

- Personal emails should always be followed up. Don't ignore an email.
- Even if you're not interested in the school. Politely let them know you are not interested.
- Phone – coaches can't initiate phone calls until July 1st after junior year.
- You can initiate calls anytime. But if you call and leave a message, they can't call you back.
- Be prepared to answer questions
- Be prepared to ask questions

Questions Coaches Might Ask

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- How are you doing academically? When answering this question make sure to reference your GPA, test scores, and any extra tutoring you might be receiving. This gives coaches insight on if you're on track to meet their school's admission standards.
- What are your goals for the summer/upcoming season? Sharing these goals with coaches allows them to learn the areas you are wanting to improve upon. If you are part of a team don't hesitate to share both individual and team goals.

- What other schools are recruiting you? Be honest, if other colleges are reaching out to you it makes you appear as a better recruit. If you have offers don't hesitate to share that information.
- What areas do you need to improve upon? You can easily turn this question into a positive. Be honest and share your weaknesses, but also give actions plans on how you are improving your weaknesses.
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Questions to Ask Coaches (Phone calls)

- How long have you been coaching?
- How long have you been at your school?
- How much longer do you see yourself coaching?
- What is the highlight of your coaching career so far?
- What are your goals for this season for the team?
- What are your long term goals for the team?
- Why did you get into coaching?

Questions to Ask Coaches (Campus Visits)

- Where would I fit?

- How would you describe your coaching style?
- What is the practice schedule in season and out of season?
- What is the schedule for conditioning/weight training?
- What are the graduation rates for athletes on this team?
- What percent return to the team after freshman year?
- What is the travel schedule like?
- How much school will I miss?
- Do the team swimmers room together?
- How do you run your practices?

Questions to Ask Current Team Members (Campus Visits)

- What's a typical day like?
- How many hours per day do you need to work/study?
- How do the faculty and students treat athletes?
- How hard is the travel schedule?
- Does the team hang out together or do they go their own ways?
- What is there to do socially and how much time do you have for socializing?
- How do you like the coaching staff?

- If you had to do it over again, would you still choose this school? Why/why not?

Benefits of being a walk-on

- Many schools give athletes preferential treatment – this includes walk-ons
- Academic monitoring, including free tutoring
- Preferential class scheduling
- Upgraded training table meals
- Sports nutritionists, sports psychologists, sports trainers, preferred medical treatment