



# College Preparation, Rowing in College

November 13, 2019

# College Preparation

# Academic Considerations

- **Freshman year:** Focus on performance in most rigorous classes possible is critical

Fact: a transcript cannot be revised in senior year

Sample a broad academic course load and discover interests/preferences

If school offers PSAT8/9, it should be taken

- **Sophomore year:** Increase number of honors and/or AP courses (if possible)/focus again on academic performance  
PSAT should be taken in October. Results should be a call to action. If any academic area shows deficiency, it is time to begin addressing it. Grades serve as an additional academic indicator

Begin the college discussion

# Academic Considerations

## Continued

- **Junior Year:** Most important academic year. Once again, strong academic performance in most rigorous classes should be prioritized. ECE/AP/Honors courses are important.  
PSAT is administered in October (all juniors required)  
Try an ACT! The SAT is not the only test  
Register and prepare for AP and SAT subject tests  
Most, if not all, test prep can be done in fall and winter  
Think realistically about colleges (\$, %, and other factors)  
GET INVOLVED (not just crew)  
Begin college visits (Think Three Bears...)  
Complete standardized testing by June (if possible)  
Secure teacher and other recommendations  
Begin thinking about college essays  
All essay/writing supplement work will be completed during summer

# Academic Considerations Final

- **Senior Year:** Prepare for application and scholarship  
Remember no shortcuts, especially on foreign language. Take a rigorous course load; schools are watching  
If needed, complete standardized testing  
Provide all recommenders (guidance, teachers, and other) with timeline for application. Keep them updated!  
All essays and supplements should be completed as early as possible. Strive for early action (it is beneficial). Make early decision decisions (if necessary).  
Early action applications should be completed by mid-October, not week before deadline.  
“Apply-Send-Respond-React”  
Deferral is not a death sentence...  
Waitlist is “game over” ...

# Rowing in College

# Recent Stonington Crew Alumni

- *Since the 2017 graduating class, 42% of alumni have rowed or are rowing in college.*



# Stonington Crew Scholarships

- *Since the program began in 1998, an average of 1.5 rowers per year, earn scholarships to college!*





# Why Row in College?

- Fun!
- Fitness, health
- Competition
- Life skills
  - Teamwork
  - Dedication
  - Leadership
  - Communication
- College admissions
- Friend group
- Tackle college
- Time management
- Better GPA!
- Networking after college
- Resume building

Visit [www.stoningtoncrew.org/blog](http://www.stoningtoncrew.org/blog) to read about alumni rowing in college.

# College Rowing Opportunities

	Varsity Women	Varsity Men	Club Women, Men
Championship	NCAA DI, DII, DIII Championships	IRA Championships	ACRA Championships
Qualifying Regattas	American, ACC, A10, Big Ten, Big 12, CAA, Ivy, MAAC, Pac-12, Patriot, WCC	EARC, Pac-12, SIRA, Dad Vail, NIRC, Western Sprints	(ACRA member)
Scholarship, Aid Opportunities	<ul style="list-style-type: none"> <li>• DI, some DII</li> </ul>	<ul style="list-style-type: none"> <li>• Top IRA programs</li> </ul>	<ul style="list-style-type: none"> <li>• No, but...</li> </ul>
Walk-on Opportunities	<ul style="list-style-type: none"> <li>• Yes, but...</li> </ul>	<ul style="list-style-type: none"> <li>• Yes, but...</li> </ul>	<ul style="list-style-type: none"> <li>• Yes!</li> </ul>

*Men's rowing is not sanctioned by NCAA.  
Men's rowing is largely self-funded.*

# Can I Row in College?

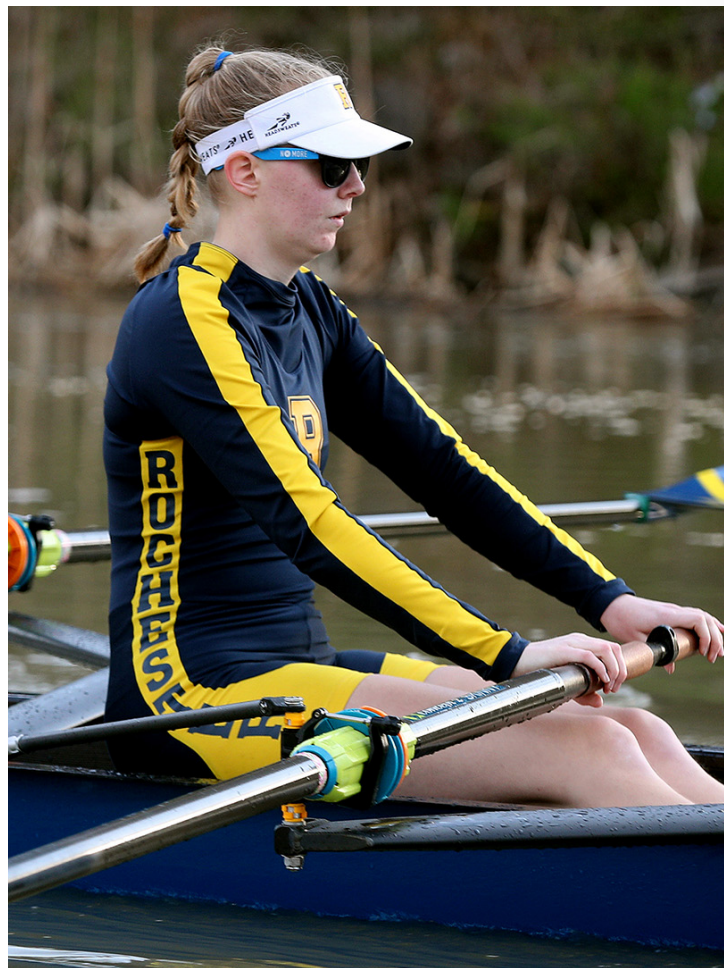
Better question: “*Where* can I row in college?”

Women (Open)*			Men (Open)*		
Division	# of Programs	Recruit 2k Erg Avg.	Division	# of Programs	Recruit 2k Erg Avg.
DI	88	7:20	DI	35	6:20
DI (2 <sup>nd</sup> Tier)		7:30			
DII	16	7:40			
DIII	44	7:40	DIII	29	6:40
Club***	40	Yup!	Club (Top)**	73	6:45
			Club		Yup!

*\*Lightweight rowing has different time standards, physical size and potential is factored. \*\*Top ACRA programs overlap with Tier-2 IRA programs. \*\*\*Some schools offer both women’s varsity and women’s club programs.*

# Where Can I Row in College?

- Determine best fit of athletics & academics
  - School
  - Division
  - Conference/championship
- 2k is rowing's SAT
  - Other factors matter!
- **Research, ask coaches about time standards and academic requirements**
- Walk-ons welcomed!
  - Men's & women's club; women's DII, DIII
  - Tryouts & time standards for men's IRA & women's DI



*Liz Yarnall ('18), U of Rochester*

# Scholarships

- Not everyone receives athletic scholarships
  - Very competitive
  - Sometimes awarded *after* on team
- Merit scholarship, financial aid, and/or admissions support
  - Typically not DII, DIII, or club programs
  - Ivy's don't offer athletic scholarships
- High expectations of recruited athletes
  - Time, travel, performance, commitment
  - Perform from Day 1
- Rowing is only one of many college considerations
  - Would you like the school if you didn't row?



*John Drago ('17), UConn*

# High School Timeline

## **FRESHMAN**

- Develop rowing skills (scull, port, starboard)
- Extra SS erg sessions
- Strong GPA, out of the gate

## **SOPHOMORE**

- Research colleges
- Improve 2k erg
- Build cumulative GPA
- Start race portfolio

## **JUNIOR**

- Recruiting questionnaire
- Follow-up, update coaches
- Best 2k
- NCAA Eligibility Center
- Unofficial, official visits (<5)\*
- Max cumulative GPA
- Build race portfolio

## **SENIOR**

- Update coaches
- Official visits (5)
- Maintain GPA
- Submit college applications
- National Letter of Intent

*\*New NCAA ruling allows juniors to have official visits.*

# Recruiting Process

- Students should initiate!
  - Never ask about support first
  - Parents can get involved later (application, finances)
- Process varies, ask coaches about their programs
- **Determine good fit for you, team, and school**
- Offers typically made after official visit
- Programs often encourage Early Decision, Early Action
  - Get in writing, if not NCAA
- National Letter of Intent 11/13 (if NCAA, scholarship)
- Ask about prep program



*Chad Obrey ('19), Trinity College*

# Engaging Coaches

- Recruiting is a formal process
- Proofread work, ask for help
- **Do your homework, be specific about each school and program**
- Differentiate yourself
- Talk only about what you *have* accomplished
- **Update frequently, show interest, stay top-of-mind!**



*Photo credit: Rowing News*



# Understand the Coach's Position

- Top priority: Winning championships
  - It's *not* giving you a scholarship, aid, helping with admissions
- Limited recruiting resources
- Limited scholarships, limited spots
- Trying to recruit hundreds of rowers (who are all looking at *other* schools)

How can you help *their* program succeed?

# NCAA Eligibility Center

- Academic, amateur certification
- Required for DI, DII schools to participate in sports or accept scholarship
- Men's programs may use NCAA as guide
- Apply junior year
  - Official visits
  - National Letter of Intent
- Send test scores, transcript using code "9999"



[web3.ncaa.org/ecwr3/](http://web3.ncaa.org/ecwr3/)

# Resources

- Row2k: <https://www.row2k.com/teams/>
- Sparks rowing database:  
<https://sparksconsult.com/sports/rowing/find-the-right-college/>
- Scholarship Stats:  
<http://www.scholarshipstats.com/rowing.html>
- Wikipedia:  
[https://en.wikipedia.org/wiki/College\\_rowing\\_\(United\\_States\)](https://en.wikipedia.org/wiki/College_rowing_(United_States))
- Results of NCAA, IRA, MARC, Dad Vail, MACRA, ACRA, and other regattas and conference championships
- Schedule page on team sites

# Acronym Soup

- **IRA:** Intercollegiate Rowing Association
- **NCAA:** National Collegiate Athletic Association
- **ACRA:** American Collegiate Rowing Association
- **EARC:** Eastern Association of Rowing Colleges\*
- **EAWRC:** Eastern Association of Women's Rowing Colleges\*
- **NIRC:** National Invitational Rowing Championships
- **NERC:** New England Rowing Championships
- **MARC:** Mid-Atlantic Rowing Conference
- **MACRA:** Mid-American Collegiate Rowing Association
- **NCRC:** Northwest Collegiate Rowing Conference
- **SIRA:** Southern Intercollegiate Rowing Association
- **WIRA:** Western Intercollegiate Rowing Association

*\*Organizers of the Eastern Sprints Rowing Championships*

# Thank You!



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