



Junior Year College Recruiting Information:

Your **Junior year** is an important one for recruiting if you are planning on swimming or diving at the college level. With the changes in the NCAA recruiting process there's many things you need to think about during your Junior year:

- College coaches (all divisions) can be **sending emails and basic information** as of Sept. 1st. At this point **you** should have been **actively communicating** with colleges that are on your search list (sending emails, setting up phone calls)
- You should be **narrowing your target list** of schools in order to make your search more manageable (field of study, admission requirements, demographics, roster size, roster needs for that school, facilities, other opportunities, distance from home etc.)
- Junior year is a great time to **take unofficial visits** (paid for entirely by you) so you can get a feel for the campus and talk with the coaches and possibly some of the athletes (this also shows the coach that you are very interested in their program)
- While an offer of an **official visit** (paid by the university) can come at this time, it is typically reserved for the **top recruits** in that class; most programs will offer official visits in the summer going into your Senior year
- **Coaches from all divisions can call** the summer prior to your senior year but if you are a top recruit, you have likely already had a phone conversation with a coach that is interested in you becoming a student-athlete for their program (remember: while a coach can't call you until the summer **YOU CAN CALL OR TEXT** a coach at any time)

- Swimming fast obviously puts you at an advantage for generating coach interest, if you are already in a position with your times to **score in THEIR conference meet** (top 16) you've likely garnered interest, if not you may want to evaluate your position to determine if that school of interest is worth pursuing, or if other factors may enhance your marketability (*example: they have 4 senior breaststroke specialists graduating & that's your stroke & you've showed significant improvement year-to-year*)
- Keep up with your **GRADES!** Coaches prefer to offer academic scholarships when possible so as not to dip into their limited athletic scholarship fund; **remember swimming and diving is an equivalency sport* meaning all scholarships are not full scholarships, and coaches may divide the total number of scholarships allotted to them between as many athletes as they wish.

Administrative Responsibilities:

- You should be registered to take the **ACT/SAT** at this point
- Make sure you've setup your **NCAA account** through the eligibility center: <https://web3.ncaa.org/ecwr3/> and send your **official transcript & submit ACT/SAT scores** to the NCAA eligibility center, or NAIA if applicable
- Download & read through the **NCAA's Guide for the College-Bound Student-Athlete**; it gives you everything you need to know about the process of making yourself eligible to participate as a student-athlete.
<http://www.ncaa.org/student-athletes/future>
- If you have a recruiting profile through a service, a personal athletic resume, or website promoting your athletic skills, **continue to update** with newly-achieved best times as showing improvement is important; popular sites you can use as resources are:
Collegeswimming.com, NCSAsports.org, and Berecruited.com
- Fill out the **student-athlete questionnaire** available on most team's websites as this puts you in their database & makes your information accessible to them easily

- Get **videos** of races at big meets & post to YouTube so you can reference that link in your coach correspondence & coaches can view your swims

*As a general rule of thumb, the sooner you can decide on a school and verbally commit the better chance you have to obtain as much financial assistance as possible in the form of athletic, and/or academic scholarships.