



# Life Coaching for Student Athlete

Swim Ontario Presentation

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**OPTions: Optimally Planned Transitions**

# Choosing a School is difficult

- Myriad of choices
- High level of competition for entrance
- Made earlier than ever before
- Costly
- First large decision most young people face
- Outside pressure from friends and family
- Societal pressures to achieve

# Tougher for a Student/Athlete

- Must balance athletic and academic career goals
- Time stretched from juggling practice competition and school schedules
- Multiplied number of choices available as U.S. schools enter the picture
- NCAA systems/processes and timelines are not inherent to Canadian Culture
- Financial picture is more complicated due to financial support for student athletes

**SO  
WHERE & HOW  
DO THEY  
START?**

# Anyone feeling like this?

Zits



# Most Start with You

- Parents
- Club Administrators
- Club Coaches
- University Coaches
- Peers
- Web Searches
- Former Student Athletes
- Swim Ontario and Swim Canada Officials

# Let's Test Your knowledge

- Please pull out the questionnaire in your folder
- You will require a pen or pencil
- I will take up the answers
- Please leave me your (unedited) answers
- Don't worry about what you don't know

This survey can be accessed on line:

<http://www.surveymonkey.com/s/Q5JFDLQ>

# Quiz comprised of 7 Sections

- Knowledge of your Swimmers
- Knowledge of Canadian Swimming
- Knowledge of NCAA Swimming
- NCAA recruiting Restrictions
- NCAA Academic Requirements
- NCAA Amateurism Rules
- Financial knowledge



# Knowledge of your Swimmers

- What are your swimmer's career goals?
- What are your swimmer's athletic goals?
- What type of learner are they?
- What are their peak moments?
- What do they value in education?

# Knowledge of Cndn Swimming

- How many schools in Canada have a swim team?
- What schools are associated with National training centers?
- Name the top 2 overall finishing schools (men & women) at 2010 CI s
- Name the minimum Academic Averages to gain entrance into these schools

# Knowledge of NCAA Swimming

- # schools offering men's swim scholarships?
- # schools offer women's swim scholarships?
- Name the top 2 Division men's 1 teams in 2010
- Name top 2 Division 1 women's teams in 2010
- # of scholarships is each school allowed to offer (by division - men/women)

# NCAA Recruiting Restrictions

- When can your swimmer contact US coaches?
- When can coaches contact your swimmer?
- When does early signing typically occur?
- How many recruiting visits can an athlete take?
- When is an offer guaranteed?
- How many years if the offer for?

# NCAA Academic Requirements

- How is GPA calculated for academic eligibility?
- What is the last *realistic* timeline to write the SAT or ACT if early signing is desired?
- What SAT/ACT score is required?
- What GPA is required

# NCAA Amateurism Rules

- What are Amateurism clearance questions designed to prove?
- Which sources of revenue will make an athlete ineligible under current NCAA rules\*
  - **Federal carding**
  - **Provincial Carding**
  - **Prize money**
  - **Team sponsorship**
  - **Personal sponsorship**
  - **Lottery Money**

# Financial knowledge

- List funding available to swimmers who choose to stay in Ontario?
- How much does a year of University in the US cost - including residency?
- How much does a year at a Canadian University cost - including residency?
- What factors determine the chances of getting a full ride at a US school?

**Are you  
ready for  
some  
answers?**



# Knowing your Swimmers

- Clearly I cannot give your answers to this
- I hope that I have hi-lited critical questions
- My goal was to provide conversation starters
- Life Coaching/Coaching and Parenting are built around:
  - Goal setting
  - Values
  - Building upon Strengths
  - Finding “best fit”

# Canadian Schools

- There are 31 universities in Canada with swim programs
  - This includes 7 with studies in French\*
- There are 5 Cities with National Centers:
  - Vancouver (University of British Columbia)
  - Montreal
  - Victoria
  - Calgary (University of Calgary)
  - Toronto (University of Toronto)

# Canadian Schools

cont'd

- I asked for top 2 teams, here are top 5
- Top men's teams at CI s in 2010
  - University of Calgary
  - University of Toronto
  - University of British Columbia
  - Universite de Laval
  - Dalhousie University
- Top women's teams at CI s in 2010
  - University of Calgary
  - University of British Columbia
  - Universite de Montreal
  - University of Western Ontario
  - University of Toronto

# Canadian Schools

cont'd

- Academic Averages for entrance to Top 5 swim schools (English school only)
  - University of Calgary 70 to 80%
  - University of Toronto 72 to 78%
  - University of British Columbia 72 to 76%
  - University of Western Ontario 86%
  - Dalhousie University 75%

# NCAA Swim Programs

- Men's swim programs
  - 142 Division I
  - 50 Division II
- Women's swim programs
  - 185 Division I
  - 64 Division II
- Top Division 1 men's teams in 2010
  - Texas; California; Arizona; Stanford; Florida
- Top Division 1 women's teams in 2010
  - Florida; Stanford; California; Arizona; Georgia

# NCAA Swim Programs

cont'd

- **Number of scholarships a school can offer**
  - Men – Division I 9.9 scholarships
  - Men – Division II 8.1 scholarships
  - Women Division I 14 scholarships
  - Women – Division II 8.1 scholarships
  - Division III No scholarships

\* These are for swimming and diving combined

- **Total Scholarships Available:**

- **Men**

- Division 1 – 1405.8

- Division 2 – 405

- **Women**

- Division 1 - 2590

- Division 2 - 518.4

# NCAA Recruiting Restrictions

- Swimmers can contact US coaches at any time during high school however:
  - The coach may not talk to you at a Swim Meet other than to say hello
  - The NCAA coach is not allowed to call back unless you have completed your grade 11 year
- Coaches can contact swimmers on July 1<sup>st</sup> of the year you will enter grade 12
  - The coach may call your home only once/week
- For swimmers, early signing occurs in November
  - If you do not sign in November, there is a late signing date of April and beyond

# NCAA Recruiting Restrictions cont'd

- **Allowable recruiting visits**
  - S/A can take up to 5 “official” visits to NCAA schools
  - May make as many unofficial visits as they wish
  - An official visit is one that is paid for by the school and may last up to 48 hours
- **The Offer**
  - An offer is not guaranteed until you receive the official letter of intent in the days prior to signing
- **How many years if the offer for?**
  - You are signing an offer for 1 year
  - Most schools will continue to renew your scholarship annually for up to 5 years in total for the completion of your degree
  - exceptions have been known to happen



## GPA calculation

### Division 1

- 16 Core Subjects including:
  - 4 years of English
  - 3 years of Mathematics
  - Additional year of Math/English or Science
  - 4 additional courses

### Division 2

- 14 Core Subjects including:
  - 3 years of English
  - 2 years of Mathematics
  - 2 Additional years of Math/English or Science 2 years each of Science and Social Science
  - 3 additional courses (ie language, philosophy etc)

\*(ie language, philosophy, economics, religion etc)

# NCAA Amateurism – General

- NCAA Amateurism clearance questions are designed to make sure that you have not made a profitable living from your sport
- To determine acceptable money sources you must understand some NCAA by-laws:
  - 12.01.3 "Individual" vs "Student Athlete"  
NCAA amateur status may be lost as a result of activities prior to enrollment in college. If NCAA rules specify that an "Individual" may or may not participate in certain activities, this term refers to a person prior to and after enrollment in a member institution. If NCAA rules specify a "student-athlete", the legislation applies to that person's activities after enrollment.
  - 12.02.2 PAY. Pay is the receipt of funds, awards or benefits not permitted by the governing legislation of the Association for participation in athletics
- It is recommended that all sources of funding be reviewed for acceptance by the NCAA – if in doubt, contact the NCAA Clearinghouse
- Unacceptable Funding
  - Personal sponsorship & Lottery Money

# NCAA Amateurism – Carding

## 12.1.2.4.6 Exception for Training Expenses

*An individual (prospective or enrolled student athlete may receive actual and necessary expenses including grants but not prize money, whereby the recipient has qualified for the grant based on his or her performance in a specific event (s) to cover developmental , training, coaching, facility usage, equipment, apparel, supplies, comprehensive health insurance, travel, room and board without jeopardizing the individual's eligibility for intercollegiate athletics, provided such expenses are approved and provided directly by the US Olympic Committee (USOC) **or the appropriate National governing body (NGB) in the sport (or for international student athletes, the equivalent organization of the nation)***

*\*\*Interpretation issued June 21, 1991*

- This means that Federal Carding is acceptable
  - For enrolled students can only be accepted in the off season
- Provincial carding and Federal Bursaries are a grey area that will be clarified with the interpre

# NCAA Amateuism

- **Prize Money**

- 12.1.2..1 **Exception for Prize Money Prior to Full-Time Collegiate Enrollment**

- Prior to collegiate enrollment an individual may accept prize money based on his or her place finish or performance in an open athletics event (an event that is not invitation only). Such prize money may not exceed actual and necessary expenses and may be provided only by the sponsor of the open event . . . .*

- This means that Prize Money is Acceptable if it
    - not exceeding competition expenses per meet
    - Not taken while in attendance at an NCAA school on scholarship (ie summer only)

- **Team Sponsorship**

- 12.1.2..1 **Exception for Receipt of Free Equipment and Apparel by a Prospective Student Athlete**

- It is permissible for prospective student-athletes (as opposed to student-athletes) to receive free equipment and apparel items for personal use from apparel or equipment manufacturers or distributors under the following circumstances*

- a/ *The apparel or equipment items re related to the prospective student athlete's sport and are received directly from the manuf. or distrib.*
  - b/ *The prospective S/A does not enter into an arrangement (ie open account) . . .that permits . . . To select apparel and equipment items from a commercial establishment of the manuf. or distrib.*
  - c/ *A member institutions coach is not involved in any manner in identifying or assisting the (Sponsor in determing whether a prospective S/A is to receive any apparel or equipment items*

- **This means that Team sponsorship (ie Speedo contract) is acceptable**

# Financials

## Swim Ontario provides:

- Carding
  - top 30 Fina point scoring athletes from the previous long course season
  - 10 additional Junior cards
  - carding ranges from \$1000 to \$6000 per year
- Annual Bursary
  - for non-nationally carded swimmers entering first year at an Ontario university
  - \$5000 each to 2 top male and top 2 female swimmers who meet selection criteria)
- Club Grant
  - \$1000 per carded swimmer for performances at specified meets
- University Performance Bonus
  - up to \$12,000 for the top 5 male and female swimmers at CIS championships

## Swimming Canada provides:

### Carding

- Government funded support (\$900 or \$1500 per month dependant upon level)
- Tuition reimbursement for undergraduate courses
- Option to train at a National Centre while maintaining home club affiliation

### Bursaries

- Victor Davis Fund/Doc Tihanyi Fund

## Additional Benefits

- Lottery Money
- Academic and Athletic Scholarships (can exceed tuition costs)
- Opportunities to compete on Swim Ontario or Swim Canada Teams
- May accept prize money & private sponsorship
- Canada Games Grants

# Financials

cont'd

## Canadian University costs

### Lowest costs

- double residency with meal plan (Lethbridge) \$4542
- tuition (Manitoba) \$3746
- combined tuition & Double room with meal plan - University of Manitoba \$8415

### Highest Costs

- double residency with meal plan (Toronto) \$11,334
- tuition (Acadia non-NS residence) \$7008
- combined tuition & best avail. Double room with meal plan:
  - McGill (Non prov. Res.) \$20026
  - Acadia (non prov. Res.)\$18717
  - Toronto \$17317

# Financials

cont'd

- **Cost of University in the US**
  - None of the 1 cheapest schools had a swimming program
  - Difficult to find international student rates on most sites
  - Sites I looked at ranged from 38K to \$63K US
- **Real cost**
  - With a 50% scholarship cost would be \$17 to 30K
- **Opportunity Cost**
  - When you factor in travel, lost money in Canada and job prospects after graduation the cost is higher
- **Getting a NCAA ride is determined by:**
  - Supply and Demand
    - They are not going to buy something they already have
  - Preparing and selling the best package
    - Personal Branding

# Are you confused yet??







# What is Coaching?

- Coaching creates change by increasing awareness, expanding choice and deepening trust in self
- Coaching is a **Process** that involves a focus on building from strengths
- Coaching is a **Relationship** based on: trust and mutual respect; Confidentiality; a balance of support and challenges
- Coaching is a **Conversation** that uses: listening; questioning; Offering observations, perspectives, pathways; Structuring to support learning and action

# What is a Life Coach

- Coaches are change agents who serve the interests of their clients.
- Coaches are trained to listen, to observe and to customize their approach to individual client needs.
- They seek to elicit solutions and strategies from the client.
- They believe that the client is naturally creative and resourceful.
- The coach's job is to provide support to enhance the skills, resources and creativity that the client already has.
- The coach has no responsibility, accountability and authority for the behaviour of the client and does not own the outcome.
- **As a coach, the gift that I give my clients is not to show them the stars but to remind them that they know how to raise their heads**

# Role Life Coach for Student Athlete

- Clarify Goals and Set
  - Academic/ Athletic/ Career
- Illuminate critical values
  - Family/ Team /Financial/Coaching & Learning styles
- Identifying & building strengths
- Building a Brand
- Guide a path for university searches
- Assist in narrowing the choices
- Ensure critical timelines are met
- Plan contacts and interactions with coaches
  - Selling the brand
  - Role playing the interaction

# Coaching Questions

- The primary role of a coach is to ask questions
- The questions and tools which I use are to enable student athletes to
  - understand their underlying values
  - Verbalize their goals and to take ownership of them
- Ideally the client will walk away with an “AH HA” moment and an action they can own
- Through this thought process, the client will “own” how to reach their goals
- Among the outcomes expected are:
  - Realization that their performance in high school affects their choices for post-secondary education
  - Self-identification of what they can do to build their “brand” while in high school
  - Practical self realization of next steps and ability to take ownership of the process

# The Coaching Conversation

- In all coaching relationships, the long term desired result is defined in the initial conversation
  - For most student athletes this is the ability to create choices and to make the best choice
- Each coaching session will:
  - start with a “contract” of what the client would like to accomplish during the session
  - follow the ICF accepted methodology of ICA

# “ICA” Coaching

## Issue

- What’s up?
- What is topic or focus for coaching today?

## Insight

- Ideal outcome?
- What’s at stake?

## Choice

- What are ways you can address this?
- What resources do you need?

## Commitment

- What do we/you commit to do?
- What could get in your way?

## Action

- What’s next?
- What are you going to do/When/What support can you use?

## Accountability

- How can you make sure this happens?
- What else do you need to ensure that you move forward?

# Starters & Coaching Tools

## Sport performance scale

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Needs Improvement

Exceptional

## Academic performance Scale

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Needs Improvement

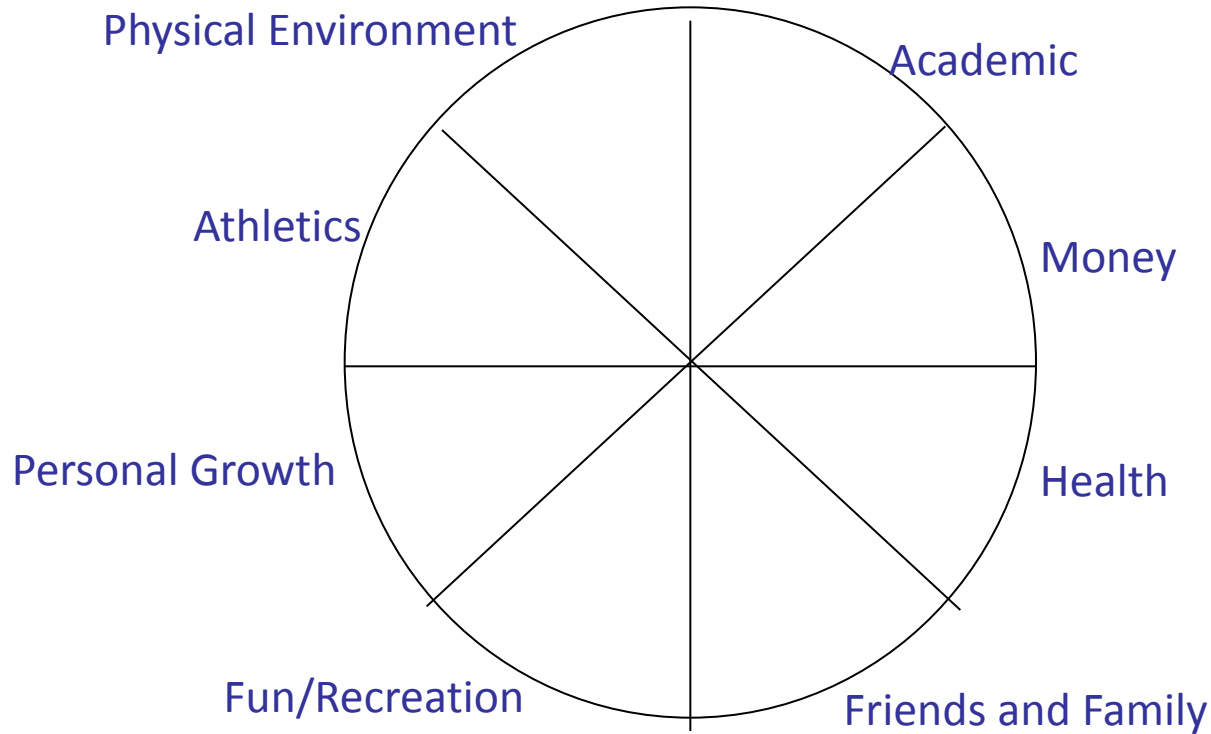
Exceptional

## Intake questions

- Best/Worst class in high school? Why?
- Peak moments – academically, athletically?
- Spare time activities?



# Coaching Tools – Wheel of Life



The eight sections of the Wheel represent balance.

Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a line to create a new outer edge (see example).

The new, albeit perhaps uneven, perimeter of the circle represents your Wheel of Life.

How smooth or bumpy would the ride be if this were a real wheel?

# Student Athlete Profile 1 - PS

- Nationally & Provincially Carded Athlete
- Athletic Goal – Make 2012 Olympic Team
- Academic Goal – Bachelors Degree
- Career Goal – Unknown
- Core Values in School Choice
  - Swim Fast
  - Relationship with Team & Coach
  - Receive Academic & Transition Support
  - No additional financial burden to parents
- School Choice – ASU – Full Ride scholarship
- Current Status
  - Returned to Canada to Swim at National training centre
  - Will Attend U of T in fall

# Student Athlete Profile 1 - PS cont'd

- What she did well
  - ☑ Leveraged Canadian funding to get a full ride
  - ☑ Maintained eligibility to keep US options open
  - ☑ Recognized and prioritized her own values
  - ☑ Returned to Canada when she realized:
    - She was not swimming as fast as she wanted
    - She did not have the same connection with US coach
- What she could have done better
  - Almost missed June aptitude test window
  - Did not have an alternate Freshman plan

# Student Athlete profile 2 - BC

- Recently made first national qualifier
- Exceptional Student
- Athletic Goal – Be Part of a team for fun/fitness/personal growth
- Academic Goal – Admission to Medical school
- Career Goal – Medical Doctor
- Core Values in School Choice
  - Remain Relatively Close to Family (within 4 hours)
  - School must be top 10 in Canada or US
  - Top notch science program with Non-linear teaching format
  - Ability to be part of the Swim Team
- School Choice – TBD
- Current Status
  - Currently in Grade 12
  - Researching schools by Available Programs and teaching styles

# Student Athlete profile 2 - BC cont'd

- What he did well
  - ☑ Recognizes that high marks are key to Meds
  - ☑ Recognized it is easier to get great marks when
    - Courses are truly enjoyed
    - Courses play to his learning strengths
  - ☑ Honoring his personal values of:
    - Family
    - Education First
    - Wanting to continue Swimming and be part of a team
- What he could have done better
  - Missed June aptitude test window
  - Started planning and investigating a little late

# Student Athlete Profile #3 VM

- National qualifier & former Canadian Youth Team Member
- Exceptional Student
- Athletic Goal – Leverage athletic ability for academic growth
- Academic Goal – Admission to Medical school
- Career Goal – Medical Doctor
- Core Values in School Choice
  - School must be a top 10 in Canada or US
  - No additional financial burden to parents
  - Ability to be part of the Swim Team
  - Relationship with team & coach
- School Choice – Fordham University Honors Program
- Current Status
  - Freshman at Fordham University

# Student Athlete profile 3 - VM cont'd

## What she did well

- ☑ Exceptional Academics and High SAT scores
- ☑ Leveraged combined athletic/academic ability
- ☑ Received Full ride combined scholarship
- ☑ Attained an exceptional education opportunity
- ☑ Remained true to values of
  - Education
  - Athletics
  - Family Finances

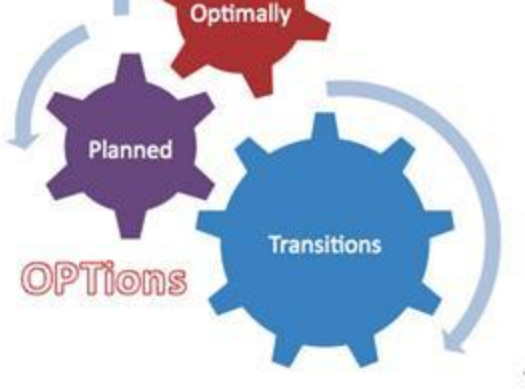
## What she could have done better

- Did not originally sell “Full package”
- Late to leverage academic abilities with US schools
- Almost turned down Fordham athletic offer

# What's next?

- I hope this has been an enlightening presentation
- I am available to:
  - Present at other venues
  - Work with individual Student Athletes
- I am still seeking input from coaches, athletes and other sporting organizations through a number of surveys:
- Resources lists an additional information can be accessed via my website
- For links to my website and upcoming surveys, please provide an e-mail address on your questionnaire as you leave





# Questions????

# References Sited in this Presentation

<https://www.swimming.ca/CanadaFirst>

Add McLeans

Add Coaching manuals

Add NCAA references