Ultimate Recruiting Checklist

Adopted from the 2015 USRowing Recruiting Guidebook, this infographic maps out the recruiting process from pre-freshman year to high school senior. For detailed information, links to resources, and in-depth Q&As with coaches from a variety of collegiate programs, visit usrow.us/RecruitingGuidebook.



ACADEMICS

- + Focus on grades
- Challenge yourself
- + Develop good study habits

ROWING

- + Keep fitness level up
- + Watch rowing videos
- + Learn rowing "lingo"
- + Understand erg targets
- + Attend regottas

PLAN

- + Learn about different college divisions
- + Informally check out college campuses
- + Start basic planning



ACADEMICS

- Continue to focus on grades
- Choose classes wisely
- Challenge yoursel
- Develop time management skills

ROWING

- + Consider aftending a camp
- + Set erg goals and work: toward them
- + Sign up for an indoor race like CRASH Bs

PLAN

- + 5hare rowing interest with guidance counselor
- + Make a list of schools you are interested in and research them



ACADEMICS

- Consider the PSAT to learn what to expect when you take the SAT or ACT
- + Targ -t teachers for letters of recommendation

ROWING

- Altend junio (D)
- development or high-per tormance camp
- Create rowing resume
- including basic information and results

PLAN

- Check in with guidance counselor to stay on target
- Fiegister at the NCAA
 Eligibility Center
- + Plan unofficial visits to colleges on your list



ACADEMICS

- + Take SAT/ACT/SAT2
- + Follow up with teachers for letters of recommendation
- 1 Send official transcript at the end of junior year
- + Consider a major

ROWING

- + Add rowing video or audio
- clip for coxswains to rowing
- + Submit erg scores on USkowing database
- + Attend a camp

PLAN

- r Contact coaches by email and phone with rowing resume
- 5 Schedule official visits
- | Harrow down list of schools



ACADEMICS

- + Graduate
- + Retake the SAT or ACT if needed
- + Upon graduation, send final transcript to NCAA Eligibility Center

ROWING

- + Update rowing resume and rowing video or audio clip
- + Attend a camp
- + Be a leader on your team

PLAN

- r Keep in contact with coaches by email and phone
- + Take official visits
- 4 Select school
- r Complete application materials by deadline