

# Flipturn



## Did you know?

*NAIA: The hidden gem of collegiate sports*

It's true, there are not as many colleges in NAIA as they lean toward smaller institutions. However, what they do offer is a lot of financial and athletic aid. The initial version of the NAIA began with all male athletes in 1937 with basketball, and evolved over the years to include women (in 1980 ) and a variety of sports.

*(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? *NAIA: The hidden gem of collegiate sports(cont....)*

NAIA teams compete in 21 different conferences and a National Championship in all 16 sports. Swimming is taken very seriously, and offers a wonderful segway into the world of being a student athlete. There are almost 100 swimming schools offered, and it could be said they are on par with d2 schools!

Just because a school might be smaller, that does not mean they compromise on education, coaches or facilities. Their goal is to give the athlete a wide variety of experiences, and still be able to swim!

Before you say yes, to just anyone, look at the NAIA teams and see how you can help each other!

By Lori Payne

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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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## **NCAA News** *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.

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