

WEBSITES & SERVICES:

1. Collegeswimming.com –
 - a. Search college teams based on MANY variables (location, majors, top times, Division, etc)
 - b. See rosters of college teams to see where your swimmer fits
 - c. Ranking of high school swimmers by grade and state
 - d. A small fee gives you access to a great deal more information
 - e. Post videos of your swimming
2. Lookforit.com – Similar to Collegeswimming.com.
3. Prepswimming.com – National times database
4. SwimSwam – To watch for commitments and articles about teams and coaches (as well as coach movement during the off season). Be aware of bias.
5. College sites for recruiting questionnaires
6. Naviance – for school sizes, GPA and score standards, etc
7. SportsRecruits – some teams have a team membership which allows the members to research schools, email coaches and set up a recruiting profile
8. NCSAsports.org – (\$) For training and talking to coaches
9. American College Connection (ACC) – (\$) Recruiting service - Former College Coaches and Players Helping Student Athletes Get **Recruited**.
10. Berecruited.com
11. Illinois Swimming intends to add a section about colleges in the near future
12. Collegeswimmingguide
 - a. Can sign up for periodic emails with discussions about the recruiting process
13. Facebook: Closed Group, can be added “Parents of College Athletes”

PEOPLE

- Coaches
- Other parents
- Other swimmers

RECRUITING PROCESS:

1. When should you start
2. Early on, be sure to check the NCAA Eligibility Center for required classes and obviously watch the grades!
 - a. Easier for a coach to add someone to their team if they have good grades and they don't have to use all of their "pull" to get the student in. Sometime swimmers will be added purely to bring up the team grade point!
 - b. Make sure your social media is clean
3. Make a list of colleges you are interested in, keeping in mind the following:
 - a. School factors:
 - i. Major (if you have thought of what you would like to study in college)
 - ii. School Location
 - iii. School Size
 - iv. Cost
 - v. Would you meet the admissions requirements?
 - vi. Make sure it is a school you would go to without swimming
 - b. Swim factors:
 - i. Do they have a swim team for your gender?
 - ii. Is it a single gender team or do both genders practice together?
 - iii. Is D1 or D3 the right fit for you?
 - iv. What is the landscape of the team –
 1. Where do you want to be competitively on the team as a freshman?
 2. Swimmers per grade (this can tell you something about attrition if there aren't many upper classmen)
 3. How large is the team and how many travel? (this can be effected by Title IX and/or conference, so it will vary by team)
 4. Specialists – what do they need?
 5. Would you be able to score in that conferences championship meets?
Can you hope to within your first two years?
4. Set up an email exclusively for recruiting. Include graduation year in address, for example JohnSmith2020@gmail.com. This will give a primary focus for the process where emails can't get lost among other information.

5. Complete recruiting questionnaires on college websites
6. Email/contact coaches
 - a. Correspondence should come from the athlete – NOT the parent.
 - b. Email coach(es) – best to include 2-3 coaches on the email, to assure a better chance of getting a response. Keep in mind that a D1 school CANNOT respond via email until Sept 1 of Junior year, with the exception of explaining the rules of communication.
 - c. Include in your email:
 - i. Contact info, days and times (if after Sept 1 of Junior year)
 - ii. Swim times/stats
 - iii. GPA and test scores if you have them
 - iv. Something specific to this school – why are you interested in them? Or how did they do at conference meet? Something that shows you have done your homework and are interested.
 - v. Your coach's information (confirm with your coach first)
 - vi. Major if decided
 - vii. Consider preparing a swim resume with time, grades, honors, activities (mixed opinions)
 - d. Offer to call them.
 - i. This can be done at any time/age.
 - ii. They can respond to you to explain the rules – use this information!
 - iii. Be prepared for calls –
 1. know the school
 2. know the team
 3. Have questions to ask
 - e. Keep in touch. Keep providing updates. Make their job of knowing about you, easy.
7. NCAA Eligibility center – register!

8. NEW RULES FOR D1 –

- a. A high school student can no longer have contact with the athletic department of a D1 school prior to Sept 1 of their Junior year, even for unofficial visits. This could make the various college swim camps, more valuable.
- b. Official Visits
 - i. can now start September 1 of Junior year (however see comments section following the outline for potential changes next year).
 - ii. 5 are allowed per athlete
 - iii. 48 hours
 - iv. Fully or Partially paid for by the school – need to ask!
- c. Unofficial visits –
 - i. all paid for by swimmer's family
 - ii. Junior Days used to fall in this category, but with the recent changes, that will change
 - iii. historically, athletes had as many as they like, however with the new rules, no contact is allowed prior to Sept 1 Junior year (phone calls can be made by the recruit to the coach, but coach cannot call recruit prior to Sept 1 of Junior year), so unofficial visits could become obsolete.

9. Scholarships

- a. Either year by year (can increase – but don't plan on it) or for all four years
- b. Generally, cannot be taken away as long as you are in good standing on the team
- c. See below

DI	DII	DIII
Athletic Scholarships – max is 9.9 Men/14 – Women – not all schools will have this <ul style="list-style-type: none">- Most can combine with Academic Awards	Max of 8 Scholarships allowed on each side – not all schools will have this <ul style="list-style-type: none">- Most can combine with Academic Awards	No Athletic Aid <ul style="list-style-type: none">- Every school is different- Most will have a combination of academic aid, grants and merits to work with

10. Letters of Intent

- a. D1 only
- b. On or after August 1 of Senior year.
- c. Commitments are verbal until the LOI is signed, once signed it is a binding contract.

A few comments about the above outline from people “in the business” of recruiting:

The college swim coaches association is working hard to get it changed so that there is no contact allowed at all before 9/1 of junior year (including calls by the recruit?). This will likely go into effect next year. The CSCAA is also trying hard to push the official visit date back to senior year but this looks unlikely. The most likely outcome is it will move from 9/1 junior year to 1/1 junior year. This won't go into effect until next year.

The best advice I can give to recruits is contact the coaches at the schools you are interested in. Don't wait for them to contact you. I did basically all of our recruiting this year and it's a crap ton of work so I focus on the ones that show a ton of interest. Also, there are literally hundreds of people to sort through so if the kids reach out to me every 2-3 weeks even if I haven't contacted them it helps us stay in touch



if you hear “you aren't fast enough” that's not permanent and should not be discouraging. No one is fast enough until they are so keep sending coaches updates until you make a commitment. You never know when a roster spot will open up!

My input on the sites you mentioned is to use the ones like NCSA as a supplement, but not to solely rely on them. In my own experience as the recruiting coordinator for XXXXX University Women's Basketball, I rarely paid any attention to the information that came my way from a company like this.

If you are told “you are on the outside” of their range, don't be discouraged. Keep up communication.

Tamara T. Stensby


From: Tamara T. Stensby
Sent: Wednesday, May 16, 2018 8:19 AM
To: Tamara T. Stensby
Subject: Sent from Snipping Tool


[Results](#) [Team](#)


[Dashboard](#) [Profile](#) [Meets](#) [Notre Dame](#)

FEED

SCREENSHOT OF COLLEGESWIMMING.COM DASHBOARD




Nick Vance committed to  **Auburn**
1 day, 16 hours ago





Nick Vance
Saint Charles, IL


Power Index	Illinois rank	2019 rank
2.29	2nd	29th

"I'm honored to announce my verbal commitment to swim for Auburn University! I felt a strong connection with the team and the new coaching staff. Coach Gary's philosophy, "enthused to learn, eager to work, and desire to win," fits the dedicated, hard-working, and driven attitude that I want in a program. I know that by being a part of the "Auburn Family," I will be able to reach my full potential in and out of the pool. I'm truly honored to be the first to commit to this new era of Auburn Swimming and attend this one of a kind university. WAR EAGLE!"


 **Auburn University**



Michael Maggiore, Jack Hoagland, Sydney Winters and Tegan Sweeney committed to  **Notre Dame**
5 days, 13 hours ago



Michael Maggiore
Pinole, CA

 **University of Notre Dame**



University of Notre Dame

Division 1 • ACC

EXAMPLE OF INFORMATION AVAILABLE ON COLLEGESWIMMING.COM

Home

About

Results

Times

Rankings

Records

Roster

Coaches

Facilities

Recruiting

Men

Women

Event

50 Free ▾

Season

2017-2018 ▾

</> Embed

Print

50 Free - Men

Rank	Name	Team	Meet	Time
1	Justin Plaschka	ND	2018 Atlantic Coast Championships (...)	19.30 B
2	Daniel Speers	ND	2018 Atlantic Coast Championships (...)	19.48 B
3	Brendan Santana	ND	Ohio State Men's Last Chance Qualifier	20.08 B
4	Tabahn Afrik	ND	2018 Atlantic Coast Championships (...)	20.14 B
5	Ben Gorski	ND	2018 Atlantic Coast Championships (...)	20.26
6	Daniel Fujan	ND	Ohio State Winter Invite	20.43
7	David Stewart	ND	Ohio State Winter Invite	20.66
8	Rob Whitacre	ND	Ohio State Invitational	20.67

EXAMPLE OF LOOKFORIT.COM DASHBOARD

Here's how it works. You will enter your best times in each swim event. Your times are then compared against the times of the top swimmers at virtually all of the Division I, Division II, Division III, NAIA and Junior College swim teams. With one click of the mouse, you have access to a personalized dashboard which will display all the colleges where you might be the #1, #2, #3, or close to the #3 swimmer at a college based on your swim time in an event. We also provide direct links to the academic and swim websites of each college.

Here's what the Athlete Dashboard looks like:

Athlete Dashboard for Jane Schwimmer

Generated on Wednesday July 19, 2017

[Want More?](#)

Print
 Help

Quick Search Links:

Best Times:

Strength Index:

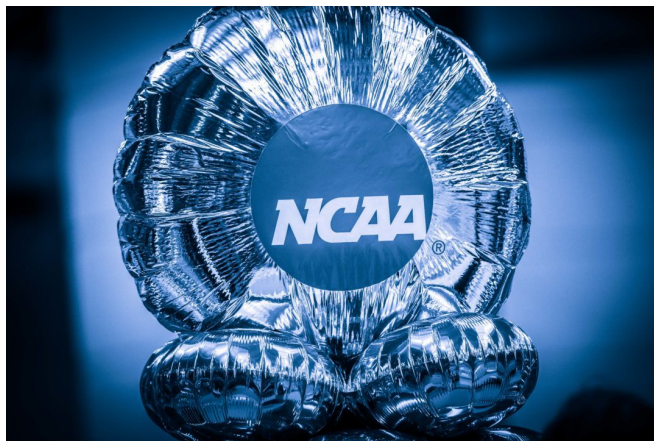
Free						Back		Fly		Breast		IM		Strength Summary
50	100	200	500	1000	1650	100	200	100	200	100	200	200	400	
0:26.85	0:56.65	2:01.77	5:24.34	11:12.43	—	1:03.83	2:16.07	1:03.13	2:23.55	1:05.32	2:21.76	2:08.92	4:45.40	Breast, IM
15	20	25	25	25	N/A	10	15	15	10	100	100	75	25	400

Might Compete At (529):

📍🏠 Adams State University, CO (III)	0:26.36	0:56.04	#1	5:13.55	10:51.39	18:09.68	0:56.60	2:07.15	1:02.89	2:16.51	#1	#1	#1	#1	
📍🏠 Adelphi University, NY (III)	0:26.36	0:56.44	1:59.48	5:18.54	#1	18:25.01	1:01.76	2:14.78	1:02.50	2:18.97	#1	#1	#1	#1	
📍🏠 Albion College, MI (III)	0:25.44	0:54.82	2:00.50	5:23.15	#1	18:45.51	1:00.86	2:15.91	1:01.13	2:21.00	#1	#1	#1	#1	
📍🏠 Albright College, PA (III)	0:25.35	0:55.90	1:56.80	5:16.26	#1	19:13.07	1:03.03	2:09.88	1:03.05	2:22.60	#1	#1	#1	#1	
📍🏠 Alderson Broaddus University, WV (II)	0:25.65	0:55.38	2:00.79	#1	#1	22:15.33	#1	#1	0:58.98	2:12.09	#1	#1	#1	#1	
📍🏠 Alfred State College, NY (NJCAA)	0:26.05	#1	#1	#1	#1		#1	#1	#1	#1	#1	#1	#1	#1	
📍🏠 Alfred University, NY (III)	0:26.64	0:56.53	#1	#1	#1	21:32.44	1:02.60	#1	1:01.36	2:19.05	#1	#1	#1	#1	
📍🏠 Allegheny College, PA (III)	0:26.19	0:55.57	2:00.09	5:22.25	11:10.87	19:17.65	1:02.81	2:14.88	1:01.76	2:22.19	#1	#1	#1	#1	
📍🏠 Alma College, MI (III)	0:26.27	0:56.33	1:59.07	#1	#1	20:23.32	#1	#1	1:00.66	2:17.60	#1	#1	#1	#1	
📍🏠 American University, DC (I)	0:24.94	0:54.87	1:57.25	5:11.55	10:59.32	18:38.20	0:59.92	2:11.36	0:58.03	2:20.35	#1	#1	#1	4:44.19	Good match for my academics
📍🏠 Amherst College, MA (III)	0:24.25	0:52.25	1:53.12	5:04.23	10:58.08	17:30.37	1:00.60	2:14.62	0:58.95	2:12.31	1:03.88	2:20.14	2:08.61	4:28.79	

Colors indicate whether you could be the #1 (blue), #2 (red), #3 (silver), or close to the #3 swimmer (yellow) at each college. The times in each cell tell you what time you would have to achieve to move up one position at the college. The Strength Index gives you a feel for how strong you are in each event compared to other swimmers.

WHAT 5 THINGS COLLEGE COACHES ARE LOOKING FOR MOST?



A lot of swimmers assume that coaches are only focused on the talent of an individual when they are being recruited. You'll be happy to know that this is not true. Current photo via NCAA

BY SWIMSWAM PARTNER CONTENT

OFF

May 14th, 2018

College, College Recruiting



*Courtesy of 4-time Olympian **Roland Schoeman** and **Athletes USA**, a SwimSwam partner.*

A lot of swimmers assume that coaches are only focused on the talent of an individual when they are being recruited. You'll be happy to know that this is not true.

While it is possible to get caught up in ability and technique, college coaches are looking for more than just fast times. Talent comes in absolute abundance when it comes to recruits, there's no doubt about that, but to say that it is all that matters is incorrect. Talent is merely an attribute in a wide array of characteristics coaches look for when recruiting an individual. From speaking to several college coaches I've compiled a list of the 5 things college coaches are looking for in recruits.

*In no specific order

1) Be a good **teammate**

Being a good teammate is one of the most critical components college coaches are looking for. When building a team culture and when building the buy in college coaches need to know that the person they are recruiting will be a good teammate and that they will ultimately bring value to the team they are joining. Your value as a good teammate is just as important as the number of points you are capable of scoring at conference or the NCAA's

Report Ad

MORE COLLEGE RECRUITING

**LOUISVILLE ADDS TO CLASS OF 2023
WITH MHSAA CHAMPION MADDIE
LUTHER**

– Coaches want to see you being involved and assisting in all facets of day-to-day training and competing. This involves assisting with recruits during their visits, helping with equipment (putting it away, taking lane lines in and out, etc) Coaches like to see swimmer's encouraging their teammates at meets and at practices.

Being on time, respectful, and speaking highly of the institution on social media and to others is also critical for most college coaches.

2) Be **coachable**

"Hard work beats talent when talent doesn't work hard" – Tim Notke

You could be the most talented age group swimmer in the world but coaches want to see that you are coachable. They want to see that you are able to buy into their program and the values they instill in the program. Being coachable doesn't just mean listening and applying, it means to taking ownership. Coaches want to see you taking the initiative in your day-to-day program.

– Coaches agree being consistent with hard work is critical. Do the little things well and use training as a learning and growth opportunity. Focus on your technique, pay attention to your recovery (Sleep, eating, foam rolling etc)

The best in the world are methodical in their approach to training and racing. College coaches want to see the same instincts within you.

3) Good **Academics**

3.0 GPA is the ideal number most college coaches are looking for you to maintain throughout the year. Someone who is borderline on the roster is likely to get the nod if their grades are higher. For most current student athletes, any time they start dropping below 3.0 on progress reports it is re study hall hours and see their tutors. Colleges are making exceptions for missed practices for . There is an understanding that most high-level of the pool transfers to in the pool

4) Swimming times and **potential**

Swimming times are one the most important component for coaches. A general prerequisite for scholarship money is – will your times score at conference? If the answer is yes, you are more likely to get some scholarship money. Coaches also want to see a swimmer that is versatile. Will you be able to score points in a variety of events and will you be able to contribute points on relays? Coaches want you to be versatile not just excel in one specific event.

Obviously size, strength, and grit are factors too. How good is your technique and your dolphin kicking? While these aren't specifically prerequisites they are important components that will help your pursuit of swimming in college. If you aren't the tallest and strongest, coaches want to see that you have the

**SWIMMAC'S ELLIE VANNOTE SENDS
VERBAL COMMITMENT TO TAR
HEELS**

**MICHIGAN EARNS VERBAL
COMMITMENT FROM VERSATILE
CHRISTIAN FARRICKER**

**SPRINTER CHRISTIANA REGENAUER
VERBALLY COMMITS TO LOUISVILLE**

**BREASTSTROKER JOCELYN FISHER
MAKES VERBAL COMMITMENT TO
ALABAMA**

**NEPSAC D1 RECORD-HOLDER
SYDNEY WINTERS MAKES VERBAL
COMMITMENT TO NOTRE DAME**

5) Character

College coaches are looking for athletes that will positively represent their team and the university every day of the week. They aren't looking to be babysitters and they aren't looking for excuses for bad behavior. It's for this reason that character plays such an important role when a coach is considering you for their program.

The simple truth is your character is always on display. Coaches have been known to monitor social media of their recruits to see the way in which they act. They'll definitely talk to your coach. If you're unable to pass the character test, don't expect a scholarship.

It is not guaranteed that these will be the only things a coach will look at. Coaches from different universities, different conferences and divisions may approach recruiting slightly differently. This list is just a guideline of what a college coach may consider when recruiting you. Doing these things or working on these attributes should only enhance your opportunities of being recruited.

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ALL NCAA TRANSFERS TO SIT OUT
ONE YEAR**

**CALABASAS SPRINTER THOMAS
FINELLO TO JOIN USC TROJANS FOR
2018-19**



Report Ad

Courtesy of 4-time Olympian **Roland Schoeman** and **Athletes USA**, a SwimSwam partner.

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