



College Recruitment

There are many opportunities for athletes to continue rowing at the collegiate level and beyond. College coaches are always interested in motivated athletes that demonstrate rowing experience, good technical skills, erg scores, and qualifying academics. We are proud of the many MHS juniors who have “graduated” to successful collegiate rowing careers and look forward to assisting others in the process. We are going to try and hold a college recruitment session at the beginning of each spring season for both athletes and parents and our coaching staff will continue to provide continued guidance throughout the year.

The plan for the successful scholar/athlete is to first choose a school for the academics and then for the athletic program. College rowing program information sent to MHS will be made available to rowers. The following timeline will help you with the college recruitment process. We will help you with the process. You can also attend a US Rowing recruiting seminar or fair for more information.

Fall of Junior Year:

- Complete the NCAA core course requirements found at www.ncaa.org (initial eligibility).
- Register for NCAA clearing house (www.ncaa.org).
- Post your scores at www.usrowing.org , www.irow.com , www.concept2.com, www.berecruited.com
- College coaches cannot talk to rowers and families until after July 1st, but may answer emails

Winter of Junior Year:

- Work hard during winter training
- Compete in indoor rowing championships (Strong Island Sprints, Crash B's, etc.)
- Post your scores at www.usrowing.org, www.irow.com , www.concept2.com, www.berecruited.com
- Get noticed: email coaches, send letters of interest, fill out online recruiting forms, and request materials! Be sure to always include your name, address, phone # and email address

Summer after Junior year:

- Keep scores current on web sites
- Contact coaches at schools to which you intend to apply

- Prepare college applications
- Participate in the MHS summer programs and compete at the USRowing Club National Championships.

Fall of Senior Year: Crunch time!

- Make a short list of colleges you want to seriously consider.
- Continue to work on college applications.
- See your guidance counselor for an appropriate timeline for college recommendations and please remember to give your coach plenty advance notice if you would like them to write a letter of recommendation for you. Please provide all necessary envelopes, stamps, etc
- Schedule and attend official visits. Beginning September 1st of a rower's senior year they may make official visits (1 per college, 5 colleges total) and college may pay expenses. Remember that you are still committed to a practice and regatta schedule so please check with your coach before scheduling these visits!
- Official visits may not last more than 24 hours on campus, transportation not usually covered, parents expenses not covered. SAT or ACT scores must be on file unless already filed with NCAA clearinghouse, schedule time to see a team practice.
- No more than three visits during the recruiting process are allowed with the coach. Rower can make unofficial school visits to campus any time; a coach can meet with a rower after July 1st.

- Check NCAA website to verify there has been no regulatory changes
- Receive scholarship offers. Negotiate scholarships; if possible (don't be too pushy).
- Decide which college/university you will attend.
- Make a verbal commitment to school, sign letter of intent (binding contract).

Winter of Senior Year:

- Fill out and send in financial aid applications using parent's tax forms.
- See end of section for recommendation letter protocol

Spring of Senior Year:

- Continue to work hard.
- Coaches will be in touch with your school and your coach to make sure you stay on track.