

# Swimming in College

*What Does College Swimming Look Like?*

## Varsity: NCAA Student-Athlete

- Athletic Requirements - 20 Hours a week
- Student Requirements - passing minimum 12 credit hours
- Social Life and Family Life Balance
- Four-year commitment
- Student-Athlete resources (tutors, early class registration)
- Vacation and Breaks may vary on institution and program

## Club: Continuing Fitness

- A way to continue swimming while in college
- Different levels of commitment and competition
- Collegiate Club Swimming Championships



Excel Aquatics has a long, successful history of assisting athletes reach the collegiate level of competition in the sport of swimming.

This informational booklet will help guide athletes and their parents through the process of becoming a student-athlete as well as the demands that come with it. More information can be found on Excel Aquatics website under the "College Swimming" tab.

## Timeline for Swimming in College

### **Division I:**

#### **Freshman/Sophomore Years**

- 2015 Rules changes
- You are allowed to receive recruiting materials such as: questionnaires, camp brochures, NCAA materials and nonathletic recruiting publications only.

#### **Junior Year**

- Telephone Calls: Once per week starting July 1 following your junior year. July 1 is the most important date to remember.
- Off-Campus Contact: Coaches can contact you at an off-campus location after July 1 of your junior year.
- Student needs to register with the NCAA Eligibility Center, for NCAA, or the NAIA Eligibility Center.

#### **Senior Year**

- Telephone Calls: A coach can call you once per week
- Off-Campus Contact: July 1 prior to senior year of the opening day of classes of his or her senior year, whichever is earlier.
- Official Visits: Opening day of prospect's classes

### **Division II:**

#### **Junior Year:**

- Recruiting Materials: After September 1
- Telephone Calls: June 15 immediately preceding junior year. No limit on the number of calls after the first permissible date
- Off-Campus Contact: June 15 immediately preceding junior year

#### **Senior Year:**

- Official Visit: Opening day of classes

### **Division III:**

#### **Sophomore Year:**

- Recruiting Materials: Permissible
- Telephone Calls: Permissible both freshmen and sophomore years

#### **Junior Year:**

- Off-Campus Contact: Following completion of junior year

#### **Senior Year:**

- Official Visit: Opening day of classes



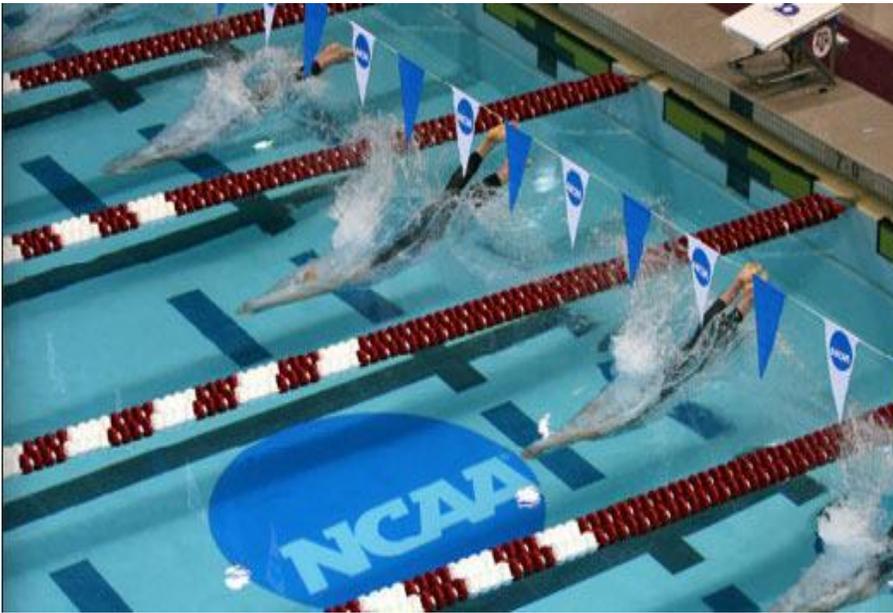
College programs have certain restrictions on contacting Prospective Student Athletes (PSAs). However, PSAs may contact coaches by email or phone at anytime during their high school career.

### **NCAA Eligibility Center/General Eligibility**

*(College bound student-athletes are encouraged to register at the beginning of their junior year of high school)*

#### Academic Eligibility per NCAA:

- Graduate from high school.
- Complete a minimum of 16 core courses for Division I or 14 core courses for Division II. After August 1, 2013, student-athletes who wish to compete at Division II institutions must complete 16 core courses.
- Earn a minimum required grade-point average in core courses.
- Earn a qualifying test score on either the ACT or SAT.
- Request final amateurism certification from the NCAA Eligibility Center.



## Recruiting Trips

### What is the difference between an official visit and an unofficial visit?

Any visit to a college campus by a college-bound student-athlete or his or her parents paid for by the college is an official visit.

Visits paid for by college-bound student-athletes or their parents are unofficial visits.

During an official visit the college can pay for transportation to and from the college for the prospect, lodging and three meals per day for both the prospect and the parent or guardian, as well as reasonable entertainment expenses including three tickets to a home sports event.

The only expenses a college-bound student-athlete may receive from a college during an unofficial visit are three tickets to a home sports event.

The only expenses a college-bound student-athlete may receive from a college during an unofficial visit are three tickets to a home sports event.

### It is important to consider:

What are you wearing? Dressed to impress or are you looking a bit unorganized?

Are you organized with any materials you are presenting to the coach/school?

Is the student-athlete driving the conversation with the coach or are the parents? Who is more interested in learning about the program? Remember to get YOUR questions answered. Don't be passive in the experience.

## Recruiting:

### Rules and Regulations

NCAA member schools have adopted rules to create an equitable recruiting environment that promotes student-athlete well-being. The rules define who may be involved in the recruiting process, when recruiting may occur and the conditions under which recruiting may be conducted. Recruiting rules seek, as much as possible, to control intrusions into the lives of student-athletes.

The NCAA defines recruiting as “any solicitation of prospective student-athletes or their parents by an institutional staff member or by a representative of the institution’s athletics interests for the purpose of securing a prospective student-athlete’s enrollment and ultimate participation in the institution’s intercollegiate athletics program.”

### *How Should I Behave On Visits?*

It is EXTREMELY important to remember your visit to a college and meeting with the team and coach can be your one and only chance to make a good impression in person.

# Financial Aid:

## Paying for School



Visiting your high school college counselor or guidance counselor may help in the search for different types of scholarships available to you.

There are many options out there to help students pay for college. It is important for students to look at all possible options to help them pay for college, if needed.

Each college and university has a financial aid offices or financial service offices. Take time to look into the options each school has to offer and see if you can apply for additional funds from the school.

### **Per the NCAA:**

Individual colleges or universities award athletics grants-in-aid (often described as scholarships) on a one-year, renewable basis. They may be renewed for a maximum of five years within a six-year period of continuous college attendance. Aid can be renewed, canceled or reduced at the end of each year for many reasons. If a student-athlete's aid will be reduced or canceled, the college or university must provide the student-athlete with an opportunity to appeal.

Financial aid is awarded in various amounts, ranging from full scholarships (including tuition, fees, room, board and books) to small awards that might provide only course-required books. Such partial awards are known as "equivalencies." Some Division I sports (including Football Bowl Subdivision football and basketball) do not permit equivalencies.

All scholarships from any source in any amount must be reported to the college financial aid office. The total amount of financial aid a student-athlete can receive and the total amount of athletics aid a team can award may be limited. These limits can affect whether a student-athlete can accept aid from other sources.

Athletics financial aid can be a tremendous benefit to most families, but some costs are not covered (for example, travel between home and school). Also, although the benefits of athletically related financial aid are substantial, the likelihood of participating is relatively small. Any young person contemplating college attendance should use high school for legitimate academic preparation.

Some examples of financial aid include:

Academic scholarships

Athletic scholarships

Federal work-study program

Grants (private and government-based)

Scholarships

Loans (Private and government-based)