



College Recruitment Program

There are many opportunities for athletes to continue rowing at the collegiate level and beyond. College coaches are always interested in motivated athletes that demonstrate rowing experience, good technical skills, competitive erg scores and qualifying academics. We are proud of the many Everett Rowing juniors who have graduated to successful collegiate rowing careers and look forward to assisting others in the process.

The plan for the successful scholar-athlete is to **first choose a college for the academics and then for the athletic program**. College rowing program information sent to the Everett Rowing Association is in a file cabinet at the boathouse and is available to the rowers. **The following timeline will help you with the college recruitment process.**

Freshman and Sophomore Year:

1. Work hard to get the best grades possible.
2. Take classes that match your school's NCAA list of approved core courses. You can receive your school's NCAA list of approved core courses at:
https://web1.ncaa.org/eligibilitycenter/hs/d1_standards.pdf

Fall of Junior Year:

1. Become familiar with NCAA DI, DII, DIII, graduation requirements:
www.ncaastudent.org/NCAA_Guide.pdf
 2. If applying to a Division I college, talk to your high school counselor and make sure that you will have taken the mandatory 16 core courses by the time you graduate: 4 years English, 3 years math (Algebra I or higher), 2 years of natural/physical science (one must be a lab science), 1 year of additional English, math or science, 2 years of social studies, 4 years of additional core courses (from any area listed above or from foreign language, non-doctrinal religion or philosophy). See link from Freshman/Sophomore year.
 3. Register for the NCAA Clearinghouse and complete the amateurism questionnaire (\$60):
http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html
 4. Register with US Rowing and post erg scores:
<http://www.usrowing.org/NationalTeams/NationalTeamTesting.aspx>
 5. Register with the College Board (www.collegeboard.com) to take the PSAT, ACT or SAT and enter **code (9999)** as a score recipient (this **will send results to the NCAA**).
- PSAT/NMSQT stands for Preliminary SAT/National Merit Scholarship Qualifying Test. It's a standardized test that provides first-hand practice for the SAT Reasoning Test. It

also gives you a chance to enter National Merit Scholarship Corporation (NMSC) scholarship programs.

- Ask your counselor for copies of the PSAT/NMSQT *Official Student Guide* and the SAT Preparation Booklet. Take the full-length practice test inside. Students should review the guide to be sure they understand all the test directions and are familiar with the types of questions that will be asked. These publications contain a full practice test which you can take under timed conditions to simulate the actual tests. You can also review the sample PSAT/NMSQT critical reading, math, and writing skills questions available on the College Board web-site. Student-athletes can also get complete answer explanations online for all the questions on the practice test.
 - Score Report *Plus*: Scores are reported to schools in December. At that time, your student will receive Score Report *Plus*, which includes not only itemized feedback on test questions, but advice on improving his/her skills as well. For each section of the test (critical reading, mathematics, and writing skills), your student receives personalized skills feedback based on his performance.
 - My College QuickStart: My College QuickStart is an easy-to-use, online, personalized college and career planning kit available free of charge to all students who take the PSAT/NMSQT. This useful tool incorporates student responses that were provided when they took the test, and it presents their data back to them in four main parts: My Online Score Report, My SAT Study Plan, My College Matches, and My Major & Career Matches. My College QuickStart is available using the access code printed on the student's paper score report, and the tool can be utilized throughout high school. Log-in or take a tour of My College QuickStart at (www.collegeboard.comquickstart).
6. Dates: Check with your High schools when they administer the PSAT/NMSQT (October 12th & October 15th).
 7. Fees: The fee for the PSAT/NMSQT is \$14. (Note: Schools sometimes charge an additional fee to cover administrative costs.) The College Board makes fee waivers available to schools for students in eleventh grade from low-income families who can't afford the test fee. See your counselor for more information about fee waivers.
 8. For more information on the PSAT go to:
<http://professionals.collegeboard.com/testing/psat/about/dates>

Winter of Junior Year:

1. Familiarize yourself with the NCAA's eligibility and recruiting guidelines. Check out: www.ncaastudent.org or specifically (www.ncaastudent.org/NCAA_Guide.pdf).
 - Read the “**Guide for the College Bound Student-Athlete**”
 - Read “**Questions to Ask Colleges**” and have your parents read the guide too.
2. Work hard during winter training.

3. Get noticed: If you have not received a letter from a coach during the fall of your junior year, you may want to begin writing coaches to introduce yourself. E-mail coaches, send letters of interest, fill out on-line recruiting forms, and request materials (rowing media guides/programs, admissions information, financial aid information, academic information, summer camp information). Always include your name, address, phone number, and email address in your correspondence.

Summer after Junior Year:

1. **REPEAT:** Register with NCAA Clearinghouse if you haven't already (http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html). (You need 6 semesters on transcript so end of junior year is a good time to register if you haven't yet!).
2. **REPEAT:** If applying to a Division I college, talk to your high school counselor and make sure that you will have taken the mandatory 16 core courses by the time you graduate. Read the Academic Eligibility requirements including the information about core course requirements, GPA, SAT & ACT Tests. Also check out the link for the Eligibility Center for prospective student athletes and fill out and submit the Amateurism Certificate Questionnaire and the Student Release Form.
3. **Ask your guidance counselor or school to send your high school transcript to the clearinghouse after your junior year in high school. The clearinghouse will not accept faxes.**
4. Register or Log-In with the College Board (www.collegeboard.com) for SAT testing and/or (www.act.org) for ACT testing.
 - **Repeat:** When registering for the SAT or ACT, select the Initial Eligibility Clearinghouse as one of the institutions to which the test scores should be sent. Current code is: 9999
 - Send your SAT and/or ACT scores directly to the colleges or universities you are interested in by putting their code on your exam. Look up university and college code numbers on the College Board web-site before you take the exam.
 - Per NCAA rules, the SAT writing section is mandatory, while the ACT writing sectional is optional. Research the admission requirements for the colleges that you are applying to or interested in and make sure you take the appropriate tests.
5. Keep erg scores current on US Rowing web-site.
6. Make unofficial visits to colleges or universities you are interested in. You can make unofficial school visits to campus any time; a coach can meet with a rower after July 1st of the completion of their junior year.
7. Prepare college applications.
8. Contact coaches at colleges to which you intend to apply.
9. Attend rowing camps and national competitions.

Fall of Senior Year:

1. **Repeat:** Register or Log In with the College Board (www.collegeboard.com) for SAT testing and/or (www.act.org) for ACT testing.

SAT & Subject Tests Dates 2011-2012	SAT & Subject Tests Registration Deadline	ACT Test Dates 2011-2012	ACT Registration Deadline
Oct 1	Sept 9	Sep 10	Aug 12
Nov 5	Oct 7	Oct 22	Sept 16
Dec 3	Nov 8	Dec 10	Nov 4
Jan 28	Dec 30	Feb 11	Jan 13
March 10	Feb 10	April 14	March 9
May 5	April 4	June 9	May 4 ¹²
June 2	May 8		

2. SAT and ACT Re-Testing: The average score change is a gain or loss of 100-200 points. The NCAA Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
 3. Schedule and attend official visits. Beginning September 1st of your senior year you can make official visits (1 per college, 5 colleges/universities total). Colleges that invite you for an official visit may pay for expenses including travel, hotel, food & entertainment.
 4. Official visits may not last more than 48 hours on campus. Make sure that on your visit you are scheduled to attend at least one class and to observe a team practice. You cannot work out with the team with a coach present (tryouts are not allowed). You can work-out on a visit (erg, run, etc). Some coaches may ask you to be evaluated by their athletic trainer.
 5. No more than three visits during the recruiting process are allowed with the coach. You can make unofficial school visits to campus any time.
 6. Check NCAA web-site to verify there has been no regulatory changes.
 7. Repeat: Review your amateurism questionnaire responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).
 8. See your guidance counselor for an appropriate timeline for **college recommendations**.
 9. Please ask your coach 2 months in advance if they would write a letter of recommendation.
 10. **Decide which college/university you will attend.**
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11. Graduate from high school on time (in eight academic semesters). If you fall behind, use summer school sessions **PRIOR** to graduation to catch up.
12. Receive scholarship offers; make a verbal commitment to college/university. Fall signing of the **National Letter of Intent is November 9-16th, 2011** (binding contract).

Application Type	Binding	Can Apply Early to Other Colleges	Can Apply to Other Colleges Under Regular Admissions
Early Decision	Yes	No	Yes
Early Action	No	Yes	Yes
Single-Choice Early Action	No	No	Yes

Winter of Senior Year:

1. **Fill out FAFSA using parent's tax forms (due first week of March—but MOST college deadlines are earlier).** FAFSA site: (<http://www.fafsa.ed.gov/>). You can fill out FAFSA with "anticipated income numbers" and then update after you receive your W-2's and finish your tax-return in January 2012.

Spring of Senior Year:

1. **RACE HARD.** Keep college coaches updated with race results.
2. Spring signing of the National Letter of Intent is April 11th, 2011 (binding contract).
3. **Your high school counselor needs to send your final transcripts with proof of graduation to the clearinghouse after graduation.**

*Do not have your parents regularly call the college coach to check on your recruiting status or give a recommendation. Coaches admire athletes who call for themselves to inquire about their status as a future student athlete. Calling the coach personally shows your independence, maturity, and life skills. Do not hesitate to call a college coach at any time during your high school years.

*Consider taking Jr. college / community college courses on-line or during the summer to boost your GPA. Talk to your high school counselor and make sure classes will transfer to your high school transcript. You cannot take courses after you graduate your senior year to boost application for college admissions / athletic recruitment. Taking college courses after you receive your high school diploma will start your athletic clock and affect your 4-year eligibility.

Summary of Division I Recruiting Rules

Sophomore Year	
Recruiting Materials	You may receive brochures for camps and questionnaires
Telephone Calls	You may make calls to a coach at your expense only. College coach cannot call you.
Off-campus contact	None allowed.
Official Visit	None allowed.
Unofficial Visit	You may make an unlimited number of unofficial visits.
Junior Year	
Recruiting Materials	You may begin receiving Sept. 1 st of junior year
Telephone Calls	You may make calls to a coach at your expense only. College coaches may call you once per week starting July 1 st after the completion of your junior year.
Off-campus contact	Allowed starting July 1 st after your junior year.
Official Visit	None allowed.
Unofficial Visit	You may make an unlimited number of unofficial visits.
Senior Year	
Recruiting Materials	Allowed.
Telephone Calls	You may make calls to the coach at your expense. Once per week beginning July 1 st , coaches can call you.
Off-campus contact	Allowed.
Official Visit	Allowed beginning the opening day of classes your senior year. You are limited to one official visit per college up to a maximum of five official visits to Division I and II colleges.
Unofficial Visit	You may make an unlimited number of unofficial visits.
Evaluation & Contacts	Up to seven times during your senior year (not more than 3 may be contacts)
How often can a coach see me or talk to me off the college's campus?	A college coach may contact you or your parents/legal guardians not more than three times during your senior year.

Summary of Recruiting Rules DII and DIII

	Division II	Division III
Recruiting Materials	A coach may begin sending you printed recruiting materials Sept. 1 st of your junior year in high school	You may receive printed materials any time.
Telephone Calls	A college coach may call you once per week beginning June 15 between your junior and senior year. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year.	A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Official Visit	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to DI and DII colleges.	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.
Unofficial Visit	You may make an unlimited number of unofficial visits anytime.	You may make an unlimited number of unofficial visits anytime.

*Cited from www.ncaa.org / "Guide for College Bound Athletes"

I. How to find a college:

1. The National Directory of College Athletics (www.EverettRowing.com).
2. Collegiate Rowing Directory (www.usrowing.org).

II. What college level should I pursue?

NCAA Division I

- The highest level of athletic competition. Requires total sport commitment, dedication, and high level of athleticism. Have athletic & academic scholarships, financial aid.

NCAA Division II

- May have excellent athletic programs, but may not have the resources and finances to make the step to DI. Many DII offer as many athletic scholarships as DI.

NCAA Division III

- No athletic scholarships although substantial financial aid and academic merit scholarships are available. Athletics is a complement to academics and overall residential experience.

NAIA (National Association of Intercollegiate Athletics)

- Many are private and also offer academic scholarships.

NJCAA

- Two-year college, which belongs to the National Junior Collegiate Athletic Association.

- If you plan on transferring to a 4-year college, you must complete your AA degree to qualify.

III. Where are you on the list?

- Every college coach has a list of prospective student athletes in order of preference for athletic ability. Ask the coach for an honest evaluation of your athletic skills and the possibility of receiving one of their athletic scholarships. The list changes periodically due to discovering new prospective athletes. You may move up or down on their list according to other athlete's decisions to attend another college and/or their acceptance of a scholarship offer.

IV. Compare Colleges:

1. College Division (NCAA DI, DII, DIII, or NJCAA or NAIA?)
2. Academic Major (Does the college have your major or minor?)
3. Location (What state is the college located in? How far is it from your hometown? Can your parents, friends, and family see you often?)
4. Size of College (How many undergraduate and graduate students attend? Is this too big or too small for you? Is the college in a small town or a large city? How many sports are offered?)
5. Scholarship (After talking with the collegiate coach, is there a scholarship available for you? Would this be a full scholarship or partial? Is there an opportunity to walk on? Do you have an opportunity to sign a National Letter of Intent during an early signing period?)
6. Position on Team (Are you looking for freshman to row on the varsity team?)
7. Conference (What conference is the college in? Is this conference suitable to your playing level? Would you like to row in this conference?)
8. Teammates (Do you know any of the team members? Would you like being a member of this team? How many freshman are anticipated on the team your first year?)

V. How to Market Yourself:

1. Research the college academic and athletic programs for the colleges you are interested in.
2. Write the coach an introductory letter.
3. Be confident in your communication with college coaches.
4. Express your interest in the college (do your research first!)
5. Invite the coach to one of your events.
6. Attend a college event.
7. Visit the college campus.
8. Send a DVD video to the coaching staff and race / test results.
9. Be proactive.
10. If rejected, Move On. Stay optimistic and be flexible.