



Flip Turn

BUT I WAS AT PRACTICE COACH



“Ready For It?” Taylor Swift



New School Year

Welcome to the start of a new school year and swim season!

Summer and time in the outdoor infinite pool goes by too fast. Hopefully you accomplished the goals you set for your summer swims and have established new fall goals.

Here is what this means for you:

1. Self-reflection of your summer success and where you feel you need to improve.
2. Were you a good teammate, did you make every practice and give 100%?
3. Meeting with Coach and setting achievable goals for the fall season.
4. Identifying your technical strengths and weaknesses and developing a plan to improve with your coach.
5. Revisiting this list frequently leads to personal and team success.

This quote from Coach Dave Rollins of FGCU says it all:

Know what your role is. Know what you bring to the team. And be the absolute best you can be in your role. When you are at your best, it allows all of us, the team, to be at our best.

ATTENTION JUNIOR/SENIOR SWIMMERS!!!!

IF you have not officially committed by this time, you **MUST** pay very close attention to phone calls, text and emails from college coaches trying to set up fall visits...

Digging yourself
into a hole...



**Is a lot easier than
getting out of one!**

Promptly respond to the coach and cc your advisor within 48 hours.

We are receiving emails from numerous coaches who have been trying to reach swimmers with little or no responses. We value our relationship with these coaches, so it is crucial we keep these relationships strong so we can continue to service our student athletes and families.

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Academia

Do you have an Academic Plan?

As you enter high school, each year becomes more intense than the last when it comes to recruiting and academics. Be sure you have good communication with your guidance counselor in terms of your academic goals.

Focusing on Freshman year: **9th grade**

- Establish a relationship with your counselor and let your counselor know you plan to swim in college so you can determine the classes you need for NCAA eligibility.
- Consider AP classes in your schedule. College Admission Counselors like to see rigor.
- Colleges care about your GPA, class rank, transcripts, and test scores... Make sure you start off strong!
- Align your classes to your college major interest. For example, if you want to be in health care, take electives geared toward this.
- Join some clubs and find volunteer opportunities that put you in leadership roles... Keep track of hours you spend volunteering along with a description of what you do.
- Gather awards and accomplishments for academics and swimming.
- Get ahead of the financial curve and discuss with your parents on how to pay for college
 - With most recent transcripts in hand, parents may call financial aid schools of interest to get an estimate of cost basis. You can search and apply for scholarships as a freshman.
- School must be affordable, so if the price point is too high then consider moving on
- By starting early and keeping your focus on your goals, you will indeed be prepared for your dream of swimming at the college that is perfect for you

TRIVIA QUESTION: Is the Long Course season relevant to swimming in college? This confirms what we have always told you!!!

Tasks for September:

- **CONSTANT COMMUNICATION:** everyone loves to text/ email and talk on the phone, so please include us in that! **KEEP IN TOUCH WITH YOUR COORDINATOR! When we send your information out to coaches, we don't know if a college coach has contacted you, so always let us know.**
- **Let us know when you are contacting coaches by cc'ing us on the emails. That way, we can follow up with the coaches easily. Also, when you write an email, include all coaches on the staff. With everyone included, no communication gets 'lost'.**
- **ON YOUR DESKTOP HAVE YOUR LATEST TRANSCRIPTS/GPA/ TEST SCORES/ NEXT YEARS COURSE SCHEDULE ALL IN one easily readable PDF .**
- **CLUB COACH COMMUNICATION:** Set up a meeting with your club coach NOW to have a plan for the season in the pool, dryland, weights, areas to improve on, etc. YOUR coach is the KEY person in the performance piece of the puzzle, so communicate and do it often, daily.
- **REFERRALS ~ PLEASE...Tell your friends about ACC and how we are helping you!**

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NCAA News Official visits

NCAA Rules in Plain English

Sophomores:

Contact

June 15 (after the Sophomore year)- Can receive emails, texts and phone calls

Scholarship

- August 1 (after the Sophomore year)- can receive a verbal (non-binding) offer
- August 1 (after the Junior Year)- can receive a written (non-binding) offer Second Wednesday in November (of the Senior year)- can sign scholarship papers and National Letter of Intent (binding)
- August 1 (after the Sophomore year)- can take unlimited official visits. Keep in mind not all schools will pay for your official visits.

Unofficial Visits

August 1 (after the Sophomore year)- can take unofficial visits and meet with coaches

How it affects Juniors/Seniors:

Contact

June 15 (after Sophomore year)- can receive phone calls

The recruiting pool just got larger. Roster spots, especially for men, will fill sooner. Recruits may have to commit earlier to a school just to have a roster spot. There will be less scholarship money available. In order to stay on a coach's radar, it is necessary to update the coaches every two weeks.

ANSWER TO TRIVIA QUESTION:

If you are good at long course then you have another way to qualify for NCAA's!

<https://swimswam.com/d1-swimming-diving-committee-approves-long-course-qualifying-for-2024-ncaa-champs/>