



TIPS FOR PARA SWIMMERS SEARCHING FOR COLLEGE

HIGH SCHOOL JUNIORS



Do you want to be a part of varsity collegiate swimming or a club?
Para swimmers have opportunities to swim in college.

ACADEMIC SIDE

- Focus on academics, performance & grades.
- Be certain your course load satisfies college entrance requirements.
- If you want a more versatile application, take the ACT plus Writing or the SAT with Essay. Plan when you can fit testing dates into your season.
- Focus extra curriculars. It is better to be deeply involved in 1-2 activities with leadership opportunities than to be in multiple clubs without getting too involved. Outcomes from extra curriculars are time management, ability to prioritize, motivation, responsibility, and leadership qualities to name a few.
- Consider internships to develop interests.
- Begin to look ahead into your SR year academic load and possible overlap Para Meets.
- Be aware of Application deadlines and note those so you are ahead of that cutoff date; have an official name consistent with your social security card, transcript, etc.

SOCIAL SIDE

- Consider the type of housing offered and if it fits you.
- Can you eat like an athlete with the dining options available?
- How will you get around campus? To and from home? To an airport?
- Consider campus visits Fall and Spring of Jr year
- Meet the coaches and team, get a feel for "who" they are.

ATHLETIC SIDE

- Train well and continue to perform well as an athlete and as a leader.
- Evaluate swim programs and the conference to match up your opportunities.
- Consider attending a camp or clinic at the top schools on your list.
- Fill out all online questionnaires at your top schools.
- Update your Resume by the end of your season in the JR year.
- If your list has DI or DII school options, in the Spring fill out NCAA Eligibility Center paperwork
- Discuss your Resume and list of school options with your coaches.

GENERAL THOUGHTS

- By the end of Fall of your junior year of high school you should have on your college search list:
 - 3 Reaching or stretch options
 - 3 Likely options
 - 3 Safety options
- Seek balance of activities.
- Visit campuses, take Admissions tours, and schedule meetings with coaches if possible during Spring and Summer breaks.
- Re-evaluate your criteria in each area in choosing the right "fit".
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