



ROWING

What are the rules for contacting a college coach, either by email, text, or phone call?

A prospective student-athlete (PSA) of any age or grade level can reach out to a college coach at any time via phone call or email. However, a coach can only reply to or start talking with a PSA once that PSA has reached September 1st of her junior year. If you call a coach, and the coach answers the phone, you **are** allowed to have a conversation since YOU initiated the call.

What is an Unofficial visit, and what rules do I need to know about it?

An unofficial is a visit to campus paid for by you or your parents. You may make as many unofficial visits as you like beginning September 1st of your junior year in high school. During an unofficial visit, you are allowed to attend practice, meet the athletes, spend the night on campus, and receive three complimentary admissions to a home game.

What is an Official visit, and how is it different from an Unofficial visit?

During an official visit, the university can pay for your transportation (to and from campus) and the lodging, meals, and entertainment for you and your parents. Schools offer a limited amount of official visit slots to their preferred recruits each year.

What do I need to know about the NCAA?

The NCAA exists to keep you as a student-athlete safe, supported, and educated. Every prospective student-athlete needs to register with the NCAA at www.eligibilitycenter.org. You will be assigned a 10-digit NCAA ID, which you will send to all the universities you are interested in.

The NCAA will evaluate your test scores and academic transcripts from high school. They require each PSA have sixteen "core courses" of math, english, social studies, etc, and receive at least a 2.3 total GPA minimum in these core courses. The NCAA will evaluate your GPA and your test scores (ACT or SAT), to be sure that they fall within an acceptable range for athletic eligibility, called the "sliding scale". More information about academic eligibility is available on the NCAA's website!

Rules for Recruitment

Being recruited as a student-athlete can be just as overwhelming as it is exciting! Make sure you're knowledgeable about the rules involved so you can be confident and prepared along your path towards collegiate rowing.

What are the rules for meeting a college coach in person, on or off their campus?

You can meet with a college coach on their campus starting September 1st of your junior year, but no earlier. Off-campus, you can only have face-to-face conversations with a coach starting July 1st following the completion of your junior year of high school.

How do I get noticed by college coaches?

The easiest way is to do your research on schools you like and fill out their recruiting questionnaire, usually found on their athletic website. You can also email their coaches directly expressing your interest. CC all the coaches on your email, so you know that you will reach their recruiting coordinator! Also, talk to your current coaches about their connections and teams that they can

How can I know if coach is as interested in me as a recruit as I am in their program?

Communicate this clearly with the coaches you are talking to. If a school is at the top of your list, make sure to tell the coaches that, and ask where you are on their list of recruits. If you are not as high as you would like, ask what options you have to move up on their list.