General D1 Recruiting Process Overview

(put together by Coach Kristi)

1. Letters
    a. Swimmers can be contacted by mail Junior year
2. Phone Calls
    a. Swimmers can receive one phone call from the coach in the month of March
    b. This rule may change
    c. Swimmer can receive calls after July 1st of Junior year
    d. Can only receive one call per week
        i. Call week is Sun. through Sat.
    e. Swimmer can call coach unlimited amount of times
        i. Instant message counts as a phone call
        ii. Swimmer/Coach can communicate through email unlimited amount of times
        iii. A call with parents longer than "hello" counts as a call
        iv. Frequency of calls varies program to program
    f. Personal visits
    g. Swimmers can be visited once by a coach in April
    h. Coach can talk with you at meets
        i. Only at the end of the meet!
3. Home visits
    a. Coach can watch practice, visit family and swimmer at house
4. Recruiting Trips
    a. Official and Unofficial
    b. Swimmer can take max of five official visits
    c. Officials offered by most programs, depends on financial budget of program
        i. School pays for travel, room, board, meals
    d. Anyone can take unofficial
        i. School can't pay for it
    e. Opportunity to see college life, meet the team, coaches, academic advisors, professors, etc
    f. Coach can make unlimited calls the week before the official visit
    g. Be responsible
        i. You are representing yourself, family, team, coach and city
5. Signing periods
    a. There are two signing periods
        i. Early: 2nd week in November, one week in duration
            1. Nov 12-19, 2014
        ii. Late: 2nd week in April, lasts until beginning of school
            1. April 15 – Aug 1, 2014
    b. Pros and Cons of each
        i. Early
            1. Scholarship money is offered to ensure roster
            2. Get decision out of the way to eliminate stress
        ii. Late
            1. Most scholarship money awarded
            2. Opportunity to go faster and possibly get larger offers
    c. Scholarship amounts

      i.   Most college now try to "package" athletics and academics

     ii.   Many states have In-State packages