



# COLLEGE RECRUITING 101

TIPS TO GETTING AHEAD IN THE COLLEGE RECRUITING PROCESS





# STEP I.

DON'T STRESS



# HOW COLLEGIATE ROWING IS ORGANIZED

- NCAA (women's only)
- Intercollegiate Rowing Association (IRA)
  - Men and lightweight women
  - Championship is the IRA Championships
- ACRA (everyone else)
  - Collegiate club programs

# NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)

Nonprofit organization that regulates student athletes from 1,268 North American institutions and conferences

- Women's Rowing Only, although IRA follows many of the same recruiting rules
- Runs the NCAA Championships
- Three-division system
  - Generally larger schools compete at Division I and smaller schools Division II & III (football programs)
  - 89 Division I Programs, 16 Division II and 44 Division III
  - About 47 athletes per team
  - 11 Conference Championships (American, Ivy, Pac-12)

# INTERCOLLEGIATE ROWING ASSOCIATION

Governs intercollegiate rowing between varsity rowing programs across the United States

- Runs the IRA National Championship Regatta (Includes men and women's (lightweight) events)
- Men – Organizes six(6) different qualifying regattas throughout the year in advance of champ regatta
- Lightweight Women three(3) qualifying regattas, (4) at-large bids
- Roughly 50 programs

# AMERICAN COLLEGIATE ROWING ASSOCIATION (ACRA)

- Considered the National Championship for collegiate club programs and all programs outside the NCAA/IRA structure
- These programs can range from the bottom end being recreational teams to top end competing at championship regattas
- Roughly 70 programs
- Split into six regions
  - Mid-atlantic
  - Great Lakes
  - Plains
  - Northeast
  - South
  - West Coast
- Programs include:
  - Michigan
  - Purdue
  - NotreDame

# HOW DO I FIND COLLEGES WITH ROWING PROGRAMS?

- Row2K
- cMax
- IRA/USRowing varsity eight coaches poll
- ACRA poll

| Div I            |            |        |           |            |       |           |            |
|------------------|------------|--------|-----------|------------|-------|-----------|------------|
| DI Teams by Conf |            | Div II | Div III   | Lwt        | Club  | ACRA      | Combined   |
| By Team          |            | Teams  |           |            |       |           |            |
|                  | 6/5/19     |        |           | 5/29/19    |       |           | 5/22/19    |
| Rank             | Team       | Conf   | Secs Back | Team       | Conf  | Secs Back | Team       |
| 1                | Washington | Pac12  | 0.0       | Cal        | Pac12 | 0.0       | Cal        |
| 2                | Texas      | Big12  | 0.6       | Washington | Pac12 | 1.9       | Washington |
| 3                | Stanford   | Pac12  | 1.4       | Stanford   | Pac12 | 2.0       | Stanford   |
| 4                | Michigan   | Big10  | 1.8       | Texas      | Big12 | 7.2       | Texas      |
| 5                | Cal        | Pac12  | 2.6       | Michigan   | Big10 | 8.2       | Michigan   |
| 6                | OhioSU     | Big10  | 4.1       | Princeton  | Ivies | 9.4       | Princeton  |
| 7                | Princeton  | Ivies  | 4.5       | OhioSU     | Big10 | 10.1      | OhioSU     |
| 8                | Iowa       | Big10  | 8.1       | Iowa       | Big10 | 12.3      | Iowa       |
| 9                | Yale       | Ivies  | 8.3       | Brown      | Ivies | 13.3      | Brown      |
| 10               | Rutgers    | Big10  | 9.4       | Rutgers    | Big10 | 14.5      | Rutgers    |
| 11               | Brown      | Ivies  | 9.5       | USC        | Pac12 | 14.6      | USC        |
| 12               | Radcliffe  | Ivies  | 11.5      | Virginia   | ACC   | 15.3      | Virginia   |
| 13               | Virginia   | ACC    | 12.3      | Yale       | Ivies | 17.0      | Yale       |
| 14               | USC        | Pac12  | 13.9      | UCLA       | Pac12 | 17.7      | Wisconsin  |
| 15               | Indiana    | Big10  | 14.1      | Wisconsin  | Big10 | 17.8      | UCLA       |
| 16               | Wisconsin  | Big10  | 15.8      | SMU        | AAC   | 18.1      | SMU        |
| 17               | MichSU     | Big10  | 16.4      | Duke       | ACC   | 19.6      | Duke       |

# WHERE TO BEGIN

- Do research on the college itself first
  - Big school vs. Small school
  - Public vs. Private
  - Does it have are of study you're interested in?
- Set expectations
- Ask yourself:
  - What level do I want to row at?
  - What am I trying to gain/achieve by rowing at college?
  - Is scholarship a factor?



# WHAT DO COACHES LOOK FOR

- 2K
- 5k/6k
- Height
- Weight (*how well you move your body*)

# OTHER THINGS CONSIDERED

- Academics/Test Scores
- Technique – Video
- Camps attended
- Extracurricular
- Coach Recommendations

# COMMON MISCONCEPTIONS

- Boat Placement
- Race Results

# SAMPLE ERG SCORES

## Men

- Heavyweight
  - Top Tier – Sub 6:00-6:15
  - Mid Tier – Sub 6:30-6:50
  - Aiming Sub 7:00
- Lightweight (160 lbs, boat avg 155lbs)
  - Top Tier – Sub 6:20-6:40
  - Mid Tier – Sub 6:35-6:55

## Women

- Heavyweight
  - Top Tier – Sub 7:00-7:15
  - Mid Tier – Sub 7:30-7:50
  - Aiming sub 8:00
- Lightweight (135 fall, 130 spring)
  - Top Tier – Sub 7:20-7:40
  - Mid Tier – Sub 7:35-7:55

# COXSWAINS

- More challenging than rower recruitment
- Conversations about weight
- Record race audio
- Attend coxswain clinics/camps

# SUMMER ROWING

- Great for coxswains and rowers
- Give you an idea of how student-athletes train at their college
- Technique, endurance conditioning, strength training
- Many camps include video analysis and racing tactics
- Likely you won't change your 2k erg time or rowing technique over a couple of days, even with the best instruction, but will learn valuable skills
- Benefiting from improved technique, new workouts and deepening their knowledge of the sport
- Properly set expectations, see which camps are right for you

# SUMMER CAMP EXAMPLES

## Duxbury South Shore Competitive Program

**Camp Dates:** Monday, June 13<sup>th</sup> – Sunday, July 17<sup>th</sup>

June 13-25: 1 practice, 4-6pm, Saturday practices tbd.

June 27 – July 9<sup>th</sup>: practices Monday – Friday, 6am – 8:30am and 4-6pm, Saturdays t.b.d.

Athletes should plan on participating in 10-12 practices each week.

Travel to Nationals (location tbd) will take place on or about July 11<sup>th</sup>.  
(exact practice schedule will be communicated to athletes prior to camp)

**Athletes:** Up to 16 U17/U19 boys/4 coxswains  
Up to 16 U17/U19 girls/4 coxswains  
(“U17” is 2006 and later birthdays, “U19” is 2004 and later birthdays).  
Camp admission will be selective and at coaches’ discretion.

**Camp Goals:** In our daily training, our camp goals are:

- Improve athlete technique and skill through individualized coaching
- Build athlete fitness and capability for training and racing at a high level
- Assist athletes with the college recruiting process via access to the USRowing College Fair, video review, as well as feedback from coaches.

**Camp Costs:** \$2500/rower  
\$2000/coxswain

Camp fee covers all coaching, uniform kit, travel to USRowing Nationals, hotel at USRowing Nationals, regatta entry fees. (Athletes will need meal & spending money during USRowing Nationals)

## Penn AC Gold Philadelphia

- 2 to 3 workouts a day
- Limited roster
- June 18-July 17
- Race at the independence day regatta and US rowing national championships
- \$6900

# SUMMER CAMP EXAMPLES

## West Coast Cal Men's Crew Camp

### ELITE HIGH PERFORMANCE CAMP

**Ages:** Entering grades 9-12

**Suggested skill level:** This camp is open to participants of all ability levels

This camp is geared towards experienced rowers with at least one season of racing who want to get a feel for what it is like to row at an elite Division I university. There will be in depth education and discussion of the rowing stroke, training regimens, and racing tactics. Camp will consist of conditioning, strength training as well as exposing camp athletes to the collegiate recruitment process. Coxswains will be given individual feedback and the opportunity to review recordings of their calls.

Both camps will focus on sweep rowing.

## Simon Consulting (Coxswains)

### On-Demand Coxswain Education Descriptions

#### [The Audio Skill Set & Tips on Coxswain Recruitment](#)

Learn how to become your own coach! And learn more about how to present yourself to coaches. You will need 5' of your own transcribed audio for this on-demand webinar or find an audio sample online & transcribe it.

[Register NOW on Regatta Central](#)

#### [Best Tips for Steering: From Practice to Racing to Stakeboating](#)

Need to improve your steering on open water, on a 2k course or on your home body of water? This webinar is for you! Coaches, learn to teach new coxswains the skill set of steering that will help them find the right course!

[Register NOW on Regatta Central](#)

#### [Building the Race Plan](#)

Looking to add something to your race plan? Whether your coach provides you with a race plan or if you've left to your own - come learn how to develop the best race plan for YOUR boat!

[Register NOW on Regatta Central](#)





# BURNOUT IS REAL

BE KIND TO YOURSELF



# ACADEMIC REQUIREMENTS

- 2.3 GPA or above
- SAT 400 (combine reading and math)
- ACT 37 Sum score ( ex: if you score 20 on all four sections, sum score is 80)

| DIVISION I<br>FULL QUALIFIER SLIDING SCALE |      |          |
|--|------|----------|
| Core GPA                                   | SAT* | ACT Sum* |
| 3.550                                      | 400  | 37       |
| 3.525                                      | 410  | 38       |
| 3.500                                      | 430  | 39       |
| 3.475                                      | 440  | 40       |
| 3.450                                      | 460  | 41       |
| 3.425                                      | 470  | 41       |
| 3.400                                      | 490  | 42       |
| 3.375                                      | 500  | 42       |
| 3.350                                      | 520  | 43       |
| 3.325                                      | 530  | 44       |
| 3.300                                      | 550  | 44       |
| 3.275                                      | 560  | 45       |
| 3.250                                      | 580  | 46       |
| 3.225                                      | 590  | 46       |
| 3.200                                      | 600  | 47       |
| 3.175                                      | 620  | 47       |
| 3.150                                      | 630  | 48       |
| 3.125                                      | 650  | 49       |
| 3.100                                      | 660  | 49       |
| 3.075                                      | 680  | 50       |
| 3.050                                      | 690  | 50       |
| 3.025                                      | 710  | 51       |
| 3.000                                      | 720  | 52       |
| 2.975                                      | 730  | 52       |
| 2.950                                      | 740  | 53       |
| 2.925                                      | 750  | 53       |
| 2.900                                      | 750  | 54       |
| 2.875                                      | 760  | 55       |
| 2.850                                      | 770  | 56       |
| 2.825                                      | 780  | 56       |
| 2.800                                      | 790  | 57       |
| 2.775                                      | 800  | 58       |

| DIVISION I<br>FULL QUALIFIER SLIDING SCALE |      |          |
|--|------|----------|
| Core GPA                                   | SAT* | ACT Sum* |
| 2.750                                      | 810  | 59       |
| 2.725                                      | 820  | 60       |
| 2.700                                      | 830  | 61       |
| 2.675                                      | 840  | 61       |
| 2.650                                      | 850  | 62       |
| 2.625                                      | 860  | 63       |
| 2.600                                      | 860  | 64       |
| 2.575                                      | 870  | 65       |
| 2.550                                      | 880  | 66       |
| 2.525                                      | 890  | 67       |
| 2.500                                      | 900  | 68       |
| 2.475                                      | 910  | 69       |
| 2.450                                      | 920  | 70       |
| 2.425                                      | 930  | 70       |
| 2.400                                      | 940  | 71       |
| 2.375                                      | 950  | 72       |
| 2.350                                      | 960  | 73       |
| 2.325                                      | 970  | 74       |
| 2.300                                      | 980  | 75       |
| 2.299                                      | 990  | 76       |
| 2.275                                      | 990  | 76       |
| 2.250                                      | 1000 | 77       |
| 2.225                                      | 1010 | 78       |
| 2.200                                      | 1020 | 79       |
| 2.175                                      | 1030 | 80       |
| 2.150                                      | 1040 | 81       |
| 2.125                                      | 1050 | 82       |
| 2.100                                      | 1060 | 83       |
| 2.075                                      | 1070 | 84       |
| 2.050                                      | 1080 | 85       |
| 2.025                                      | 1090 | 86       |
| 2.000                                      | 1100 | 86       |

ACADEMIC REDSHIRT

\*Final concordance research between the new SAT and ACT is ongoing.

# RECRUITING TIMELINE

- Grade 9
  - Check that you're taking the right classes with your guidance counselor NCAA core course
  - Full qualifier Complete 16 core courses
    - English – 4yrs
    - Math – 3 yrs
    - Natural/physical science – 2 yrs
    - Additional – extra one of the above
    - Social Science – 2 years
    - Additional Courses (Any area listed above, foreign language, comparative religion, philosophy)

# RECRUITING TIMELINE

- Grade 10
  - Register with the NCAA Eligibility Center [eligibilitycenter.org](https://eligibilitycenter.org)
  - You can start with a free profile page if you are unsure
  - Important reminders will be sent to you as you complete high school
  - ***You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school (\$90)***

# RECRUITING TIMELINE

- Grade 11
  - Check with your counselor to make sure you will graduate on time with the required number of NCAA core courses.
  - Take the ACT or SAT and submit your scores to the NCAA using code 9999.
  - At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center
  - Can begin official visits (limited to 5)
  - Attend Junior days

# RECRUITING TIMELINE

- Grade 12
  - Finish your last NCAA core courses.
  - Continue official visits
  - Take the ACT or SAT again, if necessary, and submit your scores to the NCAA using code 9999.
  - Complete all academic and amateurism questions in your NCAA Eligibility Center account at [eligibilitycenter.org](https://eligibilitycenter.org).
    - So your scores are sent directly to the Eligibility Center from the testing agency
  - After you graduate, ask your counselor to submit your final official transcript with proof of graduation to the NCAA Eligibility Center.

# UNOFFICIAL VISITS

- Unofficial visits are any campus visits paid for entirely by the recruit's family
- Not scheduled with a coach, should be treated like any other campus visit
- College coaches are not allowed to be involved in a recruit's unofficial visit before prospect's junior year
- You cannot have recruiting conversations during unofficial visits

# OFFICIAL VISITS

- Recruits can now begin taking official visits starting August 1 before their junior year of high school
- Each division level has its own set of rules surrounding official college visits, Division I strictest
- NCAA limits to five total Division I visits, one time per school
- Official visits to DII and DIII schools are also limited to one per school but there is no limit on total amount of visits.



# OFFICIAL VISITS

- Official visits allow you to spend the day as a student-athlete on that team (class, dorms, ride along with coaches)
- The school can pay for the following for you and your parents/guardians:
  - transportation to and from the campus (including airfare)
  - lodging throughout your visit
  - three meals per day
  - three tickets to a home sports event
  - \$ allotted to extracurricular activities
- Each visit may be up to 48 hours long or the span of one weekend

# HOW TO BE PREPARED FOR OFFICIAL VISIT

- Ask questions
- Bring your resume
- Show genuine interest

# PAY ATTENTION

- Pay attention to how the rowers talk about rowing and the coaches when the coaches aren't around
- If the team seems unorganized when you're there, it's probably worse when you're not around
- Talk to athletes that have been injured, and figure out the protocol
- See how you get along with other recruits and rowers,
- Write down notes on way home
- Talk to people who are studying topics you're interested in and see how they balance school and practice
- Review strength and conditioning, athletic trainers, athletic department, dining options

# SCHOLARSHIP

- Scholarship is limited, not everyone who gets recruited will get a scholarship
- Women's Rowing offers the most potential Scholarship of all women's athletics
  - about 50% of recruited women for sport of rowing
  - up to 20 full ride scholarships per team
- Men's Rowing scholarships are a lot more limited
- No athletic scholarship offered at Div III or Ivy league schools
- Be tactful in how you discuss with coach

# WHEN CAN YOU BEGIN TALKING TO A COACH

## Division I

- June 15 after sophomore year
  - Coaches can extend verbal scholarship offers
  - Call/email athletes
- August 1 before junior year
  - Athletes can begin official visits
  - Can arrange unofficial visits with a school's athletic department and meet with coach while on campus
  - Coaches can begin conducting off-campus contact with athletes at their residence or school
- Ultimately the coaches responsibility to keep track

# WHAT SHOULD COMMUNICATION LOOK LIKE

- Brief but informative emails (asst. coaches)
- Athletic resume
- BeRecruited
- CaptianU
- Check to see if colleges have their own recruiting questionnaire



## Yale University Women's Rowing Recruiting Questionnaire

- 1 General      2 Questionnaire      3 Confirmation

Please complete the general information below before advancing to the questionnaire.

First Name

YOUR FIRST NAME IS REQUIRED.

Last Name



# JENNY SMITH

## COXSWAIN

781-555-5555 | Jennysmith@gmail.com

### PERSONAL PROFILE

I am an excellent communicator and pride myself on being a hard worker and a team player. I have developed my skills through both my coaches guidance and multiple coxswain camps and clinics. I was fortunate enough to attend Mary Whipple's 9th Seat camp at the University of Washington, and I partake in her online clinic every winter.

### ROWING BACKGROUND

#### Hingham High School Rowing

- First Varsity Coxswain
- Raced the 2019 Head of the Charles, receiving an automatic bid for next year
- Placed 3rd at MPSRA State Championship
- Experience coxing eights, fours & quads

#### Hingham Maritime Rowing

- Cox men and women's Masters rowing
- Cox junior and collegiate rowers during the summer program
- Volunteer with inner-city youths teaching them to row and cox

### AUDIO SAMPLE

Head of the Charles 2019 Highlights  
youtu.be/twCpz13gGAE

### ACADEMIC BACKGROUND

#### Hingham High School

CURRENT GPA XX

- Pursuing an honors course load
- SAT
- ACT

If missing info use this space to let coaches know your plan, scheduled test dates, goals to improve GPA

### EXTRACURRICULAR

- Member of the executive board for the HHS Mentor Program
- Founder of the Whole Hearts Kindness Club
- Member of the Yearbook Club
- Member of the PEERS Club

### COACH CONTACT

Marika Kopp  
HHS Women's Rowing Head Coach  
Mkopp@hinghamhighcrew.com  
617-291-9986

Sara Miller  
Hingham Maritime Head  
Coachsmiller@hinghammaritime.org  
781-738-6825



## Mason Kuipers

Pine View School | Oaprey, FL

Men's Rowing | Starboard

|                |           |           |
|----------------|-----------|-----------|
| 2022           | 5'10"     | 135       |
| <u>GRAD YR</u> | <u>HT</u> | <u>WT</u> |

|            |             |            |
|------------|-------------|------------|
| 6:59.0     | -           | -          |
| <u>2KM</u> | <u>500M</u> | <u>6KM</u> |

### GALLERY

Last updated: 06/14/2019

This athlete has not yet provided any photos or videos. Check back soon!

### ATHLETICS

Last updated: 06/14/2019

#### POSITION

Primary Position Starboard

Secondary Positions Prt, Sc1

#### DISTANCE ERG

|                     | 500m | 2km    | 5km | 6km | 10km | HMAR | MAR |
|---------------------|------|--------|-----|-----|------|------|-----|
| Best Time (mm:ss.s) | -    | 6:59.0 | -   | -   | -    | -    | -   |

#### ROWING HONORS

2019  
 3rd- U17 2x U17 National Championships  
 1st- U17 4x Southeast Regional Championships  
 1st- Freshmen 8+ Florida State Championships  
 1st- Freshmen 4x Florida State Championships  
 2018  
 1st- U17 4x Club National Championships  
 1st- Freshmen 8+ Florida State Championships  
 1st- Freshmen 4x Florida State Championships

# WALK-ON

- Rowing is unique because roster can include top recruits and those who have never rowed before
- Often comprises of a two week try out period
- Communicate with coaches if you think this is an appropriate option for you





# PARENTS ROLE

HOW YOU CAN HELP





QUESTIONS?

