

1. What to look for in a school
  - a. Make sure you love the school first. Diving might not last forever so you want to make sure you are happy with your choice even if diving wasn't there
  - b. How far it is from home
    - i. If you can drive there or need to fly
  - c. What part of the country is it in
  - d. Size of school
  - e. Top academic programs
  - f. If having a good football program is important to you
  - g. Climate
  - h. What division it is in
  - i. Size of classes
  - j. Availability to change major
2. What to look for when it comes to athletics
  - a. Coach
    - i. Is the coach full time, part time or a GA
    - ii. How long has the coach been there
    - iii. What is the typical turn around of the coach
    - iv. Does their coaching style match the way you learn
  - b. Team
    - i. Womens only program, Mens only program, mens and womens program
    - ii. Do the swimmers and divers get along
    - iii. Does the swim coach support the dive team
  - c. Facility
    - i. How many one meters, how many three meters
    - ii. Do they have tower
    - iii. Do they have dryland equipment
    - iv. Do they have belts
    - v. Do they have showers, hot tub, heat lamps
    - vi. Inside or outside
  - d. Do they have academic support
    - i. Tutors
    - ii. Free printing
    - iii. Early class registration
  - e. Weight training
    - i. Is it a full time weight coach, part time or GA
    - ii. Do the swimmers and divers workout together
    - iii. Do the coaches make diving specific workouts
3. What to do by the year
  - a. You are never too late to be going through the recruiting process. The earlier you start the easier it is so just try to plan ahead
  - b. 9<sup>th</sup> grade
    - i. Start making a list of schools you might be interested in

- ii. Start making a list of coaches you like and would like to work with
      - iii. Start taking videos of your dives and make an initial recruiting video
      - iv. Start trying to determine what degree you would be interested in studying
    - c. 10<sup>th</sup> Grade
      - i. Slightly narrow down list of schools
      - ii. Update recruiting video and add more recent dives
      - iii. Email schools you are interested in to initiate contact
        - 1. Coaches can start contacting you through calls, emails and texts starting after June 15<sup>th</sup> your 10<sup>th</sup> grade year
      - iv. Register for [diverstocollege.com](http://diverstocollege.com) and [berecruited.com](http://berecruited.com)
    - d. 11<sup>th</sup> grade
      - i. You can start taking official and unofficial trips starting August 1<sup>st</sup> of your junior year
      - ii. Narrow down your list of schools to start picking the top places you want to attend
      - iii. Contact all the coaches of the schools you are interested in
        - 1. Coaches are more likely to recruit kids that reach out to them
      - iv. Make a list of the schools you want to go on recruiting trips to.
        - 1. Determine what schools you can make unofficial visits to
        - 2. Determine what schools you want to make official visits to that want you
        - 3. Do not feel like you have to use all of your trips in your junior year. You still have one more year you are eligible for trips
        - 4. Don't go on a trip just because the school asked you to make sure you make the best choice for you.
4. What to do to get noticed
  5. How to talk to coaches
  6. What they should put in their emails to coaches
  7. What they should put in their videos to coaches
  8. When they should start talking to coaches
  9. How to handle the conversation if you are not interested in a school
  10. How many official and unofficial trips you get
  11. How to determine what trips to go on
  12. Scholarships
  13. NCAA Rules
  14. What is the difference for competing between NAIA, NCAA DI, DII, DIII
  15. What is the difference when it comes to being recruited by NAIA, NCAA DI, DII, DIII
  16. What to ask on official trips

### Questions to ask

#### Coach:

- How often do you train tower, when and where?
- Do all of your divers travel for all meets?
- Do all of your divers compete at home meets?
- What is your practice schedule?
- Do you have belts and how often do you use them?
- Do you have bubbles?
- How many divers do you want to bring in this year?
- How many divers do you want to have total on your treat?

#### Weights:

- How often do you do weights?
- Is your weight coach full time or a GA?
- Do the swimmers do weights with the divers?
- Do the divers have a specific weight workout different than the swimmers?

#### Academic support:

- Do you have athletic tutors? Are they free? Are they available for all classes?
- How many hours of study hall do you have as a freshman?
- Do you have an athletic and academic advisor?
- Do you have priority registration?
- Do you have free printing?
- Can you take summer classes?

#### Athletic training?

- Is the trainer full time or a GA?
- Do they have cold tubs?
- Can they get you wrist guards?
- Can they give you tape?
- Do they have full time doctors on staff on campus?
- Do you have to travel to see doctors?
- What is covered if you get hurt?
- Do they have physical therapist on staff?
- Do the divers have their own trainer?

#### General:

- Do you have to live in dorms and if so how many years?
- Are you allowed to have a car on campus?
- Do the swimmers and divers pick who their roommates are?
- Is there athletic dining halls?
- Is there athletic dorms?

Do the swimmers and divers hang out together?

Do you need to get a bike or a scooter to travel around campus?

Whatever questions you have (ask away)