



Agenda

- *What is the theory behind Power of 3*
- *Prior Proper Planning*
- *When Does the Process Begin?*
- *Parents/Athletes*
- *Quitters vs. Finishers*
- *When does the Process Begin*
- *Athlete's Communication Outline*
- *School Year Specific Timeline*
- *What is the Coach's Process*
- *Researching Institutions*
- *Application Options*
- *Financial Aid/Academic Services/Ivy League Awareness*
- *Academic Pre Read Process*
- *Unofficial Visits vs. Official Visits*
- *Likely Letter vs. Letter of Intent*
- *Preparing Athletes for Collegiate Athletics/Eligibility*
- *Why do you want to be a collegiate athlete?*
- *What women or men's racing League are you curious about?*
- *Stories Good/Bad*
- *Simon Sinek (On Millennials in the Workplace) and Becky Carlson (An open letter to the athlete we stopped recruiting)*
- *Simple Steps*

Articles

➤ Article 1:

1. <http://www.washingtonpost.com/news/parenting/wp/2015/03/09/grit-the-key-ingredient-to-your-kids-success/>

➤ Article 2:

Declining Student Resilience: A Serious Problem for Colleges:

1. <https://www.psychologytoday.com/blog/freedom-learn/201509/declining-student-resilience-serious-problem-colleges>

➤ Article 3:

1. **Understanding Early Action, Early Decision, Restricted Early Action and Rolling Admission**

➤ [Marjorie Hansen Shaevitz](#) [Become a fan](#) Author, Speaker, Founder, www.adMISSIONPOSSIBLE.com

➤ http://www.huffingtonpost.com/marjorie-hansen-shaevitz/early-action-i-and-ii-ear_b_5861660.html

What Women's Racing League are you Curious about for DI?

➤ **MAAC**

- Fairfield, Marist, Jacksonville, Canisius, Drake, Iona, Robert Morris

➤ **CAAC-Colonial Athletic Association Championship**

- Northeastern, Drexel, Villanova, Eastern Michigan, Delaware

➤ **Atlantic 10**

- UMass, George Washington, URI, St. Joes, Fordham, Duquesne

➤ **Big 10**

- Wisconsin, Michigan, Ohio State, Indiana, Iowa, Minnesota, Michigan State, Rutgers

➤ **Patriot League**

- Navy, Bucknell, Boston University, MIT, Georgetown, Holy Cross, Colgate, Lehigh, Loyola Maryland

➤ **Ivy League**

- Brown, Yale, Penn, Columbia, Harvard, Princeton, Dartmouth, Cornell

➤ **Big 12**

- Texas, Oklahoma, Tennessee, Kansas, Old Dominion, West Virginia, Kansas State, Alabama

➤ **American Athletic Conference**

- UCF, Sacramento State, San Diego State, Temple, Tulsa, UConn, SMU

➤ **Pac 12**

- Cal, Washington, Washington State, UCLA, USC, Oregon State, Stanford

➤ **Atlantic Coast Conference**

- Virginia, Notre Dame, Clemson, Syracuse, Louisville, Duke, Boston College, Miami, North Carolina

➤ **WCCC-West Coast Conference Championship**

- Gonzaga, Loyola Marymount, USD, Portland, St. Mary's, Santa Clara, Creighton

What Women's Racing League are you Curious about for a DII or DIII?

D II

Barry University
U of Central Oklahoma
Humboldt State
Western Washington U
Nova Southeastern U
Mercyhurst U
Florida Institute of Tech
UCSD-now DI

D III

Williams College	Washington College
Bates College	Lewis and Clark
Wesleyan College	WPI
Ithaca College	William Smith College
Trinity College	Wellesley College
Pacific Lutheran U	
Tufts University	
Rochester Institute of Tech	
Hamilton College	
Colby College	

Men's Club Programs

ACRA –National Club Championships

Michigan
Boston College
Virginia
North Carolina
Notre Dame
Orange Coast
Massachusetts
UC Santa Barbara
Purdue Vermont
Minnesota Michigan
State Washington State
UCLA

Western Washington
Bucknell
Grand Valley
Connecticut
Colorado
Vanderbilt
Texas
UC Davis
Kansas
Florida
Bowdoin

2018 Men's 1V Rowing Results

IRA

1 Yale
2 Washington
3 California
4 Harvard
5 Princeton
6 Brown
7 Northeastern
8 Syracuse
9 Dartmouth
10 Boston University
11 Stanford
12 Wisconsin
13 Cornell
14 Pennsylvania
15 Navy
16 FIT
17 Saint Joseph's
18 George Washington
DNF Temple
DNF Oregon State
DNF Marist
DNF Bates
DNF UC San Diego
DNF San Diego

EARC

Yale
Harvard
Princeton
Northeastern
Boston University
Syracuse
Dartmouth
Cornell
Pennsylvania
Wisconsin
George Washington
Navy
Columbia
Holy Cross
Rutgers

PAC 12

Washington
California
Stanford
UCLA
WSU
Colorado

Dad Vail

Temple
St. Joseph's
Colgate
Delaware
Virginia
Michigan
Army
North Carolina
Drexel
MIT
Lehigh
UMASS

Western Sprints

UC San Diego
San Diego
Santa Clara
Gonzaga

*Club Programs

NIRC

Bates
Marist
Hobart
Boston College
Williams
WPI
Tufts
Trinity

Trinity
Hamilton
RIT
Wesleyan
Ithaca
Colby
Rochester
Skidmore
New Hampshire



Simple Steps

1. What do you want? Do you want to be a student-athlete?
 - Desire to live an athletic lifestyle.
 - At what level do you want to compete?
2. Academics
 - Develop good skills - time management and communication.
 - Demonstrate consistency as a student.
3. Research
 - Go online to gather information about each institution.
 - Rowing information on Row2k.com/results.
4. Visit Schools
5. Communicate
 - Fill out recruit profile forms.
 - Compose emails to begin conversation with recruiting coordinators.
 - Phone calls, FaceTime, Skype.
6. Rank
 - List of schools based on online research, visits, and phone call with coaches.

Simple Steps

7. Gather Documents

- Transcripts, ACT/SAT testing and curriculum

8. Refine Your List

- Narrow list to top 10 and then top 5.
 - Look at schools unofficially to eliminate schools.
 - Try to ONLY take 3 official visits.
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- During the process remind oneself to find the right FIT not the BETTER school.
 - Looking for the institution that is challenging athletically and academically for you yet NOT ALL COMSUMING.

Notes