

Flipturn

BUT I WAS AT PRACTICE COACH



Did you know?

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.

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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.

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NCAA News

NCAA Rules in Plain English

In 2019 the NCAA voted to move the recruiting process even earlier than it was. Make sure you are up to date with these changes. This rule change only affects D-I schools.

How it affects 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 (during the Senior year)- can sign scholarship papers and National Letter of Intent (binding)

(cont. p.2)



Did You Know? *New School Year (cont....)*

- 2- Were you a good team mate, 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're at your best, it allows all of us, the team, to be at our best.

*By Lori Payne - Assistant Director of Swimming
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Academia *Do you have an Academic Plan? (cont...)*

- Consider AP classes in your schedule. College Admission Counselors like to see rigor. Colleges care about your GPA, class rank, and transcripts. 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. Keep track of hours you spend volunteering along with a description of what you do.
- Start gathering awards and accomplishments for academics and swimming.
- Discuss paying for college with your parents. You can search and apply for scholarships as a freshman.

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!

*By Melynda Nash - Academic Advisor,
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NCAANews *NCAA Rules in Plain English(cont...)*

Official visits

August 1 (after the Sophomore year)- can take official visits

Unofficial Visits

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

How it affects Juniors:

Contact

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

June 15 your recruiting class just doubled. Coaches will have sophomores to recruit. 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.

How it affects Seniors:

June 15 your recruiting class just tripled. Coaches will have Juniors and Sophomores to recruit. 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.

*By Rick Paine - CEO / Director of swimming,
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