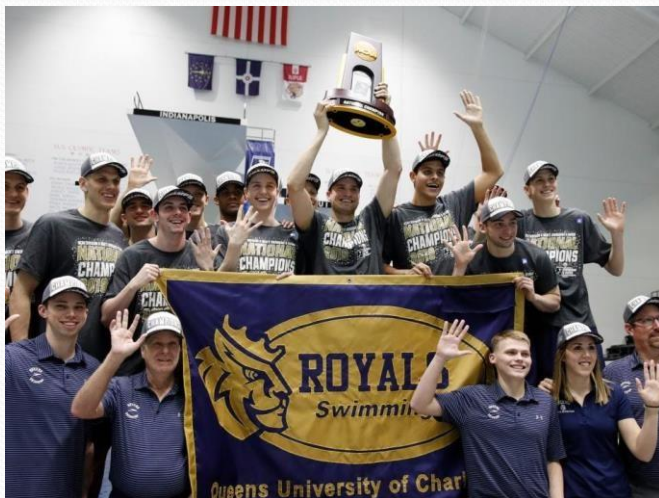


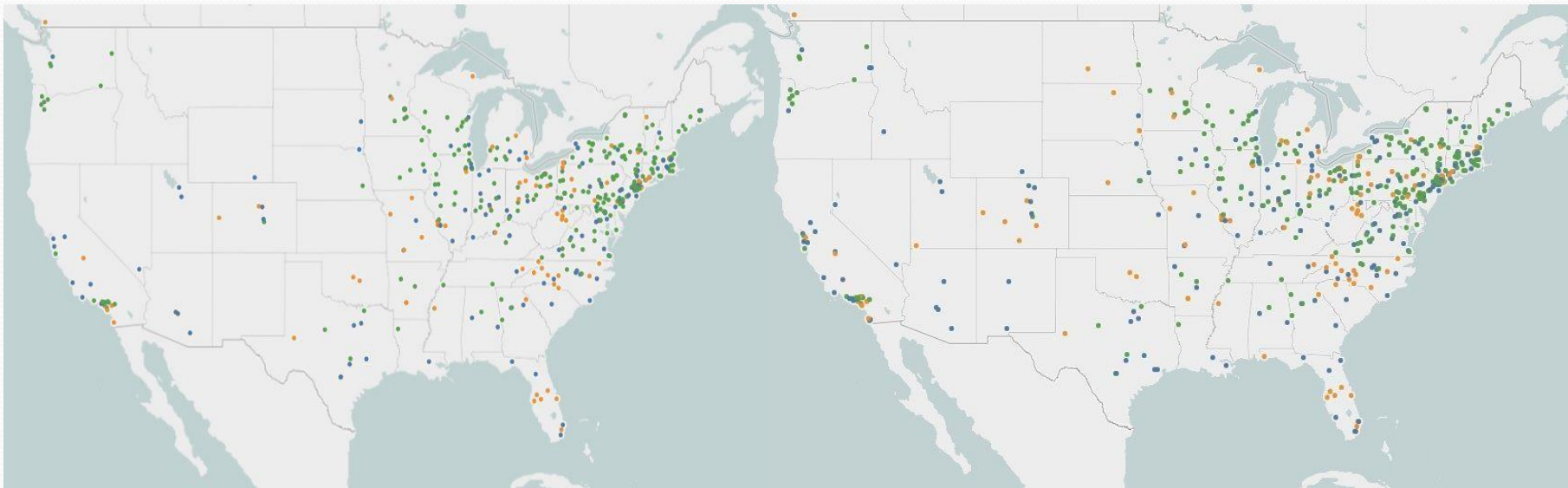




Swimming in College



How many schools? Swimmers?



Division	663 Schools sponsored varsity Swimming & Diving teams in 2017-18:							Scholarship limit per team		Average Athletic Scholarship *	
	# of	# of teams		Total Athletes		Average team size		Men	Women	Men	Women
	Schools	Men's	Women's	Men	Women	Men's	Women's				
NCAA I	196	133	195	3,756	5,511	28	28	9.9	14	16,933	17,227
NCAA II	104	73	103	1,515	2,003	21	19	8.1	8.1	6,282	7,429
NCAA III	261	229	258	4,362	5,119	19	20	-	-	-	-
NAIA	32	27	32	310	338	11	11	8	8	6,751	7,393
CCCAA	56	47	56	703	745	15	14	-	-	-	-
NJCAA	12	12	12	154	146	13	12	15	15	1,884	2,218
Other	2	2	2	23	13	12	7	-	-	625	581
Totals	663	523	657	10,823	13,875	21	21			6,441	6,750

Men's DI-III

Women's DI-III

Times Breakdown

Event	Tier 1 Standards (Elite Power 5 D1)	Tier 2 Standards (Elite D2- D3, Strong Mid-major D1, Power 5 D1)	Tier 3 Standards (Elite NAIA, Mid-strong D2/D3, Low to Mid-major D1)	Tier 4 Standards (Low- average D2/D3, Low- strong NAIA)
50 Free	19.9 and faster	20.5 – 20.9	21.1 – 21.4	21.7 – 23.9
100 Free	43.8 and faster	44.9 – 45.4	45.9 – 46.5	47.8 – 50.9
200 Free	1.36.3 and faster	1.38.5 – 1.39.8	1.40.9 – 1.41.8	1.43.8 – 1.51.9
500 Free	4.23.3 and faster	4.27.9 – 4.31.5	4.35.5 – 4.37.1	4.42.8 – 5.09.9
1650 Free	15.26.1 and faster	15.36.9 – 15.46.9	15.55.9 – 16.05.0	16.24.4 – 17.59.9
100 Fly	47.4 and faster	48.9 – 49.9	50.5 – 51.1	52.1 – 55.9
200 Fly	1.46.7 and faster	1.49.9 – 1.52.1	1.52.9 – 1.53.7	1.55.1 – 2.09.9
100 Back	47.7 and faster	49 – 50.8	51.5 – 52.1	53.4 – 56.9
200 Back	1.45.0 and faster	1.48.5 – 1.50.6	1.51.9 – 1.52.8	1.54.9 – 2.09.9
100 Breast	54.3 and faster	55.9 – 57.4	58.1 – 58.7	59.8 – 1.04.9
200 Breast	1.58.4 and faster	2.02.5 – 2.05.7	2.07.5 – 1.53.5	2.09.7 – 2.19.9
200 IM	1.46.8 and faster	1.49.5 – 1.51.5	1.53.5 – 1.55.1	1.57.1 – 2.09.9
400 IM	3.51.5 and faster	3.55.9 – 4.00.2	4.04.9 – 4.07.6	4.11.2 – 4.29.9

Choose the right school

- Swimming in college is a great experience you will cherish. Swimmers from all over the world try to get into college in the US as a student-athlete. The training you will receive is the top in the world But, at the end of college there has to be a degree.
- So **choose the school that best fits what you are interested in doing the rest of your life...even if you do not know what that is at this time.** You might change your degree 2-3 times during your college stay, so consider schools with a broad range of degrees that interest you. FYI-don't have to declare major when first enroll.
- Other things to consider about **your college experience:**
 - Academic, athletic, student life, location, etc
 - Do you want to be in a small college in a small town big college big town?

- Only you know what fits you best. Again, do not just focus on the swimming aspect of the decision. It's a variable, but not the main one.

● Resource: <https://bigfuture.collegeboard.org/college-search>

How to: Choose the right school

● Degree(s) offered

- Your current interest
- Does the school have a broad range of degrees?

● Atmosphere

- Location (City, Suburb, Rural, NW, East Coast, TX)
- Small / Large Enrollment
- College Life: Football school, commute school, etc
- Professor:Student ratio

● Swim Team

- Do you connect with the coach? Confident in the training plan?

- Is the team culture a good fit?
- Travel squad, redshirt, big / small fish in pond
- Viability of Degree with Pool time commitment
- There are great D1, D2 and D3 schools.

How to: Swim in College

- What can you be doing right now to improve your chances of getting into a college?
 - High grades...extracurricular activities...swim faster...follow up regularly.
- Common question...“How do we improve our chances for our swimmer to get noticed or recruited out of high school”. Some answers from college coaches:
 - Fill out and return/email a school questionnaire (usually each school has a link or email system in place to fill out)
 - Swim fast...or faster...make All- American list...Final at sectionals, Winter Jrs, Summer Jrs, Futures
 - Be a fast short course swimmer...college coaches do like LC & some require LC

- Good underwater kicker, disciplined, good feedback from club coach
 - Have swam every event multiple times...college coaches look up all your events/times
 - Excel at 100's and 200's...be willing to be good at IM...more valuable ●
- Pursue the coach – send updates on times at meets.

How to contact the Coach

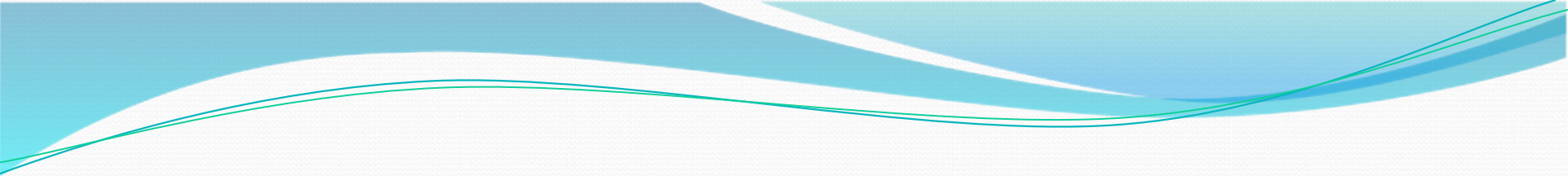
- When writing a coach letting him/her know of your interest in that school, include the following:
 - Introduce yourself
 - Background on your school & club swimming
 - List your best times, season after season to show progression.
 - Include your club coach info
 - Include gpa, test scores and other activities you participate in outside of school
- So where do I start?
 - Use link above to narrow down schools of interest...region...major...sport..public/private...

- From there, investigate the school(s) swimming program and write the coach an email about your interest and get on that coach's radar.

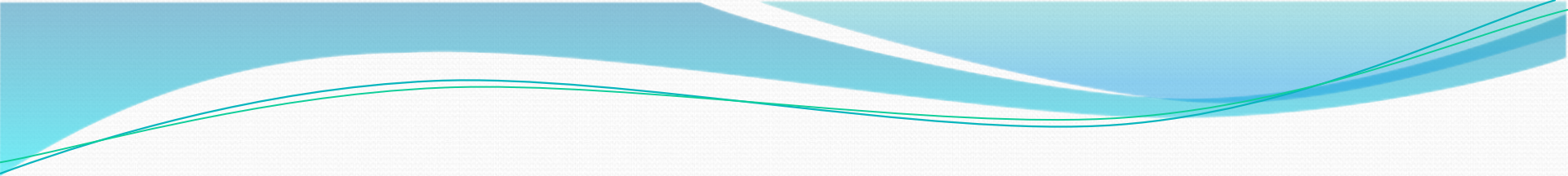
- We have an email template to use...email your lead coach

Timelines: Sophomore

Recruiting Tactic	As a Sophomore
Recruiting Material	DII and DIII schools may send general materials.



Telephone Calls	You cannot call the coach until after June 15 after Sophomore year. Coach cannot call athlete until after sophomore year June 15. DIII coaches may call an unlimited number of times during freshman/sophomore year at your own expense.
Off-Campus Contact	Not Permitted
Official Visits	Not Permitted
Unofficial Visits	Unlimited



Recruiting Tactic	As a Junior
Recruiting Material	You can begin to receive recruiting material and information from the coach on June 15 after Sophomore year.
Telephone Calls	You can call the coach at your own expense. Coach can call starting June 15 after Sophomore year.
Electronic Correspondence (i.e. texts, IM, email.)	All forms of electronic correspondence are allowed starting June 15 after Sophomore year. Correspondence must be private between athlete & coach.
Off-Campus Contact	Allowed June 15 after Sophomore year.

Official Visits	<p><i>You can start official visits on August 1 of Junior year for D1&D2. D3 visits can begin Jan 1.</i></p> <p>You get one per college and a maximum of 5 visits to D1, and to D2, unlimited D3 and NAIA schools.</p>

Timelines: Junior

Timelines: Senior

Recruiting Tactic	As a Senior
Recruiting Material	You can receive material and information from the coach
Telephone Calls	You can call the coach at your own expense. Coach can call you.
Electronic Correspondence (i.e. texts, IM, email.)	All forms of electronic correspondence are allowed starting June 15 after Sophomore year. Correspondence must be private between athlete & coach.

Off-Campus Contact	Allowed but no more than 3 times.
Official Visits	<i>You can start official visits any time as Senior.</i> You get one per college and a maximum of 5 visits to D1, and unlimited visits to D2, D3 and NAIA schools.
Unofficial visits	Unlimited

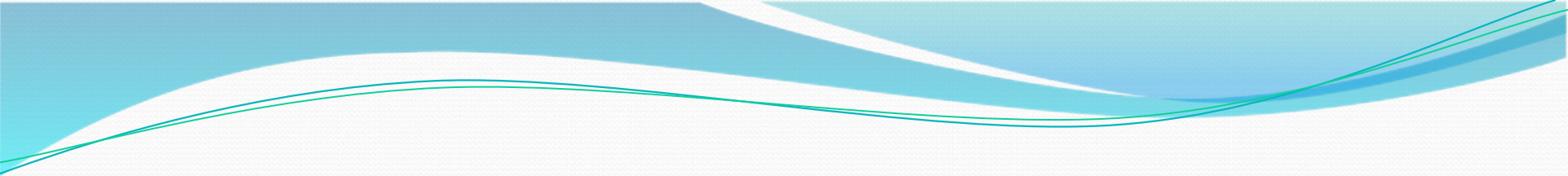
How to: Official Visits

- When: *August 1st after Sophomore year*, effective April, 2019, except during a dead period (see below).
- What: A visit becomes official if the school pays for anything other than a ticket to an on campus event. If they buy you a hot dog it becomes an official visit. Due to budgetary cutbacks many schools don't have the money to pay for the entire trip and may ask you to pay for your transportation to and from campus. The schools will usually pick up the tab for room and board while you are there.

- Your parents may come with you on an official visit and schools are allowed to pay for their room and board while they are there, but they are not allowed to pay for their transportation. This depends on a schools recruiting budget.
- Limits: Recruits are allowed to take official visits to 5 different Division I or II schools in total from *August 1st after Sophomore year* through your Senior year of High School, except during a dead period, effective August 1, 2018.
- Official visits to Division III schools are unlimited.
- Official visits to NAIA schools are unlimited.
- Tip: don't assume that a school will pay for everything on an official visit. You need to ask.

How to: Unofficial Visits

- What: Unofficial visits are unlimited as long as you pay for everything on your trip. A school can provide tickets to an on-campus event while you are there. You are allowed



to spend the night with the team, but you will have to pay the going rate for the dorm room or motel.

- Tip: let the coach know well in advance that you are coming to campus You may visit a school prior to September 1 of your Junior year; however you are not allowed contact with anyone employed by the athletic department, effective immediately. In other words, coaches are no longer allowed to meet with a recruit or their parents on an unofficial visit before your junior year.

How to: Taking a Trip

- Packing: extra cash, nice clothes, check the weather
- Do not drink alcohol
- Everything you do will get back to the Head Coach (University and/or WLOO)

● Information gathering

- Find out what the team does and does not like about: school, coaching staff, facilities, support staff, etc
- Meet with academic advisor (can you be a successful student athlete)
- Tour the campus
- Where does the team room? How long in dorms? Are swimmers in greek system?
- Support: Study hall, PT, medical, travel

● You might be asked at the end of the trip by the coach if you will commit... “Coach, I had a great time and before I make any decisions, my family will need to discuss”

● Write thank you note back to the Head Coach for the trip

How to: Verbal Commitment

● When: Anytime

- What: You can give your verbal commitment to attend a school at any time and the coach can give you a verbal commitment for a scholarship offer or a spot on the team at any time. Verbal commitments are not binding, but rarely do the coaches not honor their scholarship offers. Usually it's the recruit who backs out, if you give your word to a coach you should honor it.
- *Written scholarship offers still cannot be made until August 1st of the senior year, which keeps in place the prior rule.*
- Pay attention to admission deadlines, for merit aid, as they vary from school to school.

Resources

- This publication is a good first read – with many topics you might have questions on: what to do when in HS; different Divisions in NCAA; grades and test scores; and recruiting regulations
- Guide for College Bound Student Athletes <http://www.ncaapublications.com/productdownloads/CBSA17.pdf>
- One of the 1st things it suggests is to register at www.eligibilitycenter.org. I found a lot of useful information on this site too...but not sure if paying the \$70 to register really gets you anything – so we did not pay it.
- Lists of D1, D2, D3 schools. <https://www.collegeswimming.com/teams/>
- Recruiting link to what can happen when: <http://www.ncaa.org/student-athletes/resources/recruiting>
<http://www.ncaa.org/student-athletes/resources/recruiting-calendars/2016-17-division-i-and-ii-recruiting-calendars>

- Another question I was asked...should we send our swimmer to a summer swim camp? Yes if that's of interest to the swimmer. Most camps do a good job of adding in filming and other dryland exercises plus you get a different type of workout from the coaches. And...you might get to meet the coach from the university which could be a good introduction.

Swimming in College

- Notes I took at the 2013 American Swim Coaches Conference listening to Dave Marsh (Head Coach SwimMAC and former Auburn HC).
- There are lots of opportunities to swim in college besides D1...NAIA swim programs for example.
- Money – academic, needs based, scholarship (first two have the most \$s)
- Academic scholarship = 3.4+ GPA; 1250+ SAT for scholarship
- In state tend to get a smaller % offers than out of state
- D1 athletic scholarships: Men = 9.9 scholarships; women = 14
- Things to ask the college coach
 - Policy on increasing / decreasing scholarships

- Can you dual represent your club and school
- D3 – other forms of \$s
- < \$150K salary qualify for finc aid
- Colleges looking for well-rounded students

Swimming in College

- Head coach is the most important; then staff, team, culture, school culture
- Coach can talk about general topics, but not about their school
- Coach visit on deck
- 8th grade below college coach can teach...not 9-12
- Home visit: hand written thank you note, ask the coach what he likes to eat for dinner
- Early / late signings: late signing boys tend to get better offers

- Late signing: 2nd week of April
- Parents take on the scholarship negotiations
- Trip: it's a show, ask for practice time b4 the trip, don't commit on the trip, but show interest, dress good, be on time, call them coach no matter what, don't drink, talk to 5th year athletes
- Good interview with coach; be hungry and excited to be better; don't ask about the \$\$
- There are recruiting resources to help swimmers find colleges (ex. theswimmersadvocate.com). You to the family if they want to spend \$ on the advice or research themselves.

Swimming in College

It's FUN!!!!

Swimming in College

- **What is a contact?**

- A contact occurs any time a college coach says more than hello during a face-to-face contact with a college-bound student-athlete or his or her parents off the college's campus.

- **What is a contact period?**

- During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.

- **What is an evaluation period?**

- During an evaluation period a college coach may watch college-bound student-athletes compete, visit their high schools, and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound studentathletes or their parents off the college's campus during an evaluation period.

- **What is a quiet period?**

- During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

- **What is a dead period?**

- During a dead period a college coach may not have face-to-face contact with college-bound student-athletes or their parents, and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

- **What is the difference between an official visit and an unofficial visit?**

- Any visit to a college campus by a college-bound student-athlete or his or her parents paid for by the college is an official visit. Visits paid for by college-bound student-athletes or their parents are unofficial visits.

- During an official visit the college can pay for transportation to and from the college for the prospect, lodging and three meals per day



for both the prospect and the parent or guardian, as well as reasonable entertainment expenses including three tickets to a home sports event.

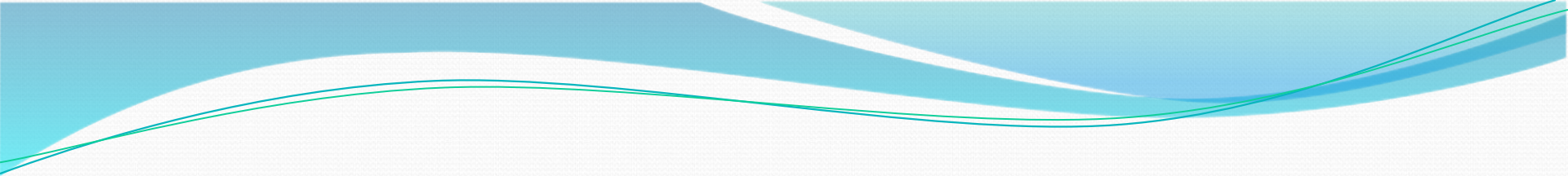
- The only expenses a college-bound student-athlete may receive from a college during an unofficial visit are three tickets to a home sports event.

Swimming in College

● Frequently Asked Questions

● What is a National Letter of Intent?

- A National Letter of Intent is signed by a college-bound student-athlete when the student-athlete agrees to attend a Division I or II college or university for one academic year. Participating institutions agree to provide financial aid for one academic year to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid.
- The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports.

- 
- Signing an National Letter of Intent ends the recruiting process since participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.
 - A student-athlete who has signed a National Letter of Intent may request a release from his or her contract with the school. If a student-athlete signs a National Letter of Intent with one school but attends a different school, he or she will lose one full year of eligibility and must complete a full academic year at their new school before being eligible to compete.