

College Rowing and Scholarship Opportunities



Loyola Academy Rowing Association
2020 - 2021 Season

Introduction

This document is designed to provide introductory information about rowing in college. Most of the information is from the public domain and referenced. The content is not all inclusive and should be supplemented with other sources by those student-athletes interested in rowing in college.

The LARA Coaching Staff



A photograph of a rowing team in a boat on water. The rowers are in a line, and their oars are visible. The water is calm, and there are some yellow autumn leaves floating on the surface. The background is slightly blurred, showing a shoreline with trees.

**What should I do if my daughter
or son wants to row in college?**

**There are many options and
different paths to take!**

LARA Mission Statement

Founded in 1985, Loyola Academy Rowing Association (LARA) provides a rare, highly desirable opportunity for Loyola Academy students to participate in the sport of rowing. Of fundamental importance, LARA believes that the arduous, demanding nature of the sport creates the ideal environment for the physical, mental, and spiritual development of student-athletes. To this end, LARA endeavors to lead students toward recognition, appreciation and fulfillment of their true athletic potential through the shared pursuit of winning both the MRSA Midwest Championships and the SRAA National Championships. The teams, as constructed, strive toward excellence with dedication to Jesuit ideals, including aspiring to become "Women and Men for Others."



Playing Your Sport In College

What schools can I get into?

What's all this going to cost?

What are my chances of playing college sports?

Where can I find college athletic scholarships?



What Are College Divisions?

There are three divisions for NCAA member schools: Division I, Division II and Division III. Any school that is a member of the NCAA belongs to one of these divisions.

Each school selects a division by matching its enrollment, financial situation and fan support with the requirements for each division.

Each school must then meet the necessary division requirements each year.



How Are The Three Divisions Determined?

The Three NCAA divisions is dependent on:

- The number of sports a school has overall
- How many sports are available for both men and women
- How many athletes or teams the school has in each sport
- The number of contests it plays against schools in the same division

What Are The Main Differences?

Division I schools must:

- Offer at least 7 sports for men and 7 sports for women - or 6 for men and 8 for women

Division II schools must:

- Offer at least 5 sports for men and 5 for women - or 4 for men and 6 for women

Division III schools must:

- Offer at least 5 sports for men and 5 for women
- Have student-athletes who do not get sports-related financial aid

What Is A Club Sport?

Collegiate Club Sports are any sports offered at a University or College that compete competitively with other Universities or Colleges but are not regulated by the National Collegiate Athletic Association (NCAA). Collegiate Club Sports can exist at schools that do have teams that are part of the NCAA. Many times club sports are student run and receive little financial aid from the school. An estimated 2 million college students play competitive club sports compared with about 430,000 involved in athletics governed by the NCAA.



Available College Athletic Scholarships

Maximum Number of Scholarships	Available Scholarships	Men	Women
Football	30,423	30,423	-
Basketball	28,819	14,259	14,560
Soccer	19,594	8,564	11,030
Track & Field	16,026	6,690	9,336
Baseball	15,190	15,190	-
Softball	14,410	-	14,410
Volleyball	11,430	294	11,136
Cross Country	8,169	3,512	4,657
Tennis	7,599	2,732	4,867
Golf	7,398	4,062	3,336
Swimming & Diving	5,784	2,114	3,670
Lacrosse	3,230	1,371	1,859
✓ Rowing	2,080	-	2,080
Wrestling	1,898	1,898	-
Ice Hockey	1,657	1,045	612
Field Hockey	1,119	-	1,119
Gymnastics	911	101	810
Water Polo	470	126	344
Equestrian	390	-	390
Bowling	315	24	291
Skiing	240	107	133
Fencing	233	99	134
Rifle	93	47	46
Beach (Sand) Volleyball	45	-	45
Rugby	36	-	36
Totals	177,559	92,658	84,901

Source: Scholarshipstats.com



Not All College Rowers Crewed In HS

NCAA Rowers (all Divisions) who competed on a club team in High School (2018):

Participated on Club team in High School	46%
Participated on High School team	39%
Total	85%

A significant percentage of college rowers participated in other sports during high school and did not begin rowing until college.



HS And College Rowing: By The Numbers

Odds of a High School Rower competing in College (2017):

	Men	Women
Estimated Number of U.S. High School Age Team / Club Rowers	19,747	21,839
Number of College Rowers	2,926	5,660
U.S. High School Rowers competing at any College Level	10.3%	18.3%
U.S. High School Rowers Competing at NCAA I Schools	6.0%	12.4%
Odds of a U.S. High School Rower making an NCAA I, II or III Roster	10:1	6:1
Odds of a U.S. High School Rower making an NCAA I Roster	17:1	8:1



Understanding The Time Commitment

Weekly Time Commitment for NCAA Rowers (2018):

Average Weekly Hours	Athletic Hours	Academic Hours	Total Hours per Week
NCAA I Rowing	30	42	72
NCAA II Rowing	26	47	73
NCAA III Rowing	29	48	77
Average	28	46	74

If you want to row in college expect the athletic commitment to come close to a 2nd full time job. And contrary to popular belief, Division III rowing requires virtually the same commitment of weekly hours as Division I. Developing efficient time management skills is key to becoming a successful student-athlete.



Scholarship Opportunities: The Impact Of Title IX For Women

Scholarship Averages for Women's NCAA I Rowing Teams (2018):

	Average	Low	High
Scholarships awarded per team	39	19	51
Average Scholarship per team	\$21,053	\$11,507	\$31,771

Men's rowing is not an official NCAA sport (by choice)

These are the results of our survey of NCAA I schools that sponsored rowing teams . Number of athletic scholarships awarded is per team, so for 4 year schools typically only 25% or so will be available for the incoming athletes.

Source: Scholarshipstats.com



Defining The Rowing Programs

152 Schools sponsored varsity Rowing teams during 2017-2018:

Division	# of Schools	# of Teams		Total Athletes		Average Team Size		# of Scholarships Limit per Team		Average Athletic Scholarship *	
		Men's	Women's	Men	Women	Men's	Women's	Men	Women	Men	Women
NCAA I	88	35	88	1,886	4,096	54	47	-	20	\$17,598	\$17,475
NCAA II	16	6	16	163	411	27	26	-	20	\$8,232	\$9,502
NCAA III	43	27	41	756	1,074	28	26	-	-	-	-
NAIA	2	2	2	67	32	34	16	-	-	\$7,701	\$9,946
Other	3	2	3	54	47	27	16	-	-	-	-
Totals	152	72	150	2,926	5,660	41	38			\$11,114	\$11,207

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 still meet the NCAA school limit of 20. Even though it's the oldest intercollegiate sport in the US, men's rowing has never been an official NCAA sport.

Average Athletic Scholarship is the average award per athlete for ALL varsity sports sponsored by the specific school. Some athletes receive full awards, some receive partial and many receive none. Additionally some sports within a school may be fully funded, some partially and some sports provide no athletic scholarships. Private schools generally have higher tuition than public schools and the average award will reflect this.

Source: Scholarshipstats.com



Division I (88 Programs)

University of Alabama	Drake University	Creighton University	La Salle University
Loyola Marymount University	University of Iowa	Dartmouth College	Lehigh University
Sacramento State (CSU)	Indiana University	Princeton University	Robert Morris University
Saint Mary's College	University of Notre Dame	Rutgers University	Saint Joseph's University
San Diego State University	Kansas State University	Canisius College	Temple University
Santa Clara University	University of Kansas	Colgate University	University of Pennsylvania
Stanford University	University of Louisville	Columbia University	Villanova University
Univ. of California-Berkeley	Boston College	Cornell University	Brown University
Univ. of California-Los Angeles	Boston University	Fordham University	University of Rhode Island
University of San Diego	Harvard University	Iona College	Clemson University
Univ. of Southern California	Holy Cross	Manhattan College	University of Tennessee
Fairfield University	Mass Institute of Technology	Marist College	Southern Methodist Univ.
Sacred Heart University	Northeastern University	Syracuse University	University of Texas
University of Connecticut	University of Massachusetts	Ohio State University	George Mason University
Yale University	Loyola University Maryland	University of Dayton	Old Dominion University
George Washington Univ.	U.S. Naval Academy	University of Oklahoma	University of Virginia
Georgetown University	Eastern Michigan University	University of Tulsa	Gonzaga University
University of Delaware	Michigan State University	Oregon State University	Seattle University
Jacksonville University	University of Michigan	University of Portland	University of Washington
Stetson University	University of Minnesota	Bucknell University	Washington State University
University of Central Florida	Duke University	Drexel University	University of Wisconsin
University of Miami	University of North Carolina	Duquesne University	West Virginia University

Division II (16 Programs)

Humboldt State University
University of California-San Diego
Barry University
Embry-Riddle Aeronautical Univ.
Florida Institute of Technology
Nova Southeastern University
Rollins College
University of Tampa
Assumption College
Merrimack College
Franklin Pierce University
University of Central Oklahoma
Mercyhurst University
Philadelphia University
Seattle Pacific University
Western Washington University



Division III (43 Programs)

Mills College
Connecticut College
Trinity College
U.S. Coast Guard Academy
Wesleyan University
North Park University
Clark University
Massachusetts Maritime Academy
Mount Holyoke College
Simmons College
Smith College
Tufts University
Wellesley College
Wentworth Institute of Technology
Williams College
Worcester Polytechnic Institute
St Mary's College of Maryland
Washington College
Bates College
Colby College
Stockton University
D'Youville College

Hamilton College
Hobart William Smith Colleges
Ithaca College
Rochester Institute of Technology
Saint John Fisher College
Sarah Lawrence College
Skidmore College
St Lawrence University
SUNY Maritime College
Union College
University of Rochester
Marietta College
Lewis & Clark College
Pacific University
Bryn Mawr College
Cabrini University
Franklin & Marshall College
Johnson & Wales University
Pacific Lutheran University
University of Puget Sound
Milwaukee School of Engineering



Clubs Programs (76 programs)

University of Central Florida	University of California, Irvine	University of Virginia	Southern Methodist Univ.
Ohio State University	University of Cincinnati	Stony Brook University	Chapman University
Pennsylvania State University	Virginia Commonwealth Univ.	University of Toledo	Duquesne University
University of Texas at Austin	Washington State University	Georgia Institute of Technology	Geneso SUNY
Michigan State University	West Virginia University	University of Rhode Island	Lehigh University
Indiana University	University of Iowa	University of New Hampshire	Seattle University
Rutgers University	George Mason University	Wichita State University	Loyola University (Maryland)
University of Minnesota	University of Massachusetts	University of Vermont	University of Portland
University of Illinois	University of Oklahoma	Boston College	Bucknell University
The California State Univ.	University of Tennessee	Northwestern University	St. Mary's College of Calif.
Univ. of California, LA	Grand Valley State Univ.	University of Dayton	Canisius College
Purdue University	University of Oregon	University of Notre Dame	St. John Fisher College
Iowa State University	Kansas State University	Fordham University	University of Puget Sound
University of Michigan	Old Dominion University	Humboldt State University	Middlebury College
San Diego State University	Univ. of Southern California	Stockton University	Lafayette College
University of California, Davis	University of Connecticut	Washington University	North Park University
California State University	University of North Carolina	Villanova University	Bowdoin College
University of Colorado	University of Delaware	University of Temple	Amherst College
Georgia State University	Clemson University	Drake University	Haverford College



Navigating The Waters Of College Recruiting

Expectations

- Who are your potential teammates?
- Will you love the college if you didn't participate in rowing?
- Where will you be on the team, and does that challenge you appropriately?

Scholarship Myth

- There is no such thing as a four year “Full Ride”
- ALL athletic scholarship are one year renewable deals



Scholarship Facts

- 3% of high school student-athletes receive a scholarship
- Less than 1% receive a four year D1 scholarship
- 26% of kids who enter college on an athletic scholarship, are no longer on an athletic scholarship by the start of their sophomore year
- 80% of scholarship/financial assistance opportunities are not on the D1 level



Visiting Colleges

Official visit: Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college
- Room and meals (three per day) while you are visiting the college
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest
- Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

Unofficial visit: Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.



Taking Ownership Of Your Rowing Future

Communication

- Fill out questionnaires on websites
- Follow up with college coaches that you are interested in
- Show growth and/or the willingness to improve your standing (erg, boatings, academics, etc.)

Where Do You Want To Row?

Do you really want to row in college?

- Rowing impact on “normal” college experience
- Pressure on lightweights and coxswains to make/maintain weight

First consider the school: Is the school a good fit for your interests independent of rowing?

What will your place be in the crew?

- Are all the other “freshmen” coming over from the Czech U23 national team?
- Being the best rower in a smaller program can be more rewarding than fighting for the second boat in a faster program

What is it like to row there?

Do you fit an academic profile?

Considerations In Evaluating A Crew Program

Coaches

- Do you like the coaches?
- Are they likely to stay?

Rowers

- Have you met your potential teammates? (official visits are good for this)

Facilities

- How close is the boathouse to campus? How long is the commute?
- Are there on campus facilities for off the water activities (tanks, ergs, etc.)?
- How are the facilities?

Location

- How much travel is involved in racing?
- Do you like the water?
- Do you like the weather?

Intensity

- What kind of time commitments are expected by your coach? Travel?



Questions For College Coaches

“Recruitability”

- Where do you fit in the coach’s recruiting plans?
 - Special note for coxswains; your ACT score maybe weighted heavier because you’re not being evaluated on an ERG score
- What do you need to demonstrate or accomplish in order for the coach to support your application?
 - Academically & athletically

Admissions

- Can the coach “support” admission (typical of Ivy’s), or grant admission (some state schools)
- How many applications can the coach support each year?
- How many of your supported applications do not get admitted every year?

Acceptance

- Are scholarships available for rowers?
- Are there other benefits to being an athlete at that school?
 - Academic assistance through tutors
 - Schedule/course selection
 - Dorm assignments
- Does the school issue “likely letters”?

The Big One – “Can you, or will you, support my application?”

Communication with the School / Coach

Contact the coach if you are interested in a program/school

Direct Communication

- Emails (every two weeks, after big race results, or erg PRs)

Indirect Communication

- Recruiting Websites – www.berecruited.com, www.sparksconsult.com, <http://www.vespoli.com/recruiting/>, etc.
 - Any athlete can create a profile with athletic and academic information and interests. Coaches can see your profile at any time. “social media for recruiting”.
 - Con: Not all coaches are keen on social media.

School Questionnaires

- Many programs have their own questionnaires on their home pages. Go and fill these out so they know you and your interest in their program.

The Ultimate Recruiting Checklist



Source: US Rowing, Be Recruited, January 2017



Ask Your Student-Athlete This Question

If the college you are researching did not offer your sport ...

... would you still consider attending that school?

College is a match to be made - not a prize to be won. Enjoy your journey!

Loyola Academy 2019 - 2020 Athletic Participation Report

	Sports	Teams	Student-Athletes	Seniors	Signed for College
Loyola Academy	34	80+	1,382 (70%)	196	57 (29%)
Rowing	1	4	104	14	8 (57%)

Rowing accounted for 14% all LA student-athletes who signed to play their sport in college

LARA Classes of 2018, 2019 & 2020

Of the 45 senior LARA rowers who graduated over the past three seasons, 25 (53%) will row in college. These are the institutions our recent graduates attended:



Boston College
College of the Holy Cross*
Drake University*‡
Drexel University
Fairfield University*
Georgetown University (2)*
Gonzaga University (2)**

Harvard University*
Indiana University (2)*
Lafayette College*
Mercyhurst University*
Miami University
Michigan State University
Princeton University (2)**
Santa Clara University
Seattle University*

St. Olaf College
Stanford University (2)**
Syracuse University*‡
University of California SD
University of Illinois
University of Kansas
University of Michigan*‡
University of Minnesota (2)**‡
University of Notre Dame (4)*‡
University of Pennsylvania*
University of San Diego*
University of Wisconsin (4)
Vanderbilt University
Villanova University (3)**
Washington University

* Rowing in College (24)

‡ Scholarship Opportunity (5)

Next Steps

If a LARA student-athlete is interested in pursuing rowing opportunities in college, they should complete the “Interested in Rowing in College” form found on the LARA website.

Matt Baldino

Director of Coaching



Resources

US Rowing

- <http://www.usrowing.org/college-rowing/>
- <http://www.usrowing.org/get-recruited-captainu/>
- <http://www.usrowing.org/guide-college-recruiting-rowers-parents/>
- <http://www.usrowing.org/wp-content/uploads/2016/08/BeRecruited-2.pdf?x52716>
- <http://www.usrowing.org/the-rules-of-recruiting/>
- http://www.usrowing.org/wp-content/uploads/2016/08/USRowing_Recruiting_Guide.pdf?x52716

Scholarshipstats

- <http://scholarshipstats.com/rowing.html>





Go Ramblers! Row Hard!