



*High School  
Game Plan  
for the  
College Bound  
Swimmer*

# Recruiting Guidelines and Timeline

Freshman/Sophomore year take a strong academic course load so you'll meet the minimum NCAA requirements at graduation check with your guidance department for the latest information regarding initial eligibility requirements.

## **Junior**

1. Work with your high school counselor to develop a list of possible schools you might attend based on your academic achievement and athletic ability.
2. Register for and take the required standardized test as early as possible, these would be the SAT and or the ACT
3. Attend college nights, college fairs, in college open houses, read literature sent to you by college's
4. If interested in one of the military academics like West point, the Naval academy, the Air Force academy or Coast Guard academy you must send for the application packet your junior year and apply as soon as possible there are no financial aid forms to file
5. Write initial letters of interest to college coaches (sample included)
6. Develop a sports portfolio and a list of athletic accomplishments.
7. Ask Coach to be proactive on your behalf by responding to questionnaires sent by recruiting coaches by calling or writing college coaches.
8. Visit college campuses unofficially (You may start doing official visits during your Junior year but recommended that you wait till the Fall of your Senior year to do the official visit) You will only get 5 Official visits and only 1 per institution
9. April 1st register with the NCAA Eligibility Center (Make sure that all Test scores and HS Transcripts are sent there; your HS Counselor should be able to send Transcripts for you once you are registered

## **Senior year**

### **September October**

1. What are your needs, preferences, interest, career goals and financial status?  
What Athletic Level (Division I, II, III) is best for you?  
Ask yourself "would I be happy there without Athletics"
2. Contact college coaches let them know who you are
  - a. Write a personal statement cover letter to include with your athletic and academic profile sheet. You may have talent that team needs, the coach may respond by inviting you to visit by offering recruiting trip once you have been cleared by the NCAA Eligibility Center
3. Plan recruiting trips- schedule official visits, contact college coaches to arrange recruiting trips. Official Visit trips to visit the camps are paid by the college take advantage of this, its opportunity to give a list of positive and negative points of each School
4. Send college for applications and financial aid information
5. Register and retake the SAT and ACT. Retake to raise score (some schools are now beginning to base academic awards off HS Grades or SAT or ACT not all 3)
6. Ask appropriate faculty and staff to write 1-3 letters of recommendations.
7. October 1st you can begin to fill out FASFA
8. Complete and submit all your applications. (Grant based awards, especially at private schools, are awarded to those that apply prior to Dec 1st)

### **Signing period**

Division I and II begins the middle of November and then is open for the rest of the year.

Division III No Signing period.

Verbal commitments to schools become official after Tuition deposits have been made.

**Consider all offers! Talk with parents, Council Coach to make a rational decision not an emotional one.**

**BE PROACTIVE! You must take the initiative. Work on your Behalf. Coaches don't know you are out there unless you contact them or unless you are spotted at a meet HS or Club (which does not happen for most swimmers) Coaches do not know that you are out there. There is a place for everyone to swim in College!**

## ***Questions to Ask the Recruiting Coach***

An important part of the campus visit is to talk with the recruiting coach. Questions you should ask are:

1. How many hours per day in-season will my sport take?
2. What are the off-season commitments/responsibilities?
3. Is there a JV/Freshman/"B" Team?
4. Is it possible to play more than one sport?
5. How do I compare with other athletes in your program?
6. Are there special dining and/or housing facilities for athletes?
7. Will the athletic department provide tutoring and/or supervised study hours if I need it? What other academic services are available?
8. What percent of the players graduate in four years? Five years?
9. How often will my athletic responsibilities require me to miss classes?
10. In what ways are you like/different from my high school coach?

In addition to questions you ask the recruiting coach, it is important for you to do as many of the following as possible.

- Observe practices
- Watch the coach(es) interact with players
- Talk with team members and ask them why they chose this school.
- Ask athletes who aren't playing why they stay
- Stay overnight
- Obtain a schedule and press guide
- Attend a game/meet/match
- Check out the playing and conditioning facilities

|                            | Division I  | Division II               | Division III            | Junior College<br>Community College           | Prep School                                   |
|----------------------------|---|---------------------------|-------------------------|---|---|
| <b>Eligibility</b>         | 4 seasons<br>in 5 years   | 4 seasons<br>in 5 years   | 4 seasons<br>in 5 years | 2 seasons -<br>transfer with<br>2 season left | full 4 years<br>left after<br>transfer        |
| <b>Scholarships</b>        | full or<br>partial  | some full<br>some partial | none                    | none  | none  |
| <b>Financial Aid</b>       | depends on<br>need  | depends on<br>need        | depends on<br>need      | depends on<br>need                            | some available<br>check individual<br>schools |
|                            | grants  | grants                    | grants                  | grants  |   |
|                            | loans   | loans                     | loans                   | loans   |   |
|                            | work study  | work study                | work study              | work study                                    |   |
| <b>Time<br/>Commitment</b> | year round<br>3 to 5 hours<br>per day in<br>season-<br>1 to 2 hours<br>per day out of<br>season | varies                    | mostly<br>seasonal      | mostly<br>seasonal                            | seasonal                                      |

**Note:** These grouping are very general. Differences between divisions vary greatly within an institution and individual programs.

## *Initial Letter of Interest*

Date

Your Name

Your Address

Your Town, State, and ZIP

Ms. Mary J. Fennessey  
Varsity Women's Swim Coach  
St. Lawrence University  
Canton, NY ZIP

Dear Coach Fennessey:

I am a senior at Frontier Central High School and I am interested in attending St. Lawrence University next fall. During my high school career, I have been a member of the varsity swim team for four seasons.

Please review my enclosed athletic profile sheet. I think it provides an accurate description of my time and accomplishments as a varsity swimmer. You can contact my coach, \_\_\_\_\_; for more specific details regarding my athletic abilities. I am enclosing a copy of our fall schedule.

I would appreciate any information you could send me about the swimming program at St. Lawrence as well as financial aid information.

I look forward to hearing from you.

Sincerely,

Your Name

Enclosure