

# **Rower Recruiting Services**

## **Insight and Guidance to Becoming a Recruited Division I Collegiate Rower**

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### **2009 Rates and Services**

#### **Group Sessions**

##### **Parents/Athletes**

- \* Approximately one hour presentation to educate a group of parents, athletes, and/or coaches on NCAA recruiting rules and the necessary steps to becoming a recruited athlete
- \* Includes a question and answer session immediately following the presentation
- \* Format and material of presentation to be tailored to suit each group
- \* Fees for a group presentation to be determined on a case by case basis

#### **Individual Sessions**

##### **Sophomores     \$150**

- \* Initial meeting, evaluation, and discussion of services
- \* Identify goals and create timeline leading to senior year
- \* Discuss erg score and requirements for being a recruited athlete
- \* Develop 2k erg goals through fall of senior year
- \* Discuss attendance of US Rowing summer rowing camps

##### **Juniors             \$400**

- \* Fall Session:
  - Observe practice and evaluate rower's on-the-water skills
  - Identify schools and rowing programs of interest to rower
  - Establish plan to position rower as a readily identifiable collegiate recruit
  - Direct submission of erg test results to US Rowing and/or collegiate coaches
  - Plan unofficial visits
  - Advise how and when to initiate contact with collegiate coaches
  - Identify dates and locations of US Rowing identification camps and discuss eligibility
- \* Spring Session:
  - Review 2k erg scores, establish time and test goals, and assist with submission of test results to US Rowing and/or collegiate coaches
  - Narrow rower's selection of schools and rowing programs
  - Further rower's contact with collegiate coaches
  - Identify SAT and ACT test dates and select date for testing
- \* Summer Session:
  - Review unofficial visits
  - Develop a list of colleges to apply to and be recruited by
  - Contact collegiate coaches and offer recommendation for rower
  - Establish schedule for rower's drafting and submission of college applications
  - Discuss attending summer rowing camps

**Seniors \$325**

- \* Fall Session:
  - Observe practice and evaluate rower's on-the-water skills
  - Establish plan to position rower as a readily identifiable collegiate recruit
  - Assist rower with creating a calendar of due dates, travel dates, and fall rowing race schedule in order to manage multiple demands and deadlines on a tight timetable
  - Identify schools for official and unofficial visits
  - Counsel rower on how to present herself on official visits
  - Review official and unofficial visits and help rower identify her top school(s)
  - Confirm that rower is completing college applications on time
  - Contact collegiate coaches and offer recommendation for rower
  - If applicable, prepare rower for receipt of Fall Letter of Intent and for making decisions regarding scholarship offers
  - If applicable, advise rower on managing multiple scholarship and admission offers with rigid decision deadlines
  
- \* Spring Session:
  - If applicable, contact collegiate coaches and offer recommendation for rower
  - If applicable, prepare rower for receipt of Spring Letter of Intent and for making decisions regarding scholarship offers
  - If applicable, advise rower on managing multiple scholarship and admission offers with rigid decision deadlines
  
- \* Summer Session:
  - Discuss attending summer rowing camp
  - Recommend a summer training plan to assist rower with physically and mentally preparing for first collegiate season when classes start in the fall

**Individual Sessions Include:**

- \* One in-person meeting lasting approximately ninety minutes
- \* Two follow-up phone calls lasting no more than sixty minutes (additional time or calls available at service rate listed below)
- \* Email correspondence
- \* Typed summary of session to be emailed to rower and parents within one week of meeting

**Individual Sessions DO NOT Include:**

- \* Assistance with SAT or ACT preparation
- \* Assistance with college application essays or letters of recommendation
- \* A guarantee that recruit will be offered admission and/or a scholarship from any school or rowing program

**Additional Services:**

- \* Phone consultation: \$20 per fifteen minutes, rounded up to nearest quarter hour
- \* In-person consultation: \$30 per fifteen minutes, rounded up to nearest quarter hour
- \* Coaching on erg or on the water: \$150 per hour (must have coach's approval)
- \* Written training program to improve erg time or overall fitness: \$50