

# Flipturn



## Did you know?

### *JuCo: Another College Option*

Student athletes, and parents, regularly ignore Junior college and all the advantages it can give a young person. Many famous athletes and coaches began there.

Roger Staubach, Nolan Richardson, Spuds Webb and Larry Johnson, all started their illustrious careers in the JUCO world. Notice, only men are listed. It wasn't until 1975 and the beginning of Title IX, were women added to the roster of the Junior colleges.

*(cont. p.2)*

## Academia

### *Volunteer Opportunities*

If you are hoping to receive scholarships to help pay for college, volunteering is the way to go. Both college admissions and scholarship committees are looking for these experiences. There are so many scholarship opportunities out there that base their decisions on volunteering. This does not mean you should go out and volunteer for all kinds of random activities one time your sophomore year.

*(cont. p.2)*

## NCAA News

### *Official Visit Tips: After the visit*

Hopefully you've had a positive and rewarding visit, but it's not over yet.

When you get home let the coaches know you arrived safely and thank them for their interest and time. It is a very good idea to mail a thank you note.

Thank your student host. It takes a lot of time and energy to host a recruit the right way. It is permissible to send a small thank you gift.

*(cont. p.2)*



## Did You Know? *JuCo...Another College Option (cont....)*

Junior college provides options that other division schools don't. We know many students don't know what they want to study.

Without paying the higher cost of a four year school, you can get your general education classes out of the way ( and you might discover what you really have a passion for !)

There is a lot of financial, merit and athletic aid. Because school size is smaller, you have closer relationships with your professors, and ample tutoring is available.

Transferring is easy to a four year school.

Training is committed and serious, as a lot of swimmers use this as a stepping stone to a four year program.

Take a look at an overlooked college option. You won't be disappointed !

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## **Academia** *Volunteer Opportunities (cont...)*

Find an organization (work with animals, work with unified sports, or Special Olympics, volunteer at a food pantry, look for opportunities within your church, help out at the elementary school) that appeals to you and get involved. It may only take 1 hour a week of your time, but it makes a big difference. If you can become a leader within the organization, even better. Colleges like to see you find a volunteer organization which you are passionate for and really become involved. Jeff Brenzel, Dean of Undergraduate Admissions, Yale University suggests that you do things which you truly enjoy because you will get something out of it and it will be perceived in your college essay.

By Melynda Nash,

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## **NCAANews** *Official Visit Tips: After your visit (cont...)*

### **A Note to Parents:**

It is certainly OK for you to go on the visit with your recruit, but know that you won't be able to hang out with them very much.

If you are asked by the coach to attend a meeting with your swimmer this does not mean the coach will be engaging you very much. I know this may be tough, but make sure you don't answer for your swimmer when the coach asks a question.

Swimmers: Be yourself and sell your potential. Official visits begin August 1 before your junior year.

By Rick Paine,

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