



# COLLEGE RECRUITING 101

TIPS TO GETTING AHEAD IN THE COLLEGE RECRUITING PROCESS





# STEP 1.

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)
  - 88 Division I Programs, 16 Division II and 44 Division III
  - 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
- 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 (Division I)
  - Top Tier – Sub 6:00-6:15
  - Mid Tier – Sub 6:30-6:50
  - Aiming Sub 7:00
- Lightweight
  - Top Tier – Sub 6:20-6:40
  - Mid Tier – Sub 6:35-6:55

## Women

- Heavyweight (Division I)
  - Top Tier – Sub 7:00-7:15
  - Mid Tier – Sub 7:30-7:50
  - Aiming sub 8:00
- Lightweight
  - Top Tier – Sub 7:20-7:40
  - Mid Tier – Sub 7:35-7:55

**-Note that Mid Tier Division I scores are generally Top Tier Division III and club**

**-Nonetheless, there are Division III teams that are more competitive than some Division I crews, so these ranges are not exact**

# 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

## West Coast Cal Men's Crew Camp

- Boys Only
- Will take all skill levels grade 9-12
- 2 workouts a day over 4 days
- \$925

## 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.

## Penn AC Gold Philadelphia

	2k Erg Score
U19 Men:	6:35 or better
U19 Ltwt Men:	6:45 or better
U19 Women:	7:40 or better
U19 Ltwt Women:	7:50 or better
U17 Men:	6:45 or better
U17 Ltwt Men:	7:00 or better
U17 Women:	7:50 or better
U17 Ltwt Women:	8:00 or better





# 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 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 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 get's recruited will get a scholarship
- 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
  - Frontrush
  - Arms
- 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](https://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](mailto:Mkopp@hinghamhighcrew.com)  
617-291-9986

Sara Miller  
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# 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?

