

# McLean Crew: “How To” Series

## *So You Want to Row in College?*



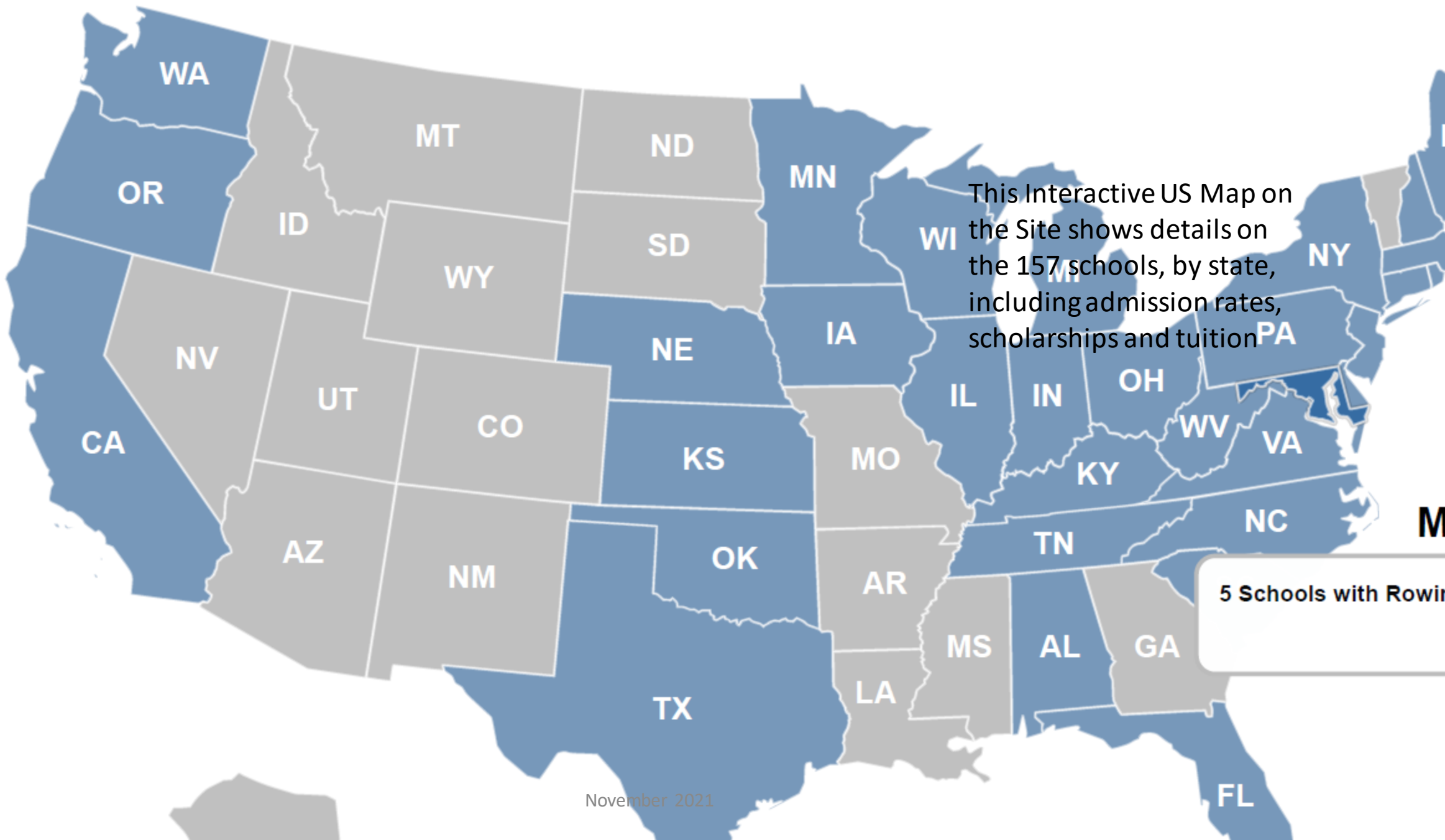
- Introduction and Links
- College Rowing Fast Facts
- Recruiting Tips
- Scholarships and Financial Aid
- Checklist

# Introduction

- These materials are for use by the McLean High School Crew parents and students and are meant to serve as a starting point. The information is NOT the definitive authority, but to help navigate the waters 😊
- Please always reach out to coaches and school counselors for the latest guidance
- Links used in the generation of this presentation:
  - <https://scholarshipstats.com/rowing>
  - Women's Guide: <https://www.ncsasports.org/womens-rowing>
  - Men's Guide: <https://www.ncsasports.org/mens-rowing>
  - Alternate free recruitment profile site: <https://new.berecruited.com/>
  - Student financial aid sites: <https://studentaid.gov/> and <https://fastweb.com>

# College Rowing Fast Facts

- 157 schools sponsored varsity-level teams during 2019-2020 (Source: <https://scholarshipstats.com/rowing>)
- Even though it's the oldest intercollegiate sport in the United States, men's rowing has never been an official NCAA sport. The Intercollegiate Rowing Association (IRA) is the governing body for varsity men's programs.
- Women's rowing is an "equivalency sport" so partial scholarships can be awarded in any proportion to meet the limit per school; for example, an NCAA Division I team can award 40 rowers each a 1/2 scholarship and not exceed the NCAA school limit of 20.



# Recruiting: What You Should Know?

- June 15<sup>th</sup>! The date athletes or coaches can initiate phone conversations. But ONLY after an athlete's sophomore year for DI and DII schools. DIII is more relaxed.
- August 1<sup>st</sup>! The date after official visits can occur for Division I schools. Other divisions more relaxed.
- Still, college coaches may build their recruiting classes prior to June 15<sup>th</sup> through online research, attending events and communicating with athletes' coaches.
- Having an online profile is critical for athletes to get evaluated early. (See Checklist for online sites)
- Athletes can also initiate communication by emailing coaches of programs they are interested in as early as possible. Send them your athletic resume, which includes:
  - Any sport-specific stats
  - Your academic information
  - Why you are interested in their program
- When the NCAA recruiting rules allow coaches to contact you, you will already be on their radar. Once your sport's contact period begins, be sure to follow up communications with a phone call

**If you really want to get in to the school of choice, after June 15th of your sophomore year, reach out to the coach—don't wait to be contacted!**

# Scholarships and Financial Aid

1. If you are looking for college rowing scholarships at these schools, **don't!**

- Ivy League (a subset of Division 1)
- NCAA Division 3 schools

Athletic scholarships are **not** available at these types of colleges. Academic, yes. Athletic, no.

2. Financial Aid Information is **free**. Don't be scammed into paying for any service. Savvy marketers get your information from College Board sites—it's big business, but don't fall for it. Free sites to visit:

- <https://studentaid.gov/>
- <https://www.fastweb.com/>

3. Scholarship Information

Men: <https://www.ncsasports.org/mens-rowing/scholarships>

Note: Recently, the NCAA D1 Council adopted legislation that loosened regulation regarding need-based [aid and academic scholarships](#) that are not tied to athletic ability. Effective August 1, 2020, teams in equivalency sports like rowing will not have any athletes' need- and academic-based aid count against a team's maximum athletic scholarship limit. Prior to this rule change, athletes had to meet a set of criteria for their additional financial aid to not be counted against a team's athletic scholarship limit.

Women: <https://www.ncsasports.org/womens-rowing/scholarships>

# So You are Thinking to Row in College?

## A Checklist

Juniors - Consider taking the PSAT 10/13/2021 (or 10/16 or 10/26) and allow your scores to be viewed. Why? Most likely when you take the SAT, your scores will improve from the PSAT...recruiters love that!

All – Women's Recruitment Guide: <https://www.ncsasports.org/womens-rowing>

Men's Recruitment Guide: <https://www.ncsasports.org/mens-rowing>

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1. Research colleges which offer college rowing programs and the area of study for your desired educational “major”, if you know it
  - Top Women's: <https://www.ncsasports.org/best-colleges/best-rowing-colleges>
  - Top Men's: <https://www.ncsasports.org/best-colleges/best-mens-rowing-colleges>
2. Search the rowing program’s website and fill out the ‘Recruiting Questionnaire’
3. INCLUDE at least your 2k ERG Score!
4. Consider setting up a Recruiting Webpage to highlight YOU. Here are links to popular sites and examples
  - Women's <https://www.ncsasports.org/womens-rowing>
  - Men's: <https://www.ncsasports.org/mens-rowing>
  - <https://new.berecruited.com/>
  - Examples: <https://new.berecruited.com/athletes/4013378> and <https://new.berecruited.com/athletes/4033067>
5. Go to Summer Rowing Camp to hone skills and get noticed!