



## Flip Turn



**SWIM TRIVIA:**  
**At what Olympics did Mark Spitz have his record seven gold medal performances?**

### ACC RECRUITING TIP OF THE MONTH:

#### NCAA D-3 Schools

DIII programs offer excellent opportunities that are often overlooked because DIII programs do not technically offer athletic scholarships. But DIII schools do offer grants-in-aid and non-athletic scholarships that can make the cost of attending less than their DI & DII counterparts.

#### MID-FEBRUARY & 1<sup>ST</sup> WEEK OF MARCH:

#### NCAA SWIMMING CONFERENCE CHAMPIONSHIPS

Check your favorite schools' schedules for the exact dates. Want to know if you can swim at specific school? Be sure to CHECK the top 16th place times in your events as a guide for setting your swimming goals. Share these with your club coach.

**NEXT D1 NCAA RECRUITING SHUTDOWN:**  
**February 11-24, 2024**



## What Do Coaches and Colleges Look for Academically in a Recruit?

Remember, first and foremost, academics is the most important part of being recruitable.

- Coaches look at your GPA in determining if you are recruitable. A 3.5 GPA is where coaches can start to offer merit scholarships. Admissions looks at the rigor of your courses.
- Are you taking the most rigorous courses your school offers **in which you can be successful?**
  - It is better to have an A in a regular class than a C in an AP class so make sure it is a course you can handle.
  - Ivy leagues like to see a high level of rigor and success throughout all high school
- Are you taking mostly academic classes (vs. electives)?
  - Very selective schools want to see 4 years of each core subject (at least 2 of History)
  - Many schools recommend taking 2-3 years of a language
  - Ivy Leagues prefer to see 4 years of a language.
- Are you involved in some sort of student service (volunteering to help others)?
  - Admissions like to see that you have been part of a service organization and have been participating regularly. It is not about how many organizations you can help, rather it is about helping in an organization where you are passionate about the cause.
  - Ivy leagues like to see that you have a leadership role in the organization.
  - Many scholarships are offered based on volunteer work

### Reminders:

SAT testing dates:

March 9

May 4

June 1

ACT testing dates:

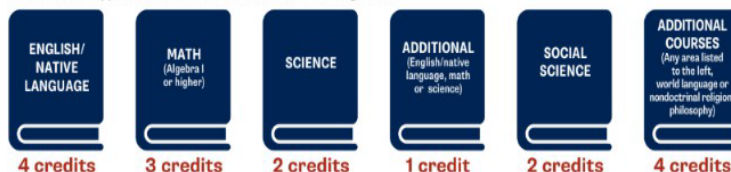
April 13

June 8

July 13

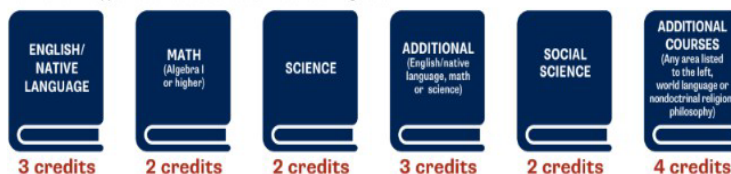
### DIVISION I

Earn 16 NCAA-approved core-course credits in the following areas:



### DIVISION II

Earn 16 NCAA-approved core-course credits in the following areas:



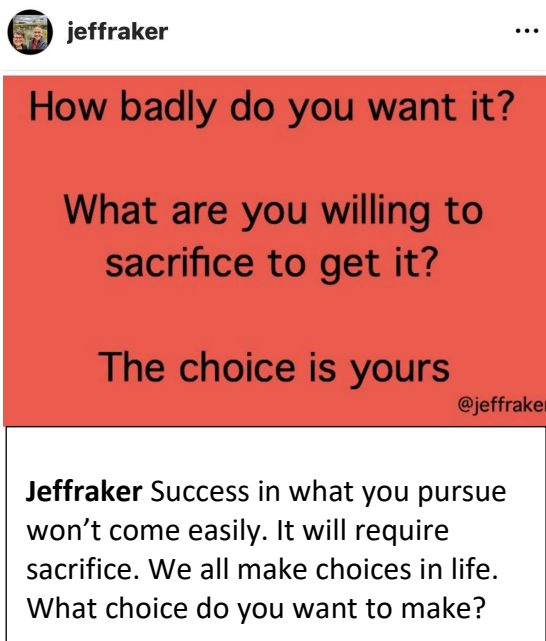
Look over next year's schedule carefully to ensure you are taking rigorous courses that are NCAA approved for eligibility.

**Trivia Answer: 1972 Munich**

Spitz set the mark at the 1972 Olympic Games in Munich, Germany, winning 4 individual medals and 3 relay medals. He and his team set world records in each event.

**WORDS OF WISDOM**

from our “new” ACC Partner Jeff Raker “Leadership and Mental Coach”!



GOOD LUCK TO ALL OUR CURRENT FAMILIES IN THEIR UPCOMING SWIMMING CHAMPIONSHIPS IN FEBRUARY!



ACC WELCOMES ANY & ALL REFERRALS...BEST FORM OF “A JOB WELL DONE” COMES FROM WORD OF MOUTH 😊



Check out our Swimming/Diving Help FB page for recommendations on swim camps. Lots of great information!