

CAT College Prep Swim Program

At some point in your child's swim career, you might start to wonder if they can swim in college? Although the chances of getting a collegiate athletic scholarship are rare, especially for swimming, there are usually opportunities for kids to swim beyond High School. Those that swim in college usually get the attention of a coach by having high academic strength as well as athletic ability; show leadership in and out of the pool; and stand out in the pool by not necessarily being the fastest at one event, but by showing the ability to be able to swim any event at any time.

CAT is committed to helping their swimmers and parents navigate the college swim recruiting experience. Although it can be overwhelming, and there is not ONE right path for every swimmer, our experienced staff can bring clarity to the process and provide a roadmap to get there.

Who is this for?

Any swimmer/parent(s) who is interested and/or curious if they have what it takes to swim at the collegiate level.

When should my swimmer consider taking part in this?

Any time in their High School swim career. The sooner they sit down with a coach to discuss their path, the better.

Is my swimmer “fast enough” to swim in college?

Swimming is a sport where individuals can be compared to any team at any level. This program will take an honest look at your swimmer's times and determine where they fit at the college level.

What CAT offers in the pool:

- An honest evaluation of where your swimmer can swim and where they should apply both athletically as well as academically
- A path to better themselves in and out of the pool to be ready to swim in college
- Training opportunities to get faster and stronger
- Competition opportunities to showcase their times in front of college coaches

What CAT offers out of the pool:

- A timeline of the recruiting process
- Access to our coaches who swam and coach at the college level
- Access to our coaches' contacts at the college level
- Parents & swimmers who have gone through the recruiting process
- Templates to contact college coaches
- How to properly brand your swimmer to grab coaches attention
- Online tools & resources

If you are interested in learning more about our program, please reach out to:

- Jason Macaluso (swim parent & member of Leadership): jaymac96@gmail.com
- Steve Cusano (Head CAT Coach): stevenpaulcusano@gmail.com