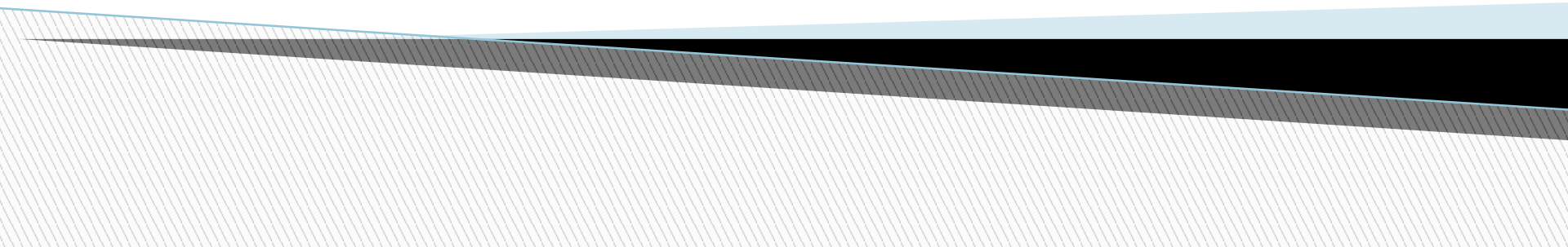


WHITMAN CREW



Rowing in College

Thursday, February 15, 2024
Via Zoom





Meet The Speakers - Current Whitman Coaches

- Greta Butz - Whitman Girls Freshmen Coach
 - Virginia Tech '20
- Richard Hrdy - Whitman Varsity Boys Assistant Coach
 - University of Virginia '21
- Miranda Tompkins - Whitman Boys Freshmen Coach
 - Whitman High School Class of 2016
 - Colgate '20
- Tressa Vitus - Whitman Varsity Girls Assistant Coach
 - University of Alabama '19



Meet The Speakers - Whitman Alumni

- Mark Canniff '20
 - Santa Clara University
- Emily Olin '20
 - The University of Rhode Island
- Bennett Browning '22
 - The University of California Berkeley
- Sydney Goldman '23
 - The University of Alabama



Meet The Speakers - Whitman Alumni

- Ethan Feldman '20
 - Boston University
- Iliad Izadi '20
 - The University of California Berkeley
- Finn Bernhout '21
 - Boston University
- Peter Godschalk '21
 - Santa Clara University



Meet The Speakers - Collegiate Coaches

- Bianca Arrington
 - University of Alabama Assistant Coach
- Jim Barr
 - Holy Cross Men's Head Coach

Choosing a School

Start by reflecting on what's important, where you see yourself, and who you want to be. Visualize what your college experience looks like.

Things to consider:

- Size
- Location
- Distance from home
- Available majors and classes
- Housing options
- Makeup of the student body
- Available extracurricular activities
- Campus atmosphere

Remember there is no such thing as the “perfect college”. In creating a list of things that are important to you and your desired experience, you'll find that there are many colleges out there that you'd be happy going to.



High School Timeline

For summary information purposes



9th Grade

- » Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's interactive map to help locate NCAA schools you're interested in attending.
- » Plan out your academic career to ensure that you're setting yourself for success.



10th Grade

- » Take the PSAT
- » If there are schools you're interested in, plan on taking an unofficial visit.
- » Begin to reach out to coaches. You can call (coaches cannot call you back if you aren't able to connect) or email coaches (coaches cannot email you back until after september 1st of you Junior Year).
- » Fill out online questionnaires that you can find on teams athletics websites.
- » If you are falling behind or struggling academically reach out to your support system to help develop a plan for your academic success.



11th Grade

- » Plan to take the SAT or ACT at least twice.
- » Continue to fill out online questionnaires and reaching out to coaches. If it is after September 1st coaches can email you back at outside of competition season but they cannot call you back.
- » If you haven't already, register with the NCAA Eligibility center.
- » Share your NCAA ID with any schools you've been in contact with.
- » Maintain or continue to improve your academic standings.



Summer between Junior and Senior Year

- » As of July 1st, coaches can schedule calls with you once a week, and you can call coaches at any time.
- » Verify that the schools that you are interested are inline with your academic standing and goals. Begin to look at schools application process and if able to get a head start on any essays.
- » Start narrowing down the list of school that you are most interested in.

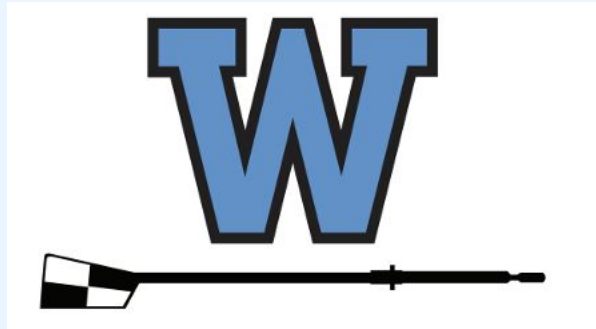


Senior Year

- » If needed, continue to take the SAT or ACT.
- » Start completing general application to schools and applying for financial aid and/or scholarships.
- » Plan out your official visits with school that are recruiting you.
- » This can be a stressful and emotional time. Make sure that you allow yourself to have fun and enjoy your time as a senior.

WHITMAN CREW

BETHESDA
MARYLAND



END