



The focus for the successful student athlete should be to choose a college for the academics first and then for the athletic program. Below are some general guidelines that may be helpful in your college search. Please keep in mind that these are general and may not apply to all schools and situations.

Setting Expectations about Recruiting and Scholarships

When considering colleges and universities, it is important to set expectations about recruiting activities and rowing scholarships. While some coaches actively and aggressively pursue top-level rowers, the majority of athletes will need to assume responsibility for initial and subsequent outreach. It is important that in communications with coaches, rowers demonstrate their skills, the value they bring to the team and knowledge of the college's program. Coaches are looking to hear three major themes in their interactions with rowers: 1) that you are coachable, 2) that you will uphold your commitment to row once you arrive on campus and 3) that you want to be a valuable team contributor.

Rowing scholarships are offered by some colleges and universities, however competition can be fierce. Generally, only varsity-level programs offer rowing specific scholarships. These awards are also generally more available to women than men. Schools not offering rowing specific scholarships can sometimes secure academic monies to entice a rower to select that college, however the student athlete must meet established academic criteria for that scholarship.

Rowing is NOT a ticket into college or scholarship money!

Freshman and Sophomore Year:

- Work hard to get the best grades possible. Take challenging courses.
- Work on improving erg scores.
- Attend summer and/or fall rowing programs, e.g. PRRA, Nereid, or college sponsored.
- Think about the type of college you would like to attend (small or large, distance from home, etc.). Use websites to get more information about colleges: e.g. Naviance, Unigo.com, etc.

Fall of Junior Year:

- Continue to work hard to get the best grades possible. Take challenging courses.
- Complete the online Recruiting forms for the colleges you are interested in. Links for many programs can be found on Ridgewood Crew's College Rowing list.
- Post your scores at www.usrowing.org, www.irow.com, www.concept2.com.
- Start making "unofficial" college visits. Research the school and the rowing program before you go.
- If you are planning to row for a Division I or II school, register at NCAA clearing house (www.ncaa.org) and complete the amateurism questionnaire. Become familiar with NCAA DI, DII, DIII, graduation requirements (www.ncaastudent.org) or specifically

(www.ncaastudent.org/NCAA_Guide.pdf). Division I and II college coaches cannot talk to rowers and families until after July 1st, but may answer emails.

Winter of Junior Year:

- Continue to work hard on academics and rowing.
- Work hard during winter training to prepare for the Ridgewood Crew spring season.
- Compete in indoor rowing championships, e.g. Crash B's.
- Post your scores at www.usrowing.org, www.irow.com, www.concept2.com.
- Get noticed: email coaches, send letters of interest, fill out online recruiting forms, and request materials. See sample letter at the end of this document.

Spring of Junior Year:

- Continue to work hard on academics and rowing.
- Work hard during the regular season.
- Attend college fairs (RHS has one in the spring).
- Consider making a rower/coxswain video.
- Prepare a rowing resume to send to coaches. Include the profile for Ridgewood Crew when sending your resume.
- Continue with "unofficial" college visits, time permitting, with spring rowing schedule.
- Send a letter or email of interest to the rowing coach from your selected schools based on your "unofficial" visits.
- If you have a free weekend, attend a collegiate regatta. Dad Vail in May is on the Schuylkill.

Summer after Junior Year:

- Keep erg scores current on your profile web sites if applicable. Contact coaches at schools to which you intend to apply. Update coaches with spring season results and erg scores.
- If you are applying to a Division I or Division II school, when submitting SAT or ACT scores, select the Initial Eligibility Clearinghouse as one of the institutions to which the test scores should be sent (currently code 9999).
- Attend rowing camps and/or national competitions.

Fall of Senior Year:

- Continue to work hard to get the best grades possible. Take challenging courses.
- Ask your coach to write a letter of recommendation. Keep your RC coach posted on your communications with the college coaches.
- Schedule and attend official Division I and II visits. Beginning September 1st of a rower's senior year, official visits (1 per college, 5 colleges total) are permitted and the college may pay expenses. Official visits may not last more than 24 hours on campus, transportation is not usually covered, and parents expenses are not covered. SAT or ACT scores must be on file unless already filed with NCAA clearinghouse. Schedule time to see a team practice. No more than three visits during the recruiting process are allowed with the coach. Rower can make unofficial school visits to campus any time; a coach can meet with a rower after July 1st. Check NCAA website to verify there has been no regulatory changes.
- Consider any scholarship offers. Negotiate scholarships; if possible (don't be too pushy).
- Decide which college/university you will attend.
- Make a verbal commitment to school, sign letter-of-intent (binding contract), if necessary.

Winter of Senior Year:

- Continue to work hard on academics and rowing.
- On or soon after January 1, fill out and send in FAFSA financial aid applications using parent's tax forms (or have your parents complete). The FAFSA is due the first week of March at most schools, some earlier.

Spring of Senior Year:

- Continue to work hard on academics and rowing. Coaches may be in touch with your school and your coach to make sure you stay on track.
- Keep college coaches updated with race results and erg score improvements.
- For Division I or II schools, your high school counselor needs to send your final transcripts with proof of graduation to the clearinghouse after graduation.

NCAA

Complete rules for Division I, II and III recruiting can be found on the NCAA website, http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html. Resources and publications are available at this site, including:

- 2010-2011 Guide for the College Bound Student Athlete
<http://www.ncaapublications.com/p-3950-2010-2011-guide-for-the-college-bound-student-athlete-due-late-summer-2010.aspx>
- NCAA Initial Eligibility Brochure
- Freshman Eligibility Standards Quick Reference Sheet
- Registration Checklist
- List of NCAA Courses
- Division I and II Worksheets
- Amateurism Certification Process
- How to Request Final Amateurism Certification

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. 1st 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 1st after the completion of your junior year.

Off-campus contact: Allowed starting July 1st 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 1st, 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

Recruiting Materials: A coach may begin sending you printed recruiting materials Sept. 1st 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. 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 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.

Unofficial Visit: You may make an unlimited number of unofficial visits anytime.

What college level should I pursue?

NCAA Division I

- Highest level of athletic competition.
- Requires total commitment, dedication, and high level of athleticism.
- Athletic & academic scholarships, financial aid.

NCAA Division II

- High level of athletic competition.
- Athletic & academic scholarships, financial aid.

NCAA Division III

- Athletics is a complement to academics and overall residential experience.
- No athletic scholarships although substantial financial aid and academic merit scholarships are available.
- NAIA (National Association of Intercollegiate Athletics)

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.

Where are you on the list?

College coaches sometimes maintain 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.

SAMPLE LETTER TO COACH

Name
Address
City, State, Zip

Date

Coach XXXX
XXX College
address
city, state, zip

Dear Coach xxx

After considering your team's traditions and achievements, I would like to share with you why I feel I would be a valuable contributor to its ongoing success.

As a Ridgewood Crew (level) rower, I bring (number) of years rowing experience to (college). In my tenure with Ridgewood Crew, I and fellow rowers have marked significant achievements. On the erg, my personal best for a 2k and 6k stand at (time 2k) and (time 6k), respectively. On the racecourse, I have been privileged to work with my boatmates in posting impressive results, including (list notable finishes at top-level races throughout rowing career).

I am very much impressed with (college's) academic offerings and equally impressed with your rowing program. I have attached my resume/profile for your review. I look forward to establishing ongoing communications about my joining the (college) class of (year) and your program as NCAA rules permit.

Sincerely,

(your name)

SAMPLE RESUME

Name
Address
Phone
e-mail (if available)

School Information
Address
City, State Zip

Physical Profile
Height
Weight
Erg Times

Anticipated date of graduation: May, "Year"

Academic Highlights

- Grade Point Average: " _____ "
- ACT Score: _____ SAT Score: _____

Athletic Honors/Awards

(Include any information highlighting your accomplishments-in descending order)

References

Include coach's' names, addresses and contact phone numbers, both day and night. Request permission from your coaches prior to including.