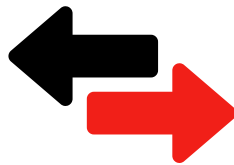


FLIPTURN

April 2025



Navigating the Transfer Portal: A Roadmap for Success



Motivational Note: Remember, transferring is a strategic move—take charge of your future!

Key Points:

- **Do Your Homework:** Research schools thoroughly. Think academics, athletic fit, and campus culture.
- **Communicate Clearly:** Transparency is key—inform your current coach and secure necessary permissions.
- **Update Your Profile:** Make sure your stats, videos, and achievements are current—coaches are watching!
- **Understand the Rules:** Familiarize yourself with NCAA transfer windows and eligibility requirements.

What to Avoid:

- Missing deadlines
- Miscommunication with coaches
- Rushing decisions without thorough research

Questions? Contact Kevin Weldon
kevin@accrecruits.com
Director of Club Relations

Mission

American College Connection: Former college swim coaches helping swimmers and divers get recruited.

Vision

To be a world-renowned recruiting education company that helps swimmers and divers from all over the world make their dreams a reality by helping them find their perfect fit for academics and athletics in college.



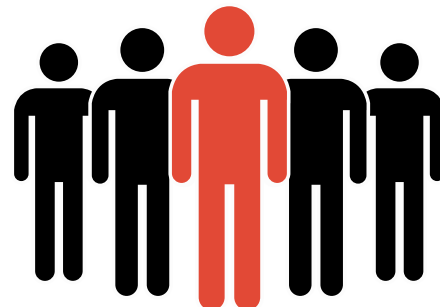
314-518-8844

WWW.ACCRECRUITS.COM



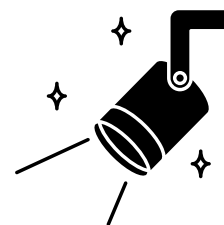
ACC College Recruiting Tips: Stand Out and Shine

- **Start Early:** Begin building relationships with college coaches as soon as possible.
- **Craft a Winning Profile:** Highlight your athletic and academic achievements. Use a professional photo, include your stats, and write a compelling personal statement.
- **Be Proactive:** Let ACC help you turn the tables—get coaches chasing you, not the other way around.
- **Stay Organized:** Track deadlines, communication, and visits. A well-organized approach speaks volumes about your maturity and commitment.



Success Story Spotlight: Sarah

Meet Sarah, a dedicated swimmer who followed these tips and landed a scholarship at her dream school. Her winning strategy? A standout profile and ACC's support in connecting with coaches!



Sarah's Rise to Collegiate Swimming

Sarah's story is one of determination, talent, and smart strategy. A passionate swimmer with an unwavering dream, she turned ambition into achievement with the dedicated support of ACC. Her journey to earning a scholarship at her dream school serves as a shining example for aspiring athletes everywhere.

From Dreamer to Achiever

When Sarah first considered collegiate swimming, she felt daunted by the complexities of the recruiting process. But with ACC's personalized guidance, she gained the tools and confidence to stand out. Together, they crafted a profile that wasn't just a resume—it was her story.

Athletic Profile

Event Specialization: 200 Butterfly, 500 Freestyle
Key Achievements:

- Junior Nationals Finalist in the 200 Butterfly—demonstrating resilience under pressure.
- State Champion in the 500 Freestyle—showcasing her versatility and endurance.
- USA Swimming Academic All-American—proof of her ability to excel both in the pool and the classroom.

Strategy

- Creating a highlight reel with expert tips from ACC, capturing her flawless technique and competitive spirit.
- Crafting a personal narrative that highlighted her leadership qualities and commitment to her teammates.
- Learning how to articulate her goals in targeted communications with coaches, leaving a lasting impression.

Continued

Success Story Spotlight: Sarah

The Power of Connection

ACC didn't just help Sarah create a standout profile—they opened doors. With their vast network and deep understanding of NCAA recruiting timelines, ACC guided Sarah step-by-step:

- **Building relationships:** Sarah learned how to communicate authentically with college coaches, fostering meaningful connections.
- **Navigating timelines:** ACC ensured that Sarah stayed ahead of key deadlines, giving her an edge over the competition.
- **Showcasing her values:** Together, they emphasized what set her apart, helping her resonate with programs that aligned with her vision.

A Dream Realized

Sarah's hard work paid off when she signed with a competitive Division I swimming program. But this was more than just a recruitment win—it was a testament to her perseverance and the power of ACC's mentorship. Today, Sarah is thriving as a student-athlete, balancing rigorous academics with collegiate swimming at the highest level.

***In Sarah's Words...**
"ACC believed in me from the start. They taught me not just how to show my strengths, but how to embrace my journey. I couldn't have done it without them."*

Ready to level up your recruiting journey?

Suggested ACC Timeline

8th grade: Build relationships with our staff through educational seminars and individual meetings.

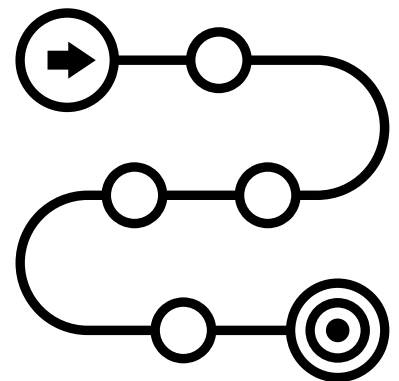
9th grade: Transition successfully to high school academics, athletics and social life. Learn about your wants & needs as it pertains to your future best-fit college.

10th grade: Develop an initial list of colleges by setting healthy expectations and for the college search process. Begin introducing yourself to coaches with the understanding that only Division III coaches can respond directly.

11th grade: Balance your high school lifestyle with the "full-time job" that is communicating with college coaches in the recruitment process. Learn from our advisors how to "interview" with coaches and ask the right questions.

12th grade: Make a commitment, submit your application and learn how to transition to your dream school!

Freshman of college year: Learn how to manage college academics, athletics & social life .





Visualization for Competitive Swimming and Diving: Boosting Performance Through Mental Rehearsal

Visualization, or mental imagery, is a powerful tool for swimmers and divers.

By creating vivid mental representations of dives, races, or techniques, athletes can enhance muscle memory, refine skills, and elevate performance. Here's how visualization applies to both sports.

For Divers: Precision and Confidence

Perfect Execution: Visualize every phase of your dive—approach, takeoff, rotations, and clean entry.

Technical Mastery: Rehearse precise body positioning, alignment, and controlled rotations.

Confidence Under Pressure: Picture executing challenging dives flawlessly, staying calm and focused.

Spatial Awareness: Envision your position relative to the platform, board, and water.

For Swimmers: Technique and Strategy

Stroke Mechanics: Picture efficient strokes, powerful kicks, and smooth body rotation.

Race Visualization: Mentally rehearse starts, turns, pacing, and strategy for flawless execution.

Focus and Readiness: Imagine the race environment while maintaining composure and concentration.

Overcoming Challenges: Visualize staying strong through tough moments and achieving your goal time.

Practical Visualization Tips

Be Specific: Focus on detailed movements and techniques.

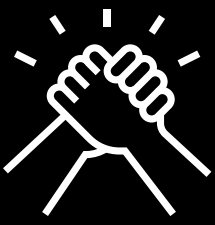
Engage All Senses: Imagine the feel of the water, the sounds, and the sensations.

Practice Regularly: Set aside time for visualization daily, especially before and after training.
Leverage Video: Use footage to reinforce proper technique.

Stay Positive: Combine visualization with affirmations for confidence.



By incorporating visualization into your training, you can sharpen technique, build confidence, and achieve your competitive goals. This is a "snippet" of what we do at ACC for Swimming and Diving!



We're Here to Help – Your Success is Our Priority

Whether you're navigating recruiting, considering a transfer, or adapting to the new rules of college sports, we're here for you.

Read what others are saying...

"The staff at ACC have earned my trust and respect. They get to know young people and their families in a way that puts a premium on their collegiate experience. ACC has the knowledge, integrity and network to make the recruiting process an enjoyable and proactive journey for his clients."

~Bill Dorenkott- Head Coach at The Ohio State University

"ACC is the top expert in the United States for placing athletic students at colleges. American College Connection (ACC) is the best service for your needs. ACC is the best at finding the right school for swimmers with talent to swim and study in the United States."

~ Ray Looze, Jr Head Coach at Indiana University

"ACC's guidance transformed my son's recruiting experience. Their expertise and personalized approach made all the difference."

~The Johnson Family

"Thanks to ACC, our daughter Emily found her dream school and secured a scholarship! The personalized guidance and support throughout the recruiting process made all the difference. We couldn't be more grateful for the opportunities ACC has opened up for Emily!"

~The Porter Family

"ACC was the game-changer for our son Jacob. Their expertise and commitment helped him connect with the right coaches and land a spot on a college swim team with a scholarship. ACC made the daunting recruiting process manageable, and we highly recommend them to any family navigating this journey!"

~The Grant Family



Call to Action:

Ready to turn your college dreams into reality? Fill out a free profile at

[Free ACC Profile Assessment](#)

Stay Connected:

Follow us on social media for updates, tips, and inspiring success stories. Let's make waves together in the world of college athletics!





We are here to assist you!

The ACC Way

The ACC Mission: To preserve, protect and promote college swimming as a varsity sport so that future generations of swimmers can enjoy the student-athlete experience at all levels.

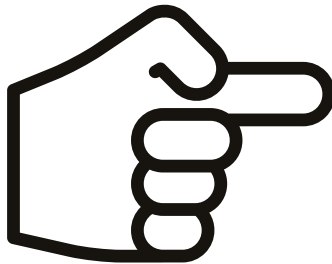
The ACC Vision: To help American and international swimmers conquer the recruitment process through education, inspiration and communication.



The ACC Way: We will work tirelessly to mentor, support and empower your swimmer to reach his full potential in high school, club and college swimming.

The ACC Family: In order to deliver on our commitment to personalized communications and advisory, we invite a maximum of 20 students/families to join the ACC Family each month.

The ACC Staff: We are a small organization with five former college, high school and club swim coaches who are knowledgeable, passionate and professional.



Attention Swim Club Partners!

American College Connection is excited to offer FREE Recruiting Seminars exclusively for you and your swimmers.

Gain valuable insights into the recruiting process, NCAA regulations, and strategies to set your athletes up for success in college swimming.

Schedule your seminar today and empower your athletes to achieve their collegiate dreams!



Who We Are

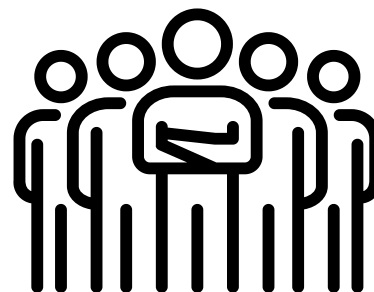
We leverage our insights and connections to get college coaches to initiate contact with our swimmers, resulting in better scholarship offers and potential.

Who We Are?

American College Connection is the only Recruiting Education Company in the world that provides a personalized approach to recruiting for swimming. Our priority is to help the swimmers find the right fit for academics by leveraging their swimming. We have a worldwide clientele of student-athletes and their families. All of us are former college swim coaches with the exception of our Academic Advisor who is a teaching professional. We help the families identify schools that would be a good fit for academics and swimming and we contact the coaches directly.

There are two services that we provide (that no one else does) that are critical for successful recruiting: we get the coaches to initiate contact with the swimmers (better scholarship offers) and as former college swim coaches we are able to sell the swimmers' potential to the coaches.

We teach our families how to play the recruiting game and we are with them until their swimmer finishes college.



Meet Our Team

Lori Payne: Director of Swimming

lori@accrecruits.com

Kevin Weldon: Director of Club Relations

kevin@accrecruits.com

Melynda Nash: Director of Academic Advising & College Admissions

melynda@accrecruits.com

Colleen Kelly: Recruiting Representative

colleen@accrecruits.com

