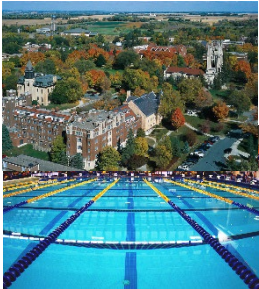


Flip Turn



WHAT IS YOUR “IDEAL” COLLEGE FIT?

College Location: Proximity to Home: How frequently will you get to come home to visit or only during the major holidays? Distance and cost involved traveling home needs to fit the budget.

College Setting: Make sure you understand the differences between attending a college in a small rural town versus a bigger metro area. Both settings have perceived pros and cons in relation to access to stores, entertainment, safety, travel accessibility, jobs, etc. There is a lot to consider when it comes to location, so you need to be comfortable and confident with the location.

Tuition/Overall Associated Costs: The overall cost associated with attending a university can be nearly impossible for a high school student-athlete to fully comprehend. It is important to understand what costs are associated with the entire college experience and what potential student loans will be remaining. Consider affordability for each university so that you can be prepared to speak with College Coaches about the Family Budget:

- Tuition (out of state vs. in-state)
- Scholarships/Financial Aid (academic vs. athletic)
- Cost of Living (average cost of rent, food, etc.)
- Access to Student Jobs
- Cost of Travel

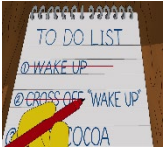
Campus Size: It is important to remember that the “student” comes before “athletics.” Consider the following when assessing what kind of social and academic support you will need to succeed:

- Campus Size
- Class Size
- Academic Concentrations
- Student Body Population
- Extracurricular Activities

Education Fit: Does the school have my major or at least a wide range and variety of majors.

Athletic Division Level: What is your ideal college-level fit? Find out the level that you can make the most impact at.

Our job at ACC is to help by checking your “fit” boxes. Call for an appointment to talk to one of our coach advisors or go to www.accrecruits.com



Reminders for our Swimmers & Divers

Committed 2024 Student Athletes:

- ~ Stay in regular touch with your new college coach
- ~ Let your advisor know you have committed and share with them your academic/athletic award (for our records)
- ~ APRIL 1 to REQUEST your Final Amateurism Certificate.
- ~ Have your high school counselor upload your final transcripts to the Eligibility Center

2025 Potential Student Athlete:

- ~ Be sure your updated transcripts/GPA/test scores and Sr class schedule are on all your questionnaires, your initial email to coaches and your profile.
- ~ Sign up for the SAT or ACT for late spring if you have not already taken one
- ~ Verify your Eligibility number is correct and add to every questionnaire you fill out, so schools (and coaches) have an official record of you.

2026 Potential Student Athlete

- ~ Sign up for the NCAA eligibility center. <https://web3.ncaa.org/ecwr3/>
- ~ Continue to explore potential colleges including their conference times and standings
- ~ Take the PSAT or PACT to determine which test suits you best-

The "Present" Edge

by Jeff Raker, Leadership & Mental Coach

One great difference between elite athletes and average athletes is the ability (or inability) to be present. Honestly, it is the same for a business leader, a friend, a spouse, a parent, or a child in a conversation or presentation. Presence makes all the difference in the world.

As an athlete, when you are present you can make choices in the moment for the moment. If you are not "here," you are somewhere else. Profound I know! Let me show you.

When you are getting ready to start a race, you will either be thinking about the past race, the present race, or the end of the present race, or the next race. Past, present, or future, those are your choices.

It can happen in a race.....you know that turn you messed up? Are you thinking about it on the next lap? You are in the past. Suddenly the next wall will be present and you won't be. That is when bad things happen.

Here is the truth: you get to choose where you will be mentally and emotionally.

I remember winning my first national championship at Y Masters Nationals swimming in the 200 freestyle. I was so worried about where I was in the race compared to everyone else that on the 7th lap I tried looking and still could not see. Suddenly the wall was there. I did the worst turn of my entire career, even when I was 5 years old!! At the end of the 8th lap, I had won by 5 seconds.

But on the 7th lap I was not present in my lane. Has that ever happened to you? Mentally I was thinking about how embarrassing it was going to be to finish last in my heat. I was solidly in the future. That led to a really poor turn.

Who gets to tell you what to think about? Who determines where your brain goes?

What influences you into the future or the past and out of the present?

YOU be in charge of YOU! Don't give that up. Lead yourself.

Want a tip on how to train your brain for this? Deliberately choose to drive the speed limit to or from practice. Stay behind a slower car. Over a matter of 10 miles, for instance, you will only add 10 or maybe 30 seconds to your drive, but it will feel like forever. Do not give in to the anxiousness that may (and probably will) arise. You are in charge of you. Do this kind of thing every day, once a day, and you will find yourself being able to choose the present over the past or the future. That is when good things can happen.

Interested in knowing more? Reach out to me:

Jeff Raker, Leadership & Mental Coach
Jeff@levelupleadershipcoach.com
513-675-0570 (If you text me and are under 18, please include a parent on the thread - and mention being connected to ACC)

Jeff works with business leaders (Toyota, Dept of Energy, Mohawk Industries..) and swim teams such as Mason Manta Rays (OH), NOVA of VA, NKY Clippers, as well as University teams like Auburn, Notre Dame, SMU, Queens, Santa Barbara, and Whitworth, among others past and present, including a collegiate volleyball team. He is presently doing one on one work with over 20 athletes.

From The Powerful Athlete:

Here is the truth about why you are not performing the way you know you could.

Reason #1. You train at full effort "most" of the time.

Sorry to break it to you, but if you want to be the absolute best athlete (or anything in life) you can possibly be, "most of the time" isn't gonna cut it. I know, training can be hard. There's stress, fatigue, even physical pain. So do the best with your nutrition, rest, and hydration because they will help, and once you have got that, COMMIT TO GOING ALL OUT, PERIOD.



If it is cold at 5 in the morning, get up, train, and GO ALL OUT. If your coach gives you a practice with all the drills and sets you hate, GO ALL OUT. If you are off to a bad start and there is no way you can win, GO ALL OUT. Push yourself THIS VERY MOMENT, not next time.

You see, every routine counts, every push-up, every set, every lap. If you permit yourself to do things halfway even in small things, then you're teaching your mind and your body that *that's ok*.

You are practicing a "Naa, I'll sort of do it" mindset and reinforcing that behavior. And then, when you are not improving like you could, or can't seem to perform powerfully when it counts, you realize that *that attitude came back to bite you in the butt!*

So, if you want to perform the way you KNOW you can, the first need you need to do is

Give your Full Effort
ALL THE TIME!

*I boost young athletes' health,
performance, and confidence
to help them succeed in sports & in life!*

María Inés Flores Olympic Gymnast

Nutrition & Mental Coach

thepowerfulathlete.com



[Check out our
FaceBook Help
page!](#)

Referrals are most welcomed!

Our referral program is still going strong! If you are a member of ACC and refer a friend who signs up, we will gift you a \$200 referral fee!

THE ACC TEAM