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Get information to college coaches.

What to send:

- Year of graduation
- GPA
- A few best times
- Goals for the next shave/taper meet
- Have your coach or someone be able to sell the college coaches on your potential to develop
- Race video is not necessary at this point

Sophomores

Get information to college coaches including race video. D-I and D-II coaches are not allowed to communicate with recruits until June 15 after grade 10. D-III, NAIA and Junior College coaches can start contacting recruits as early as the 9th grade.

- Year of graduation
- GPA
- Area of academic interest if known
- Height and weight
- A few best times
- Goals for the next shave/taper meet
- Sell your own potential. You must get the coaches to have an idea of how fast you will be as a senior in high school and a freshman in college
- Have your coach or someone be able to sell the college coaches on your potential to develop
- Race video is a must as June 15 gets closer. Ask your coach or someone to analyze your video for the college coaches and point out all of the things that you do well
- Keep the coaches updated on your progress
- You must get yourself as high on the coaches' recruiting lists as possible before June 15

