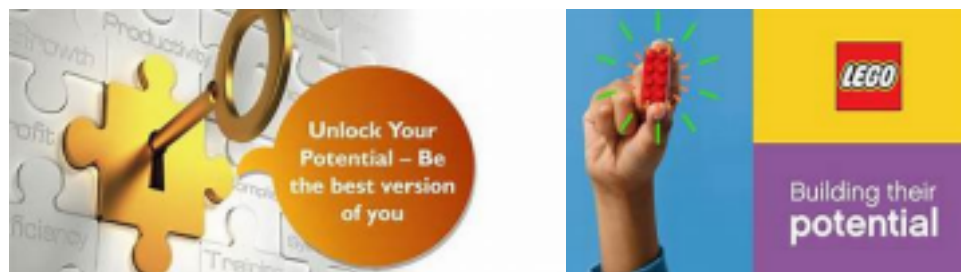


Flip Turn



INVESTING IN YOUR TRAINING TO "BUILD YOUR POTENTIAL ACCOUNT"

After working at American College Connection for a little over 2 years now, I have come to the conclusion on a few things about college recruiting that might be helpful to some of you who are trying to navigate this yourself. This is not "rocket science", but it is very time consuming, you need access to coaches, need to develop relationships with the college coaches, know how to use the club coach and know how to sell the swimmers potential.

For those of you who are not yet a part of the ACC Family, this is what we do.

Academically the majority of swimming recruits I am working with are very, very strong. The problem with finding roster spots simply comes down to swimming speed and what the needs are for the college team. Simple...right? Not so simple from what I have seen, hence, the title of this article...***"Investing in your training to "Build your Potential Account"***.

Today there are so many FAST/SMART kids out there all competing for roster spots. It can be very confusing to swimmers and parents because they think they can automatically join a college team. It does not take long to figure out when the response you get back from coaches is basically, "keep us informed of your progress." Basically they are saying they are interested, but you are not fast enough... yet. The days of walking on are coming to an end very quickly with college coaches being asked to reduce roster sizes, being more selective on who they recruit. Schools are trimming rosters, cutting kids who can not score in their conference championships. College coaches are looking for kids out of high school who can already score at their championships before they even graduate high school. That's fine for some of the smaller schools, slower conferences, but those who are looking to swim at D1, Power 5 schools there are a very small percentage that can do that.

I listened to Bow Bowman speak at a clinic after Michael's record breaking performance at the 2008 Olympics. **He compared Michael's training like building one's bank account, investing and creating reserves. Basically, building his potential account to withdraw from if needed.** Times have changed, training has changed and we have seen swimmers going faster on less yardage, but the fact still remains that everyone requires a certain amount of consistent training in order to be successful. There needs to be a plan in place and if you want to swim at certain colleges or you will need to change your list.

Since ACC is an Educational Recruiting Company, I have highlighted some questions you need to ask yourself first and then a few ways for you to proceed to get there.

- Need to ask yourself if you truly want to swim in college?
- Can you handle the academic and swimming load?
- Are you fast enough to swim at a certain college?
- Are you willing to invest in the work NOW?

If the answer is **yes** then in my opinion, as a swim coach/ recruiting advisor, you have some "investing in your training to build up your potential account". I am constantly driving this point home to all my swimmers/clients.

- Develop a close relationship with your club coach.
- Make sure you and your coach are on the same page.
- Ask your club coach if they can help you! (I can't think of any coach saying no)
- Ask them to hold you **accountable!**
- Show them the swimming time ranges you need to be at by your senior year.
- Remember your coach is busy coaching everyone, so you may need to ask great questions or make time to talk more in depth.
- It won't be easy, but I guarantee it will be worth it if you choose this path.
- Coaches will chase you instead of the other way around if you are open minded and realistic about where you fit.

--**Kdawg**



“Necessary Intangibles”

What college coaches value in recruits the most

besides times **A Team (First Mentality)**

- o How you impact other teammates
- o Do you look to shine the spotlight on others
- o Are you team oriented

Ability to Demonstrate Respect and Integrity

- o Do you respect your parents and coaches
- o Do you respect officials and opponents
- o Are you authentic and respectful of others

Capability to Develop and Sacrifice Daily

- o Do you try every day to get better
- o Are you willing to sacrifice today for tomorrow
- o Are you intrinsically motivated

Ability to Be Coachable and Resilient

- o Are you a good listener
- o Can you put to action what your coach asks
- o Do you handle challenges with maturity

Willingness to Give Back to the Community

- o If asked are you willing to step forward for the greater good
- o You may be asked to participate in various community events

Remember to Join our FaceBook Pages!



ACC Instagram



ACC Swim Dive Help



**ACC Celebrations &
Announcements**

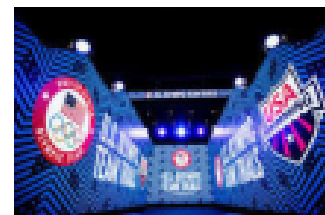
"What should I watch for?"

"Is there something in particular you would say I should pay attention to?"

Are you going to watch the USA Olympic Trials?

Are you watching the USA Olympic Trials?

Are you going to Paris to watch swimming?



Very few get to be the final two in each individual event at Trials. It's the toughest, fastest, most grueling meet in the world. Two celebrate and everyone else laments (almost).

In reality, only about 65 or 70 of all participants in US Trials have a shot at making the Olympic Team. It's a brutal truth.

The questions above are real questions from athletes with whom I've worked. Good questions. Trials are the culmination of years of work. That may be the real lesson when watching. Success doesn't happen overnight. No one accidentally slips into being an elite swimmer.

As I officiated over lane 5 one prelims at the 2012 Trials, I noticed a difference when the circle seeded heats arrived. There were usually 7 heats of each event at that Trials (I anticipate 4 or 5 in Indy). The first 4 heats were obviously very talented. Then the third seed, followed by the second seed, followed by the top seed came to my lane. I was in awe of the difference in precision of turns, approaches, streamlines, body position ... everything was deliberate and precise, at another level even compared to the 4 previous heats.

Small improvements and little wins every day end up delivering big changes. You too can do this. What is your win? What is your next level?

Win something every day and in the end you have a greater chance to achieve your goal - in swimming and in life.

Jeffery A. Raker, PCC

Level Up Sports Leadership

Certified Executive Leadership Coach - ICF

Growing leaders in sports and for sports



ACC Families:

Remember our referral program!

Referrals are truly appreciated!

www.ACCrecruits.com

American College Connection *Newsletter Edition*

May 2024

513-675-0570

@jeffrakercoach

Jeff@levelupleadershipcoach.com