

# The Ultimate Recruiting Guide for College Volleyball

Presented by:



[www.VolleyballRecruits.net](http://www.VolleyballRecruits.net)

*The Official Recruiting Tool of*





## **Increase Your Odds of Being Recruited Exponentially!**

VolleyballRecruits.net gives student-athletes and his or her parents everything they need to tackle the college volleyball recruiting process. From the first step of having high quality video, to the ability to put your video and information in front of every college coach in the country, VolleyballRecruits.net has you covered.

Volleyball is a rapidly growing sport with players and programs all across the country. Large national qualifying tournaments can host over 100 courts in one facility. Each court will host 40 players meaning there can be 40,000+ players at just **ONE** tournament! In other words, the odds that (by chance) the right coach is watching you when you make that great play are slim. In order to be successful in the recruiting process you need to be proactive in your own recruitment by giving coaches the information and video they need to evaluate you.

VolleyballRecruits.net allows you to put your profile and video in front of every college coach in the country in the most efficient manner possible. The features built into VolleyballRecruits.net are like nothing you have ever seen, we are not exaggerating! We interviewed 50 college coaches about what they would like to see in a tool. Off of those recommendations, we built VolleyballRecruits.net

## **Every VolleyballRecruits.net membership comes with these amazing features:**

- Unmatched access to college coaches - EVERY program in the country is a registered user!
- A secure online player profile – To host all your information – contact info, vball info, stats, tournament schedule, academics, transcripts, pictures, VIDEO, etc.
- Professional Video Editing Services – We will take your footage and build a professional looking skills video and / or highlight video.

- Unlimited video uploading - We recommend all players have a highlight reel, skills video, and some unedited footage.
- School search feature - Ability to search by region, size of school, academic selectivity, and division to help you identify your schools of interest.
- Built-in messaging system - In minutes, you can send a personal email to any coach in the country through the tool. All communication with college coaches is handled using your VolleyballRecruits.net account. A link that will take the college coach directly to your full player profile is automatically included with every message sent.
- DIY video editing tool - Gives you the ability to string together your best clips through this basic built-in video editor.
- Volleyball specific recruiting guidance - Monthly newsletters about what you should be doing RIGHT NOW, and 24/7 access to our comprehensive online recruiting guide.
- Exceptional support - Former DI volleyball players and coaches provide you with excellent customer service.

**It's time you get yourself recruited with VolleyballRecruits.net!**

**Register now at VolleyballRecruits.net**

## **Table of Contents**

<b>I.</b>	<b>Chapter 1: Introduction to the Recruiting Process</b>	<b>1</b>
	1. How a College Coach Thinks About Recruiting	1
	2. NCAA Regulations	4
	3. Types of College Programs and Scholarships	5
<b>II.</b>	<b>Chapter 2: 11 Pitfalls to Avoid</b>	<b>8</b>
	1. I Only Want to Compete for a High-Profile NCAA D-1 Team	8
	2. I Must be a Hot Recruit - Coaches Send me Letters All the Time	9
	3. I'll Start as a Walk-on and Earn a Scholarship Later	9
	4. My Club Coach is Going to Get me a Scholarship	10
	5. I Will be Recruited Through High School Volleyball	11
	6. I'm Only Considering Schools Where I Can Earn a Full Ride	11
	7. I'm Only Applying to my First-Choice School	12
	8. I'm Told by High School or Club Coaches that I'm Division I Caliber	12
	9. If a Coach Outside of my Target List Wants to Recruit me, I'll Tell Them I'm Not Interested.	12
	10. Coaches Will Notice me Because I Play for a Reputable Club Team	13
	11. The Recruiting Process Begins my Junior Club Season	13
<b>III.</b>	<b>Chapter 3: How to Improve Your Recruiting Profile</b>	<b>14</b>
	1. Athletic Suggestions	14
	2. Academic Suggestions	17
<b>IV.</b>	<b>Chapter 4: Essential Action Steps to Take</b>	<b>21</b>
	1. Make a Target List	21
	2. Apply to Strong Academic Schools	22
	3. Let Coaches know you are Interested	22
	4. Go On Campus Visits	25
	5. Attend College and High Performance Camps	26
	6. Get Maximum Exposure	28
<b>V.</b>	<b>The Recruiting Timeline</b>	<b>30</b>
	1. The 4 Most Important Points	30
	2. Freshmen Year	30
	3. Sophomore Year	32
	4. Junior Year	36
	5. Senior Year	42
	<b>Appendix I: Understanding Your Level of Recruitment</b>	<b>45</b>
	<b>Appendix II: Position &amp; Division Statistics: Where Do I Fit?</b>	<b>49</b>
	<b>Appendix III: NCAA Recruiting Regulations</b>	<b>51</b>
	<b>Appendix IV: NCAA Division I Sliding Scale</b>	<b>54</b>
	<b>Appendix V: Guide to Videoing Volleyball</b>	<b>56</b>

## Chapter 1

### Introduction to the Recruiting Process

In this Chapter:

1. How a college coaches thinks about recruiting
2. NCAA regulations
3. Types of college programs and scholarships

This chapter covers the basic-and not-so-basic-information about the recruiting process.

#### 1. HOW A COLLEGE COACH THINKS ABOUT RECRUITING

You will have an enormous advantage over your competition if you are familiar with the recruiting process from a college coach's point of view. Not every college recruits exactly as described below - coaches at smaller schools have less money to recruit and may travel less than their Division 1 counterpart, for example. However, the information below is typical of most athletic programs.

##### **A Coach Is Always Looking For Top Athletes**

A coach constantly keeps his/her eyes and ears open for athletes who can help his/her team. Naturally, he/she will spend the majority of the time focusing on his/her next recruiting class. However, if you are a talented underclassman and you impressed a college coach, either at a camp, tournament, club practice, with a highlight reel, or from an article he/she read about you, he/she will probably keep your name in his/her recruiting database and follow your development.

“The athletes we are looking for are difference makers who will add something to our team. We want skilled athletes who have terrific first-step quickness, good balance, great hand-eye coordination and spatial awareness. Being able to communicate, perform under pressure, and being a great teammate are other qualities we look for. In order to determine if an athlete has the talent and skill-set to help our program, we need to see them play. While we would prefer to see them play in person, watching video is a tremendous help in our decision making process.”

– Todd Nelson, University of Denver Assistant Volleyball Coach, NCAA D-1.

##### **Coaches Help Each Other Recruit**

College coaches belong to a small circle. Many are good friends, recruit at the same tournaments / summer camps, visit the same club programs, and socialize at annual conventions. Also, many coaches change jobs frequently and devote a lot of time maintaining their professional network of contacts. On occasion, they even share information about top athletes and assist each other with recruiting (assuming they are not rivals in the same conference or going after the same athlete).

Few college coaches can recruit every outstanding athlete he/she or his/her staff sees. If a desirable athlete's grades don't meet his/her school's requirements, or the athlete plays a specific position and the coach has already filled that position, the coach may recommend the athlete to other coaches he/she knows.

That's why it's important to develop relationships with as many coaches as you can. If a college coach is really impressed with you, make an effort to stay in touch with him/her via mail or e-mail. Update him/her on your development, because even if he/she doesn't coach at a school that interests you, that coach could be your ticket to a college scholarship somewhere else. Remember, it's not who you know, but who knows you!

"I have a circle of other college coaches who share knowledge about different players. I also try to attend high school and summer league games and use scouting services. It's tough to get to them all, so we like to work off each other and help each other out." – Jim Brady, University of Missouri – St. Louis, Head Baseball Coach, NCAA D-II

### **Developing an "A-list"**

When the recruiting process begins each year, coaching staffs assemble an "A-list" of high school sophomores and juniors they are interested in recruiting. The names on this list are athletes the coaches have seen in action at summer camps, tournaments, club practices, and on occasion state/regional high-school matches. They also come from referrals by trusted sources like other college coaches, club coaches, recruiting services, former athletes, and some high school coaches.

It is important to remember that their "A-lists" are composed of high school juniors-to-be (aka rising juniors), meaning **they appeared on their radar long before their junior year**. With this in mind, place yourself in position to be noticed and/or evaluated by recruiters BEFORE your junior year - this is very important.

Getting on a coach's radar can be accomplished by:

- MOST IMPORTANTLY- personally notifying the coach of your interest in his/her program and letting him/her know your qualifications
- Playing for prominent club teams in addition to high school.
- Participating in college camps held by coaches at school that interest you
- Attending showcase camps/tournaments college coaches attend - The USAV National Qualifiers are extremely popular recruiting tournaments for coaches
- Providing compelling video so coaches can see your skills

VolleyballRecruits.net is a great way to get on a coach's radar as you can put your profile and video in front of all the coaches that interest you. One click and the coach is viewing your profile and video. If you are the type of player he/she is looking for, you are now on this coach's radar.

## **Coaches do their homework, too**

Before a coach decides to offer you a scholarship, he/she will do an extensive background check to find out everything he/she can about you. A scholarship is a big financial risk for the coach and his/her college. So coaches can be very thorough in their research, in order to improve the chances of making an intelligent decision. A few phone calls to your club/high school coach, guidance counselor, teachers, friends, and any local contacts he/she has will provide the information he/she needs.

So ask yourself right now:

- Is there anything I am doing now that will negatively affect a college coach's opinion of me? Facebook pics? MySpace? Tweets? Coaches do look at your social media profiles.
- Do I attend all of my classes?
- Do I get along with my teammates?
- Am I a leader or a follower?
- What kind of crowd do I hang with?
- How are my work ethic, drive, and integrity?

## **Determining Who Is Interested**

Questionnaires are sent to every athlete on a coach's "A", "B", and sometimes "C-list," as well as to any athlete who writes or phones the coach's office expressing interest in the program. Therefore, don't misunderstand receiving a questionnaire as a sign that you are going to be strongly recruited by Penn State, for example. This is just the first steps in the coach's recruiting process, and way for them to gather information about potential recruits. However, they are still very important and should be taken seriously.

If you receive a questionnaire, you will be asked to provide detailed academic and athletic information about yourself and to return the form promptly. If you neglect to return it quickly, be aware that you are sending a strong message that you are not interested in being recruited.

Returning the questionnaire promptly does more than tell the coach you are interested in his/her program. It also tells him/her you are conscientious, able to follow instructions and pay attention to detail. Sometimes, little things like that can make all the difference in the world. While you may not stand out from the crowd by doing this, you'll definitely stand out if your questionnaire comes in late, or is completed in a sloppy fashion or lacks important information. Remember, most potential student athletes start receiving questionnaires in their freshmen and sophomores, so it's OK if you are missing a few pieces of information like SAT/ACT scores - you haven't taken them yet as sophomore! Just fill out as much information as possible and keep the coach updated when information is added or changes.

A VolleyballRecruits.net profile is a great way to present your information in a professional, organized manner. The profile is easy to edit and maintain, and you can upload an unlimited amount of video that coaches can access with the click of a button.

## **Working With Admissions Officers to Narrow Down the List**

Coaches meet periodically with their college's admissions officer liaison to discuss prospective recruits. This is where your ability on court can help you get admitted to a good academic school to which you might not qualify on grades or test scores alone. A coach will compile a list of his/her top recruits so the liaison knows which athletes are the coach's highest priorities.

Based on your academic credentials, the liaison will often tell the coach who has a chance to be admitted and who does not. Some admission departments will be flexible and accept top recruits who may fall slightly below the academic requirements, but this happens only if you are in high demand by the coaching staff.

The coaching staff will then begin to reduce the "A-list" to a more manageable and realistic pool of candidates. It will only contain students who can contribute athletically, fill a position of need on the team, and possess the academic marks to get accepted to the school.

## **2. NCAA REGULATIONS**

### **NCAA Eligibility Center**

A NCAA member coach will require confirmation from the Eligibility Center that you are academically eligible to compete in college sports. If you have not achieved the required grades, test scores, and taken the right courses, the coach will immediately eliminate you from his/her recruiting list. Don't get knocked out of the recruiting game before it even starts by underachieving in class.

### **Core Courses**

The NCAA requires a certain number of college preparatory (core) courses to be completed in high school before an athlete is eligible to play his/her or her freshman year. For Division I, 16 core courses are required. For Division II, 14 core courses are needed, and 16 will be needed by August 1, 2013. Be sure to check which classes at your high school are approved as core courses by following this [link](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html) ([http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.html](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html)).

Make sure in your freshman year of high school you know the current requirement for your graduating class and are taking enough core courses to qualify for the NCAA Eligibility Center. If athletes have insufficient core courses when they graduate, they not only won't be allowed to participate in their sport during their freshman year of college, they also won't be allowed to receive an athletic scholarship.

It is imperative you make sure that at the start of your freshman year you have planned your academic schedule to include enough core courses and that you do so each year

until you graduate. It is also best to try to complete core courses as early as you can in your high school career. In the event that you fail one of the required courses, you will have enough time left in your high school career to make it up!

### **Standardized Tests & GPA**

To compete at the Division I level, a certain GPA and Test-Score are required. The Division I Eligibility Center uses a Sliding Scale which combines your GPA, SAT (Verbal & Math), or ACT (sum score) to determine eligibility. The higher your GPA, the lower your SAT/ACT requirement, and vice versa.

See **Appendix IV** for the NCAA Division I Sliding Scale.

If you are looking to play at the Division II level, the minimum core GPA is 2.0. Also the NCAA requires an SAT score (verbal and math sections only) of 820 and the minimum ACT sum score is 68.

For both Divisions I and II, you need to complete the amateurism questionnaire through the Eligibility Center web site. Division III athletes are not certified by the Eligibility Center and you should contact the Division III institution regarding policies on admission, financial aid, and athletic eligibility.

### **3. TYPES OF COLLEGE PROGRAMS AND SCHOLARSHIPS:**

Here is a brief overview of the different programs and scholarships available at each division. There are over 10,000 scholarships available in women's volleyball.

#### **NCAA Programs**

***Division 1*** – There are 331 NCAA Division I institutions that sponsor women's volleyball. Division I women's volleyball is considered a "head count" sport, which means the scholarships must be awarded in full to one athlete or not at all. Up to 12 full ride scholarships are available per team. A full scholarship covers tuition, room and board, books, and fees. Division I men's volleyball is considered an equivalency sport, which means the scholarships can be spread among many players per the coaches discretion. Up to 4.5 scholarships are available per team.

***Division II*** – There are 302 NCAA Division II institutions that sponsor women's volleyball. Division II women's volleyball is a considered an equivalency sport, and has up to 8 full ride scholarships available. Division II men's volleyball is an equivalency sport that can offer a maximum of 4.5 scholarships.

***Division III and Ivy Leagues*** – There are 427 Division III institutions that sponsor women's volleyball. D-III and D-I Ivy League schools do not offer any athletic scholarships. Military academies like Air Force, West Point, Navy, and the Coast Guard are tuition free; however admission requires a congressional recommendation

and service requirements. However, athletes at other Division III schools can receive academic or need based scholarships.

### **NAIA Programs (National Association of Intercollegiate Athletics)**

There are over 231 NAIA schools that sponsor volleyball and there are no division separations within NAIA. Up to 8 full ride scholarships are available per team. Again, the scholarships can be broken up per the coach's discretion.

### **NJCAA Programs: (National Junior College Athletic Association)**

**Division I** - There are 106 schools sponsoring women's volleyball. Up to 14 full ride scholarships are available per team. Scholarships at the NJCAA Division I level can cover everything including tuition, fees, room, board and books.

**Division II** - There are 117 schools sponsoring women's volleyball. Like NJCAA Division I, up to 14 scholarships are available per team. Unlike NJCAA Division I, scholarships at the NJCAA Division II level can cover only tuition, fees and books. Room and board is not covered under the scholarship.

**Division III** – There are 79 schools sponsoring women's volleyball. There are no athletic scholarships awarded at the NJCAA Division III level. However, athletes can receive academic or need based scholarships.

Separate from the above junior college numbers for women are the CCAA (California Community Colleges) and NWAAC (Northwest Community Colleges), many of which have volleyball programs.

### **NCVF (National Collegiate Volleyball Federation)**

There is a very large club volleyball scene with over 150 women's volleyball programs. No athletic scholarships are offered, but players are still eligible for need-based or academic scholarships, and have the opportunity to play competitive volleyball in college and represent your school.

To learn more, visit: <http://ncvfvolleyball.org/default.aspx>

### **NIRSA – The National Intramural and Recreational Sports**

NIRSA also has a program and national championships for women's school club teams. See [www.nirsa.org](http://www.nirsa.org) for more information and to see if your school has a club program.

**Consider this:**

An important aspect to keep in mind is that these figures are the maximum number of scholarships a program can award. If a program awards the maximum this means they are “fully funded,” but not all programs are fully funded.

In addition to allocating scholarships, a coach can consult financial aid officers on your behalf to determine what non-athletic aid might be available. However, you should also personally pursue other areas of financial help, and it is your responsibility to research and submit these scholarship opportunities on time.

## Chapter 2

### 11 PITFALLS TO AVOID

Most high school athletes never get the opportunity to compete in intercollegiate athletics. It's important for you to understand the main reasons why this happens. Avoid their mistakes and you will substantially improve your chances of competing in college.

#### **1. I Only Want To Compete For A High-Profile NCAA D-I Team.**

If you only focus your search on the country's top programs, you will be disappointed. Too many high school athletes think that programs like Penn State, Nebraska, Stanford, and other high-profile Tier 1 schools are the only respectable ones in the country. This cannot be further from the truth.

While many high school athletes dream of one day competing at a top NCAA Division I school, in reality, very few get the opportunity. According to our research, roughly two percent of all high school and junior college athletes who seek to compete at a D-I school will ever get the chance.

If you've just finished your junior year of high school, you'll have a pretty good idea if you are talented enough to compete at that level. Top Tier athletes recruited by these nationally ranked schools are often:

- All-State or All-American award recipients
- Competing in the Open club division playing in/for an extremely competitive club program
- Spotted early at USA Volleyball High Performance try-outs
- Solicited with recruiting calls and letters from numerous coaches. Not just letters, but personal calls. Lots of people receive form letters.
- Attract many college coaches to their matches

If you are not one of these rare Top Tier athletes, ***don't worry*** there are plenty of options for you to still compete collegiately, get a great education, and enjoy this pinnacle part of your life. It is commonly thought that Division I programs are far better than D-II, D-III, NAIA, and NJCAA schools. This is a misconception you should avoid. While the top D-I programs are traditionally more competitive than D-II, some of the strongest D-II programs are just as talented. So it is important to focus not just on the division of the school when considering your options.

Some other factors to consider:

- Some D-II programs have stronger funding than D-I programs, which translates to better facilities, nicer uniforms, bigger travel budgets, better hotel accommodations, higher skilled trainers, etc.

- Chances of playing professional volleyball are slim. Your college education is going to be your key to success in life after college. What are your academic goals? Use volleyball as a means to get the best education you can.
- At a top D-I program, it's uncommon to see a lot of court time as an underclassman. In your eyes, what is a successful collegiate career?

Always set high goals for yourself. We have found that the athletes who have the best college experience are the ones who get the chance to compete on a regular basis. Riding the bench is rough unless you have the potential to work your way into a more competitive role within a 1 - 2 year period. You have to ask yourself: would you rather be the big fish in a small pond or a small fish in a big pond?

**LESSON LEARNED:** If you are not a Top Tier recruit, expand your college search and include a wide range of schools on your Target List (for more information see Chapter 4). The great thing about volleyball is so many great schools have programs. Find a school where you can contribute to your team and accomplish your academic goals.

## **2. I Must Be A Hot Recruit. Coaches Send Me Letters All the Time**

Do not assume form letters in your mailbox mean that a coach considers you a prospect. Every high school athlete who expresses interest in a college team, regardless of his/her ability, will receive a letter and questionnaire in the mail asking for more information. In fact, some D-I schools may send out as many as 5,000 letters each year! Understand that this is only an initial request for information and, in most cases, an expected courtesy. While receiving questionnaires is a good initial sign, answer the following questions honestly:

- Do college coaches call me regularly?
- Is my mailbox overflowing with handwritten letters from coaches who want me to consider their schools?
- Are coaches coming to my house to meet with my parents and me?
- Do college coaches travel specifically to watch me compete?

If you're one of the lucky few who can answer "yes" to more than one of the above questions, then consider yourself a Top Tier prospect. If you're like most high school athletes, however, and you had to answer "no" to all of the questions, then you need to take a more active approach to your college search. For a better understanding of your level of recruitment, see **Appendix I**.

**LESSON LEARNED:** Receiving phone calls, personalized hand-written letters from college coaches, and requests for personal meetings is a much better indicator than form letters and questionnaires-of how interested a coach is in recruiting you.

## **3. I'll Start as a Walk-On and Earn a Scholarship Later**

While it can happen to begin as a walk-on and earn scholarship later, this is extremely

rare. Every now and then a coach may find a “diamond in the rough,” who has gone unnoticed that he/she may offer a scholarship for their latter years. For the most part, however, a coach knows exactly which athletes will contribute to his/her team before they enter the program. If a coach says you can be a member of the team with the hopes of earning a scholarship later, do not get your hopes up. If you are going to be one of the rare cases, you will have to show your coach something extraordinarily special in order to earn money.

Also, there is a large difference between a recruited walk-on and a non-recruited walk-on. A recruited walk-on is a player that the college coach actively recruits and asks to be a member of the team. A non-recruited walk-on is a player who makes the team at a try-out. Most volleyball programs do not hold try-outs or have non-recruited walk-ons. If you do happen to earn a roster spot, understand that you will most likely be a practice player only.

**LESSON LEARNED:** Beginning as a walk-on and earning a scholarship later is uncommon. Do not expect it or depend upon it happening.

#### **4. My Club Coach Is Going To Get Me A Scholarship.**

Do not rely on your club coach to contact college coaches, write letters, or solicit offers on your behalf. Most club coaches are unable to devote the large amount of time required to help their athletes find the right college. If your coach has time to assist you with the recruiting process and has demonstrated a commitment to help you find a school that meets your needs, consider yourself lucky.

Don't worry if your coach limits his involvement in your post-club success or recruitment. Many are surprisingly unfamiliar with the recruiting process. A club coach's responsibility is to coach you, not be your recruiting agent. Most coaches have up to a dozen other players hoping for the same special help. Some club coaches may offer to help filter phone calls or talk with college coaches on your behalf, but do not bank on them doing your recruiting work. Even the most sincere and dedicated club coaches are limited in their ability to assist you because they don't have many college contacts. If your club coach tells you he/she knows all of the college coaches, he/she is not being truthful. There are over 1,500 college volleyball programs in the U.S.! Your perfect fit might be outside of your club coach's network.

Also, it's not uncommon for club coaches to devote a large majority of their recruiting help to the “star athlete”. Remember: what's on the line in the recruiting game is your future not your coach's. Don't sit back and wait for someone to help you! You have to be proactive in your own process.

We are here to help! Tools from VolleyballRecruits.net allow you to market yourself to any program in the country, and it makes it easy for the college coach to view your information and video. As a VolleyballRecruits.net member you are one click away from being recruited!

**LESSON LEARNED:** Don't expect your club coach to get you a scholarship or devote much time to personally assist you with your college search. Ask for his/her advice, but take responsibility and control your own future. BE PROACTIVE.

## **5. I Will be Recruited Through High School Volleyball.**

If more than a handful of college coaches ever watch you compete throughout your high school career, you are in a select group of blue-chip athletes. In other words, it's extremely rare! The college volleyball and high school volleyball season are both during the fall, making it very difficult for college coaches to travel to see your high school games.

Club volleyball is where most of the recruiting takes place. Large tournaments like the National Qualifiers and other national tournaments are where most college coaches will see you play in person. College coaches travel to these large national tournaments because they are able to see many potential recruits at the same time. Do not expect a college coach to travel to a small tournament just to see you play. If you are not being seen by programs that interest you, reach out to the coach and ask him/her to view your profile complete with tournaments you will attend, as well as video to give a coach a reason to come to your court to see you play.

When you send a message to a coach using VolleyballRecruits.net's built in messaging system, the coach will have access to all your information and video in one click. If coaches don't have the opportunity to see you play in person, sending them a highlight video, skills video, and some un-edited footage is the most critical piece. In fact, sending coaches video is the best way to entice them to visit your court!

**LESSON LEARNED:** Club volleyball, specifically attending national qualifying or championship tournaments are the best way to be seen by college coaches. Don't expect them to travel to your high school games.

## **6. I'm Only Considering Schools Where I Can Earn A Full Ride.**

The elusive "four-year full ride" does not exist! If you are offered a full ride, take caution! What this really means is you have been offered a one year scholarship that can be, but is not necessarily, renewed for four consecutive years. While it is customary for a college coach to keep his/her word and renew a full scholarship for all four years, this does not always happen. A coach can decide to terminate your scholarship for many reasons, including poor academic / athletic performance or behavioral misconduct. Due to recent NCAA changes in 2012, some DI programs can now offer 4-year scholarships. This will only be utilized by some of the Top Tier schools, and the contracts that players will sign will be complicated, which many ways that they can be voided.

Eliminating schools from your list simply because they cannot give you a full

scholarship could be a huge mistake. Think big picture and be mindful of what college is truly for in the first place - EDUCATION! Your education needs to be a top priority when making this decision. Your college education will set you up for success in your future. Be smart when evaluating offers! The School Search feature on VolleyballRecruits.net allows you to search schools based on how the school is academically ranked (among other search filters). This feature is incredibly useful during your recruiting process in finding the schools that meet your needs.

**LESSON LEARNED:** A four year full ride, in most cases, does not exist. Players often do receive four years of scholarship, but the contract is renewed annually. Don't eliminate schools that cannot offer you a full scholarship. Keep your education in mind when decision time rolls around.

### **7. I'm Only Applying to My First-Choice School.**

"It's the only place I want to attend". Even if your heart is set on attending one particular school and the coach has expressed interest in you, you should still promote yourself to other schools. It will give you leverage when it comes time to discuss academic and athletic scholarships, or financial assistance, with the coach and admissions office.

The coach at your first choice school has all the bargaining power if he/she finds out that you are desperate to attend his/her school. Plus, you might find that a different school-one you might not have thought of before-is a better fit for you. It is always a good idea to have a Plan B in case the unexpected happens (coaching change, change of heart, serious injury, etc.). Be prepared!

**LESSON LEARNED:** Leverage is crucial if you want to increase your worth and potentially attain a better option. Avoid the temptation to prematurely tell a coach that you've made your decision to attend his/her school. Show the coach that you are interested but are still undecided.

### **8. I'm Told by High School or Club Coaches that I'm Division I Caliber.**

Constant praise from influential people is nice to hear, but it can also be dangerous. Just because you may have potential does not mean you are exactly what a college coach is looking for. Do not let the praise cause you to sit back, wait for college coaches to come to you, and not be aggressive in your search. Even the top recruits have to let coaches know that they are interested in their program.

Even if you do have the potential to play Division I or II volleyball, you still have work to do so. Being proactive in your recruiting process by communicating your interest to numerous programs is still beneficial and will only increase your options when it comes decision time.

**LESSON LEARNED:** Do not let positive praise paralyze your recruiting process. Be

proactive to ensure you have enough schools to choose from to pick your ideal school, be it DI or otherwise.

### **9. If a Coach Outside My Target List Wants to Recruit Me, I'll Tell Him I'm Not Interested.**

Avoid rushing to judgment if a coach expresses interest in recruiting you. A lot can change in a few months. A school that you dismiss now may look a lot more attractive later on. Never mislead a coach, but you should also avoid making snap judgments. Make sure you research every opportunity before deciding one way or the other. Once you decide exactly where you want to go, and after you have signed a National Letter of Intent, tell the other coaches who are interested in you to remove you from their recruiting list. Make sure to thank them sincerely for their interest in you. Not only does it show good character, but if you ever want to transfer that school can still be a good option.

**LESSON LEARNED:** Keep your options open! Avoid rushing to judgment until you have made up your mind. You should also visit each school that shows interest in you- it's the best way to decide if it's a place you not only want to compete for, but make your new home as well.

### **10. Coaches Will Notice me Because I Play for a Reputable Club Team.**

Too often, parents think that if their child plays on a well established club program, they will get a scholarship. Do not fall into this trap! Yes, the top teams of highly known club teams often gain the attention of coaches but there are 20 - 24 players on that court, and the coach may not be here to watch you! Also, if you are on a 2's or 3's team of your well established club program, you may not be getting the exposure you think.

Don't leave this to chance. By expressing interest in the programs you like, you can feel good when they come to your court, because you're likely the reason they are there!

**LESSON LEARNED:** Even players on high reputable club teams need to put the work in during their recruiting process. A scholarship will not simply fall into your lap because of the name on your club jersey.

### **11. The Recruiting Process Begins in my Junior Club Season.**

Your junior year will be most important recruiting time, period. However, that does not mean the recruiting process starts in your junior year. In fact, you should start reaching out to coaches in your late freshmen or early sophomore year. This will allow you to get on the coach's radar. See Chapter 5 for more specific details.

The majority players committing to a Division I program will know where they are going

to college by end of their junior club season. However, Division II, III, NAIA, and NJCAA recruiting tracks work at a slightly slower pace. Also, different positions are recruited at a different rate. Typically, outside hitters and middle blockers are the first to be recruited, followed by setters and liberos/defensive specialists. This obviously will change depending on the coach's needs for the upcoming season(s).

**LESSON LEARNED:** Do not wait until your junior year to begin the recruiting process! The earlier you get on the radar of a coach, the better.

## Chapter 3

### How to Improve Your Recruiting Profile

In This Chapter:

1. Athletic Suggestions
2. Academic Suggestions

No matter how many compliments you've received about your achievements, your grades, or your personality, there are always ways you can improve, or better display these achievements.

This chapter focuses on ways to improve your profile so that you are more "recruitable" by college coaches.

#### 1. ATHLETIC SUGGESTIONS

At the risk of stating the obvious, your athletic ability is the most important factor in determining whether you will suit up in a college uniform. Never assume that you are finished learning as an athlete or that you know everything about your sport. You must constantly absorb information and strive to improve your ability, and coaches will expect this type of attitude once you land a spot on their college team.

Even professional athletes spend hundreds of hours in the off-season working on the physical and mental aspects of their game. There is no such thing as too much practice for a high school or college athlete.

A player should understand what is in your control to improve. Some physical characteristics like height and body structure may not change, but there are areas within your control that you can improve. These areas include:

- Strength
- Flexibility
- Endurance
- Jump Touch
- Quickness
- Mental Toughness

Other volleyball aspects you can improve are:

- Hand contact
- Touch on the ball
- Passing, setting, etc. posture
- Reading hitters

You'll have to work extremely hard and demonstrate unyielding motivation in order to separate yourself from the thousands of other athletes who are looking to play volleyball

at the college level. If you know you are weak in a particular aspect, do something about it...now!

### **Seek Constructive Criticism**

In order to improve, first identify which areas of your athletic performance need work. It's always nice to hear praise from your parents and receive backslaps from your teammates, but a little constructive criticism from the experts is even better. Instead of relying on your parent's opinion of your skills, consult an experienced high school coach, club coach, or college coach who has seen you compete. He or she can tell you the exact areas to improve upon and recommend specific drills to help you.

Seek as many objective opinions as you can. For example, ask your coach to be completely honest and forthcoming about your strengths and weaknesses. You may not agree with his evaluation, but you can use it as a starting point for your development. It is also important to respect his/her opinion and let him/her know that you are going to consider his/her advice. In addition to learning where your game could use some improving, make sure you set aside time for drills to help turn your weaknesses into strengths, and ask for assistance from someone you trust as needed.

If you have technical flaws, fix them immediately to avoid making them a permanent part of your technique. Videotaping yourself in a practice setting is an excellent way for you to recognize exactly what you are doing wrong and it's a great way to solicit feedback from others who haven't seen you compete much or at all.

### **Take Your Game To The Coaches**

Exposure is key to the recruiting process. The more coaches who see you perform, the better chance you have to generate interest. Don't wait for coaches to come to you. Be pro-active and take your game to them.

Your goal should be to generate as much contact and correspondence as you can. If you live in New York and want to play in Southwest, you better make sure the coaches from the schools you are interested in see you compete in person.

Find out where the coaches from the programs you are interested in will be during recruiting season. Call each school and ask the coach what qualifiers and tournaments his/her coaching staff will be attending. Also, be sure to ask them to put you on their mailing list to be notified of upcoming summer camps or other pertinent information.

Using a VolleyballRecruits.net membership, you can "take your game" to any college coach in the country. Pick a school and send them a message using VolleyballRecruits.net's integrated messaging feature. One click and the coach is watching you play online and viewing your profile. The more coaches that see you, the better off you are.

## Become A Leader

Coaches admire athletes who demonstrate a winning attitude, mental toughness, take charge of workouts, and stay composed under pressure. These traits will not only make you a better athlete, but they will help you elevate the ability of your teammates as well. So, be a leader, not a follower.

If you're not one of those "verbal types", lead by example with your work ethic in practice and your desire to improve. If you are one of those athletes who likes to talk to your teammates, keep it positive and enthusiastic.

Whatever your personality, strive to be someone who is described by his / her coach and teammates as a "student of the game" and a "great team player," and a "winner."

One coach reveals that he discovers who the "leaders" are at tryouts by asking who wants to lead the drill they are getting ready to do. The players who jump out and lead the warm-ups, for instance, have just shown they are leaders. Also, the players who try to jump to the head of the line for each drill will stand out as not only leaders, but players who are eager about their sport.

Don't be negative! A player who openly criticizes teammates for errors during scrimmages or games or even drills is not the kind of leader coaches are looking for. On the other hand, the player who openly and sincerely boosts their teammate's confidence after a miscue is exactly the kind of leader coaches love and want to have on their team.

### How Many of These Leadership Qualities Do You Possess?

- Have a strong desire to win and always do your best.
- Seek tough competition.
- Welcome a difficult task.
- Set high, but achievable goals.
- Be willing to admit mistakes and accept constructive criticism.
- Practice on your own – go beyond what your coach asks of you.
- Be willing to work harder than anyone else, especially when the coach is not watching.
- Possess confidence in your ability.
- Focus and concentrate on the task at hand.
- Learn from your mistakes and try not to repeat them.
- Maintain composure.
- Don't get easily discouraged or frustrated by errors, mistakes, or poor officiating.
- Understand the importance of continuous coaching.
- Respect your parents, coaches, officials, teammates, and opponents.
- Put the team's needs before your personal needs.
- Get along with your teammates—offer support when they have a problem.
- Understand that championships are won in the pre-season.

- Watch your language and avoid profanity.
- Encourage your teammates and do not belittle your opponents.
- Maintain a positive appearance and good body language

It goes without saying that the more of these traits that you see in yourself, or more importantly, that others see in you, the more invaluable you can be to a volleyball program.

### **Stay in Shape**

It is extremely important to stay in shape year-round and work hard on your skills even during the off-season. Whether you decide to concentrate on one sport, or participate in other sports, is your decision. However, do not become inactive for any extended period of time and don't stay away from your training for more than a few weeks at a time. Depending on when your club season ends and whether or not you are attending nationals, it is important to keep touching the ball all summer to maintain, and hopefully improve, your game.

Staying in top physical form demonstrates to college coaches that you are serious about your commitment to your sport and your future. Also, it's good for your health and will improve your academic effectiveness.

Also, try to be the first to arrive at the game or practice or job and the last to leave. "Gym Rats" are highly prized commodities!

### **Attend Summer Camps at Your Schools of Interest**

Many college coaches run their own camp for high school volleyball players. These camps are usually 2-5 days long and packed with instruction, guest speakers, and informal competition.

Attending camp is an ideal opportunity to gain exposure with their recruiting staff, get a feel for what these coaches are looking for, and visit the campus. From the coach's standpoint, they are getting to know you as a person and an athlete, evaluating not only your talent, but whether you would be a good fit for their program.

## **2. ACADEMIC SUGGESTIONS**

Before a college coach decides if he / she is going to recruit you, he / she looks at your GPA, core courses, and SAT/ACT scores to make sure you meet his / her school's admission standards. If you are way below the minimum requirements, a coach will not waste his / her time recruiting you, regardless of how much you could help their team.

Coaches know that athletes who don't perform in the classroom are more likely to become academically ineligible or flunk out at the college level. And that may be more

risk than a coach is willing to take. If a coach has only one spot left and he / she must choose between two athletes of equal talents, he / she will always select the better student.

You can refer to **Appendix IV** to understand what academic requirements exist for NCAA institutions.

### **Improve Your Grades and More Schools Will Be Able To Recruit You**

Say, for example, you have a 2.6 GPA and 1100 SAT Math + Verbal score. While those marks are average, you've automatically taken yourself off the recruiting lists of many top academic institutions. Imagine how many more opportunities you will have if you meet the admission requirements of all schools in the country, or at least a high percentage of them?

Set high goals for yourself in each class you take. Do not settle for mediocrity. Be disciplined with your homework and strive to reach your full potential. If you're receiving B's right now, go for A's. Ask your teacher for extra help, hire a tutor, form a study group with your friends, or take a preparatory SAT/ACT course. Take Advanced Placement (AP) classes if you can qualify for them, especially because high AP test scores can translate to college credits. Showing the admissions committee at a college that you are doing your best to challenge yourself goes a long way.

Do whatever it takes to improve your academic standing and do not believe for one second that grades are unimportant. Nothing impresses a college coach more than athletes who work just as hard in the classroom as they do on the court.

Adopt the "ten percent rule." The 10% rule is simple. Just do 10% extra in everything you do. Whatever your coach, your teacher, your parents, or your supervisor asks of you, try to go above what is required. Try it. You'll be amazed at the results.

### **Manage Your Time Effectively**

Since your daily schedule is already filled with classes, sports, and extracurricular activities, it's important you set aside a block of time each night for homework and your college search. Make it a priority and be disciplined. You will reap the rewards for many years to come. If you think you have a busy schedule now, just imagine what college will look like with more hours of practice, video sessions, lifting and conditioning, and not to mention tougher classes. The sooner you learn to manage your schedule effectively, the better you will do in college and beyond.

### **Develop Other Interests and Get Involved in Extracurricular Activities**

College admissions officers look favorably on students who have multiple interests and are involved in a wide range of activities. Find an organization at your school (i.e. school newspaper, Drama Club, Band, Foreign Language Club, etc.) that interests

you, and get involved. Also, you may want to consider volunteering a few hours each month at a local charity or non-profit organization.

More than one school will take an applicant with a 3.5 GPA who's been involved in extracurricular activities and community service, over an applicant with a 4.0 who's done nothing else. A mother in Connecticut told us about a classmate of her son's who was his class's valedictorian...and was turned down by Yale and Brown because he didn't have any extracurricular activities.

Recently, a counselor urged one student, a TV-Sports addict (like many of us!), to get off the couch and get involved. The student started writing a sports column for his high school paper, coaching basketball in an underprivileged neighborhood, and interning at an all sports television channel. The counselor commented that this student has greatly improved his college admissions options. He is more easily recruitable now.

Don't worry about trying to become a "Renaissance Man or Woman" at age 17. Not many high school seniors are the perfect, well-rounded student. Just show a passion for one or two or your strongest interests. Do not simply build a resume that lists every club in your school. What impresses admissions officers is proof that an activity is a theme in your life... think quality, not quantity.

### **Work to Increase Your GPA**

If you did not perform well in your freshmen year of high school, you may be given the benefit of the doubt if your grades go up in your sophomore, junior, and senior years. Your goal should be to graduate ranked as high as possible in your class. And, by all means, avoid "senioritis." Don't think that you can coast as soon as your applications are finished. Colleges will notice if you drop an AP course, take an easy schedule, or let your GPA slide in your senior year. Some schools will even pull admissions offers from a student who performs poorly his/her senior year.

### **Hire a Tutor or Enroll in A SAT / ACT Preparation Course**

Ask your guidance counselor for suggestions to raise your college entrance exam scores. Kaplan and Princeton Review offer courses you may want to consider. Taking a prep course will boost your confidence tremendously. Some students hire private tutors or purchase computer study programs. If these options are too expensive, there are lower cost options such as books that are produced by companies such as Kaplan and Princeton Review as well. These books come full of practice tests, sample problems and study tips.

If you have to, take these exams several times until you are satisfied with your scores. Regardless of which exams you take, don't assume a higher-than-average score will guarantee acceptance to your dream school. Test scores are not weighed as heavily as most people think they are, although very poor scores can be difficult to overcome. It's just another part of the package.

## **Take Advanced Placement or College-Level Courses**

College admission officers will view you as a motivated student if your high school transcript features some honors and AP courses. Your GPA may slide a little, but it's worth it to take advanced classes in areas where you have a strong interest and/or skills.

For example, if you've always received good grades in math, take AP Calculus and AP Statistics. If writing and reading are your strong points, take AP English. Remember, your transcript is the most important piece of your application. Many admissions officers would rather see you challenge yourself than get straight A's in easy courses. Many colleges "weigh" AP classes by scoring them half a letter grade higher than "regular" course for a student's GPA.

## **Spend Your Summer Productively**

Admissions deans don't look kindly on summers spent relaxing at the beach or on the couch, but otherwise they're surprisingly open-minded. Get a summer job or internship and make the most of each experience.

## Chapter 4

### **Essential Action Steps to Take**

In this chapter:

1. Make a Target List
2. Apply to Strong Academic Schools
3. Let Coaches Know you are Interested
4. Go On Campus Visits
5. Attend College and High Performance Camps
6. Get Maximum Exposure

So far in this guide, you've learned how college coaches look at the recruiting process, where you can get help, and how to improve your profile to generate interest. Now, it's time to take action. This chapter will cover a variety of steps you can take to make sure college coaches are aware of you, take an interest in you, and, as a result, increase your chances of being admitted to the schools of your choice.

#### **1. MAKE A TARGET LIST**

One of the first, and more essential, steps in the recruiting process is to make a Target List of schools you are interested in. This will help you narrow down schools to contact and give you a sense of direction when deciding where you want to attend college. When beginning to compile your Target List, you want to consider some of these questions, as well as others. How big or small of a school do I want to attend? What state or region of the country? How academically selective?

With this task, VolleyballRecruits.net is going to be a fantastic research tool for you. Remember there are over 1,500 college volleyball programs! You will need some help with this. In our School Search feature, you can uncover programs you and your club coach may never have considered. The School Search feature allows you to search by division, region of the country, size, and academic selectivity.

We encourage all players to keep an open mind and be realistic when selecting their list of schools. For example, if you are a 5'8" Middle Blocker, with a jump touch of 9'3", coaches from top DI programs (Stanford, Penn State, Nebraska, etc.) are not going to pay you much attention. However, this player may be the perfect fit for a DIII program. If you don't know what programs might be a good fit for you athletically, ask for some feedback from your coaches. They have seen hundreds of players go on to play at the various levels, and they will be able to offer you good insight.

Once you have thought and decided which demographics of a college could be right for you, and have searched on VolleyballRecruits.net, you have your Target List! Now you can begin, or continue, your recruiting process because you have a Target List. With this Target List, you can automatically contact all of the coaches of these schools through a VolleyballRecruits.net membership.

## **2. APPLY TO STRONG ACADEMIC SCHOOLS**

As you might suspect, college coaches frequently work with admission officers to get student-athletes admitted who might otherwise not qualify academically, or are “on the bubble.” Of course, this does not mean a student whose academic profile is significantly below the school’s minimums will be accepted simply at the coach’s request.

However, if you are within a reasonable distance of a school’s SAT/ACT and grade requirements, and are an athlete the coach is seeking to add to his/her squad, the coach probably has a good shot at getting you into his/her school if he/she pushes hard enough. However, there are limits to what a coach can do. By working as hard as you can in the classroom and on the SAT / ACT exams, you greatly reduce the need for a coach’s assistance.

At some schools, admission requirements may not be as stringent for recruits as they are for non-athletes. Ivy League or NESCAC schools may require a student to possess at least a 3.6 GPA and 2200 SAT, yet a sought-after athletic recruit may only need to have a 3.3 GPA and 1950 SAT. However, every situation is different. Be prepared by working hard in the classroom and taking pride in your academics.

Remember, coaches at strong academic D-III schools seek good athletes just like their counterparts at the top D-I programs. Their sports programs have every bit as much tradition and history, sometimes even more than the big D-I schools. And when you graduate, you have an excellent chance of obtaining a great job or being admitted to a graduate school of your choice.

The bottom line: use the athletic talents you have worked so hard to develop to give yourself a shot at getting accepted to one of the academic “reach” schools on your Target List. You owe it to yourself to pursue the best possible academic education available.

## **3. LET COACHES KNOW YOU ARE INTERESTED**

During your sophomore year, send a letter of interest to each head coach on your Target List. The purpose of the letter is to let each coach know that you would like to attend his/her school for academic reasons and to compete for his/her team.

It is extremely important to personalize your letter of interest. Make sure you spell the coach’s name and address correctly, and include something specific about his/her team (i.e., team’s record, top rivals, facilities) so he/she knows your interest is based on knowing something about his/her program.

You want a coach to understand that you have genuine and specific interest in his/her school and that you have devoted a lot of time to researching the volleyball program.

So make each letter of interest an original, from start to finish!

Begin the letter by explaining your interest in the school's academic program. Perhaps the school boasts some famous professors whose classes you'd like to attend, or famous graduates who had similar interests to yours.

Discuss your educational and career goals, leadership ability, and your personal values. These characteristics demonstrate to the coach that you are a well-rounded person and that you plan on staying in school all four years. Avoid the temptation to discuss only athletics in your letter. Athletes who treat academics just as seriously as sports impress coaches.

But don't forget to emphasize your athletic accomplishments and why you feel you can contribute to the team!

In all correspondence with college coaches, VolleyballRecruits.net members' emails automatically include the link to your VolleyballRecruits.net profile so the coach can view your profile and video with the click of a button. This sets you apart from other recruits; Instead of just being another letter or e-mail alerting the coach of your interest, the coach is provided with an action point to see your profile and video right away. This increases your odds of being recruited by getting you on the coach's radar.

### **Create Your Player Profile**

Once you are a high school sophomore, you should create a personal VolleyRecruits.net profile to give college coaches an easy and informative way to learn about you and to follow your accomplishments. It gives coaches a way of viewing contact information, volleyball information, academic information, video highlights, and what volleyball camps and tournaments you are attending. You can send messages to any college volleyball program in the country using VolleyballRecruits.net's integrated messaging feature. In each message you send to a coach, you're unique, personal URL, [www.VolleyballRecruits.net/yourname](http://www.VolleyballRecruits.net/yourname)... is automatically included. As mentioned above, this gives the coach all information he/she needs in one central place and allows the coach to watch your video right away, instead of waiting for a DVD that may never make it to his / her desk.

### **Telephone & E-Mail Contact**

After you mail or e-mail your letter of interest and player profile to coaches on your Target List, it is important for you to maintain periodic telephone and / or e-mail contact with the school's coaching staff. This will let the coach know that your interest is strong and sincere. It will also give you an opportunity to evaluate where you stand on the recruiting depth chart.

Make sure you have a purpose to each contact with a coach or school. For example, you can inform the coach of an event you are attending, ask questions about the

program, request information about the school that cannot be found from published sources, or find out if the coach would like to see your highlight tape. However, if you call the coach and he/she answers the call, he/she is permitted to speak to you.

You are permitted to phone and e-mail the coach as many times as you like. Just use common sense. The last thing you want to do is annoy a coach by calling or e-mailing too often. One last piece of advice... you should place the phone calls, not your parents. This will demonstrate that you are a mature and responsible young adult who can speak on his or her own behalf.

For NCAA Regulations on contacting college coaches, refer to **Appendix III**.

### **Avoid Rushing to Judgment**

Do not reject a school too early in the process. Wait until you have thoroughly researched all of your options before telling a coach that you are or are not interested in his / her school. It's difficult to predict how the recruiting process will evolve, and an offer you turned down in August may be your best and option in December. Fill out and return everything you receive from a school. If a coach makes the effort to contact you, respond promptly. Do not burn any bridges.

### **Emphasize Your Unique Selling Point**

Although they hate to admit it, many selective colleges target certain groups of applicants for admission. They might want to increase the diversity of the student body, expand the physics department, or recruit a few potential future donors. To have the freshman community they want, colleges need musicians and athletes, leaders in publications and student government, a certain percentage of alumni children, minorities, and international students.

Students in the targeted groups may have an easier time getting through the admissions process, and there is often special scholarship money available for people from certain backgrounds or those applicants who are interested in specific programs. In recruiting and admissions applications, you should emphasize what is unique about you!

### **A Strong Essay Can Make the Difference**

Admissions deans often push hard for the writers of their favorite compositions. On the other hand, they also note the papers that are riddled with typos or grammatical errors. Generally speaking, typos reflect sloppiness. Even if you do have a tendency to be light on the spell check, there is no excuse for these kinds of errors. They can be eliminated entirely by careful and repetitive proofreading. Eliminate the mistakes and show you care about how you are perceived. Choose a topic you feel passionate about. Be creative!

## **On-Campus and Alumni Interviews Matter**

Interviews are the only personal interaction in an otherwise paper-driven process.

Admissions committees frequently consider whether or not you bothered to set this up, and what the interviewer thought of you. Aggressively seek out any official or unofficial representatives of your Target List schools. You never know which contact you make will be the one that will move your application from the “Rejected” to “Maybe” to “Accepted” category.

## **4. GO ON CAMPUS VISITS**

### **Start Early**

While campus visits are primarily junior and senior year events, there’s no need to wait. Start visiting colleges as early as ninth grade. Take advantage of any chance to walk around a college campus. Check out schools in or near your hometown, stop by colleges during family trips, and visit older friends and siblings at school. The more visits you make, the better you will become at quickly sizing up a school and recognizing what you want from a college.

### **Official Visits**

If you are lucky enough to commit before your senior year begins, your official visit can be a trip to get to know your coaches, future teammates, and campus on a more personal basis. If you have not committed before your senior year, coaches can extend official visit invitations to their top recruits so they can get to know the athletes better and promote their school’s best features. Since official visits are an expense for the athletic program, only a limited number of athletes will receive these invitations. If you’re fortunate enough to receive one in your senior year, it’s an outstanding opportunity for you to evaluate everything about the college and determine if the school and team fits your needs. Most of the time, you will stay with other athletes on the team and eat meals with them. This gives you an excellent opportunity to ask lots of questions. Keep in mind:

- The NCAA allows you one expense-paid visit to five different schools. This restriction applies even if you are being recruited in two sports.
- Each visit may only last a maximum of 48 hours.
- You must provide college authorities with your official transcript and entrance exam scores.
- You may return to one of the schools you’ve already visited, but you must pay all expenses.
- You must be registered with the NCAA Eligibility Center for official visits to NCAA schools.
- You are allowed a maximum of five official visits during your senior year, so choose wisely!

For further information on this topic, refer to **Appendix III**.

### **Pre-Plan Your Schedule**

For unofficial visits, call the admissions office at least two weeks in advance to let them know you are coming to campus. An admissions counselor can tell you the dates and times for campus tours, information sessions, and open houses.

The counselor can also recommend classes to observe, help schedule individual meetings with faculty and coaches, provide a campus map and information on nearby lodging.

In addition to getting to know the team and coaches, it is also important to get to know the Athletic Department you may soon be a part of. Some coaches may set up meetings for you to meet with Athletic Academic Advisors, Athletic Training Room Staff, Strength and Conditioning Coaches, and the Athletic Director. This is a great time to get a feel for what your future college could be like.

### **What to Do On Campus**

- Begin your visit with an information session and a campus tour.
- Sit in on a class
- Check out the dorms
- Eat in the cafeteria
- Read the bulletin boards
- Meet a faculty member and the coach
- See the athletic facilities
- Meet with athletic staff
- Hang out with the team
- Attend a practice / match

### **Keep a Notebook Just for College Visits**

Take notes while you're on campus, jotting down the name of the dorm you walked through, the class you visited, and the names of professors and students you met. After each visit, write down your impressions – what you did and did not like about the school.

## **5. ATTEND COLLEGE & HIGH PERFORMANCE CAMPS**

### **College Summer Camps**

Attending summer camps of college programs can be a great way to be noticed by the coaches on your Target List. We recommend you choose 2-3 schools you are

interested in attending, and go to their summer camp. There are a few huge benefits in doing so:

First, you are able to spend time getting to know the program. Depending on the length of the camp (day or overnight camp), you have the opportunity to spend time on the school's campus, check out the athletic facilities, eat in the cafeteria, meet the coaches and see their coaching styles (keeping in mind they will be on their best behavior), and maybe meet some players, as often times current players will help coach camps. The more programs you visit, the better understanding you will have of what you like in a program.

Second, coaches are able to spend time with you and can see what type of player you are. Are you coachable? Do you listen to direction? Do you work hard? Are you a team player? How do you react to mistakes? Would you be a good fit at their program?

Third, going to a camp tells a coach you are interested in their program, and if they think you may be a good fit, you will very likely climb upwards on their recruiting list.

### **USA Volleyball High Performance Tryouts & Camps**

The High Performance (HP) Program at USA Volleyball is a great way to better your skills, show coaches you are dedicated to improving your game, and if you make a team / camp you become a more desirable prospect because the selection process is very competitive. The three main components of the HP Program are athlete tryouts, summer camps, and teams to which athletes are invited, based on the results of their tryout. Usually, HP tryouts are held the day before national qualifiers. Here is a link to the [HP tryout schedule](#).

If you do well at these camps, you could be invited to attend an HP summer camp or compete on one of their teams. This is also a great way to represent the United States of America and enter the "pipeline" to the US Olympic Volleyball teams. All of this is wonderful information to share with college coaches. Being selected for a summer camp or team means you are one of the top players in your position, your region, or around the country. This is a great way to boost your volleyball resume!

### **Producing a Highlight Video**

A highlight video allows coaches who do not get to see you play in person the opportunity to evaluate your skills accurately. By watching your video, coaches can assess your abilities personally and decide if you're a prospective recruit. This way, they don't have to rely on someone else's evaluation that may be biased.

On VolleyballRecruits.net, you are able to upload and edit your match footage to create a personal highlight video showcasing your skills. For players that purchase a Gold Membership, we create your Highlight Reel for you. You simply send us all of

your best footage along with a completed Highlight Reel form, in which you will outline your 20 best plays, and we will edit your professional Highlight Reel. Please email [Amanda@volleyballrecruits.net](mailto:Amanda@volleyballrecruits.net) for more information.

## **6. GET MAXIMUM EXPOSURE**

Research may be necessary to determine which club team will provide the best experience and the maximum exposure for you as a player. There are many club team options, but perhaps the best choices are those that compete at national tournaments that can aid in your recruiting process. You will need to determine what type of recruiting experience you want to have. Do you want to be seen on a national scale? If yes, you want to be on a team that travels to national qualifiers so you can be seen by college coaches from all over the country.

All teams are not created equal. In recent years, numbers have grown enormously, diluting the talent base. Just about anyone can create a club team options. If you want to be seen by competitive programs, you want to be on a competitive club team so that college coaches are attracted to your court. It pays to do some research to determine if a particular club is truly made up of above-average coaches and players and if they compete against the kind of competition that college coaches view as superior.

As mentioned in Pitfall #10, even if you play for a competitive club, do not expect the name of your club to get you a scholarship. You need to work hard to get your name out there and your game-play in front of coaches.

### **What Tournaments Do They Attend?**

Does the club travel to tournaments only in their region? Or do they participate in national qualifiers? Does the club regularly send teams to the USA Volleyball Junior Olympic Championships? Or Amateur Athletic Union (AAU) Junior Nationals? These are major recruiting events, and it's important in your recruiting process to attend several each year.

### **Who Coaches The Team?**

Is it the parent of one of the players? Many of the best club teams don't have parents coaching their own offspring. Also, is the coach paid or does he or she work on a volunteer basis? Many of the best club teams pay their coaches. Also, what are the coach's qualifications? Did he or she play in college or at another level?

### **What's The Team Practice-To-Game Ratio?**

If it's all games and only a few or no practices, it may still be a quality team, but many times teams that don't practice much don't really teach the players much, either. It is important to ensure that participation on such a team will help the player develop as a college level athlete.

Some teams may practice 5 or 6 times a week. This might not be the best option for your academics. Research the practice schedule of the club to be fully informed before making a decision.

### **How Many Players Make The Team?**

If the number is so large that it's obvious several players aren't going to get much playing time, then that team might not be a good fit. A volleyball team carrying 12 players means that several players will not see much playing time.

### **FINISH LINE!!!**

This was a long and information-packed chapter, and one that you'll no doubt want to refer back to on many occasions.

## Chapter 5

### The Recruiting Timeline

In this Chapter:

- The 4 most important points
- Freshmen Year
- Sophomore Year
- Junior Year
- Senior Year

The recruiting process is a year-round project that needs to be tended to on a weekly basis. Just like anything else, the more you put into the process, the more you will get in return.

#### 1. THE FOUR MOST IMPORTANT POINTS

The four most important points we want every high school volleyball player to understand are:

- **Work hard in the classroom and study hard for the SATs / ACTs.** The better your grades are and the higher your board scores are, the more schools that can recruit you. The more schools that can recruit you, the more options you have. The more options you have, the less stressful the recruiting process will be.
- **Be realistic about your ability.** The number of players that play at the top Division 1 schools is a very small percentage of the number of college volleyball players across Division I, Division II, Division III, NAIA, and NJCAA. Being realistic about your ability from the beginning will make the recruiting process a lot less stressful and ultimately more rewarding.
- **Do not pick a college just because you can play volleyball there.** Choose a college or university that is a good fit for you academically as well as athletically. Use volleyball as a vehicle to get you into the best college possible.
- **BE PROACTIVE IN THE RECRUITING PROCESS.** Just like anything else, the harder you work, the better your results will be. Create a profile on VolleyballRecruits.net and send your profile to every school you are interested in. Call the schools you are interested in. The more you put into the recruiting process, the more you will get out of it.

#### 2. FRESHMAN YEAR

##### The Plan

**Have Fun!** - The number one thing you should be doing as a freshman is having fun playing the sport you love.

**Focus on Academics** - Start off your freshman year on the right foot academically by developing good study habits and time management skills. In order to play volleyball in

college you have to be able to perform in the classroom as well as on the court. Simply put, the better your grades are the more opportunities you will have.

**Play Club Volleyball** - During your freshmen high school season, you should start researching club programs in your area and play on the best club team you can afford. Coaches very rarely recruit players this far in advance, but by playing volleyball all year around at a young age, players tend to develop stronger fundamental skills.

**Get Good Training** - Good coaching is also very important at this age because bad habits are really hard to break. So, do your homework when determining which club program (and coach) is right for you. When making your decision, keep in mind there are significant differences in club programs both financially and competitively that you need to be aware of. Usually a club program is broken down into three levels: Local, Regional, and National, which range from least competitive to most competitive:

- **Local Teams**- A local team will likely be the least expensive option because these teams travel to tournaments that are close to home and practice only one or two times per week. An emphasis is put on equal playing time, and social interaction.
- **Regional Teams**- Regional teams will be slightly more expensive than local teams. They likely will travel to local tournaments plus one maybe two large tournaments, where they will likely compete in the Club division (which is less competitive than the Open division). Practices will be two to three times per week, and more emphasis will be placed on the development of skills. Playing time will be shared, but not necessarily equal.
- **National Teams**- National teams will be the most expensive club option as players travel to numerous large national qualifying tournaments all over the country. These teams likely will compete in the Open division (the most competitive division). Practices will be two to five times per week, and they tend to be very structured and intense. The focus is learning to compete at the next level with the goal of pursuing a college scholarship.

If you are interested in playing volleyball in college, playing on a National team will be your best option because you will be playing with, and competing against, other strong volleyball players. Plus as you get older, you will have the opportunity to be seen in person by college coaches much more often at the various National Qualifiers you attend. However, the financial constraints that come with club volleyball at this level are significant, so again just play on the best club team you can afford.

### **Receiving General Information**

You may start receiving introduction letters in your freshmen year, but please do not put too much stock in these. Receiving letters can be very exciting, but understand this is the very first step in the recruiting process and it's a way for college programs to begin

building their database of prospective student athletes (PSAs). To better understand the NCAA Regulations on what is allowed refer to **Appendix III**.

You should celebrate receiving an informational letter, but do not confuse this letter as a program that is actively recruiting you, because they are not. You likely received this letter because:

- You have a promising quality i.e. tall, good hands, solid passing platform,
- You play on a strong club program or region of the country that typically trains great volleyball players, or
- Your team performed well at a major tournament.

Programs are typically not even sure what types of players they are going to need to recruit this far in advance because there are a lot of variables to consider including: red-shirted players, transfer students, academic troubles, injuries, coaching changes etc., which will effect each recruiting class. Check out **Appendix I** to learn which level of recruitment you fall under.

**In Summary:** The Freshmen year should be about having fun, getting on a good track academically and locking in solid fundamental volleyball skills.

### **3. SOPHOMORE YEAR**

#### **The Plan**

***Meet with a high school guidance counselor*** – There are specific academic requirements, per the NCAA, that you need to meet in order to be eligible to play volleyball in college. Meet with your high school guidance counselor to make sure you are on track to graduate with all the required core classes. Visit the NCAA eligibility center to see a list of core requirements: <http://eligibilitycenter.org> or refer to **Appendix III**.

***Play Club Volleyball*** – The time in-between your sophomore winter to your junior winter is the time that tends to have the biggest impact developmentally on female players. During this period, players will make their biggest strides in terms of height, strength, coordination, and volleyball skills. Players not receiving year-round training at this level likely will fall behind players who are. Why? Well, by playing club volleyball you dramatically increase the number of touches you will have on the ball, which translates to better ball control, which leads to more consistency, which gives you more self-confidence, which leads to more aggressive plays, and ultimately a better volleyball player. Therefore, the player you were at the end of your sophomore high school season will be completely different than the better skilled athlete that you develop into by the end of your sophomore club season. It is also during this period “when the men (or women!) are separated from the boys (or ladies!)”, so to speak. Meaning that on a 16’s (16 and Under) team there may be 4-5 players with DI potential, but by the time they reach their Junior year, there may only be 1-2 players with DI potential from that

same team. Some players will get much, much better, while other players will stay roughly the same. If you are not playing club volleyball then it's almost impossible to improve at the same pace as the players who are.

**Questionnaires** – In their sophomore year, players will start receiving questionnaires in the mail from college programs. Again, be happy when you start receiving questionnaires, but also keep in mind this does not mean you are being actively recruited (you won't know that until September 1st of your Junior year when coaches can legally contact you with specific recruiting information). However, just because coaches are not actively recruiting you (yet) does not mean you should ignore the questionnaires. In fact, it is VERY important for you to fill out and return these questionnaires in a timely manner (even if you don't have all the information yet such as your SAT/ACT scores) because this is how coaches know to keep you in their database of prospects. If you don't fill out the questionnaire, the coach may assume you are not interested and take you off their recruiting list. To check out the NCAA rules and regulations on contacting recruits, see **Appendix III**.

**Consider Purchasing a Video Camera** – Your sophomore high school season is a great time to look into video cameras and TRIPODS for capturing match footage. Try getting a video camera that comes equipped with a wide-angle lens. Camcorders have come down in price over the years so you can buy a nice camera for \$300 - \$500. We recommend the [Panasonic HDC-SD60](#) or the [Canon Vixia HF M300](#), but many other brands have suitable options. It is highly recommended to also purchase a tripod because it's really the only way you are able to take steady match footage.

Alternatively, you can hire professional videographers, who attend many of the major tournaments including the National Qualifiers and Bid Tournaments. At this point in your volleyball career you should know that at some point you are going to have to submit video to college coaches. Why wait? The recruiting process (sadly) only gets faster with each recruiting class so be prepared with the equipment you need. By investing in this equipment early in the sophomore year, you give yourself time to become familiar with the camera/tripod and can practice shooting a few matches.

**Get Match Footage** – Some high schools video-tape sporting events, including volleyball matches. If your high school is one of them, try to get that footage. If not, don't worry, you have plenty of opportunities to capture match footage during your sophomore club season. In fact, college coaches often prefer club footage because matches tend to be more competitive than high school matches. For some tips on shooting great match footage see **Appendix V**.

**Research Schools** – The sophomore year is a good time to start thinking about what is important to YOU in a college experience. This is the perfect time to create your Target List of schools. (See Chapter 4 for more details).

**Develop your VolleyballRecruits.net profile** - Once you are a high school sophomore, you should create a personal VolleyballRecruits.net profile to give college coaches an easy way to learn about you and to follow your accomplishments. A

VolleyballRecruits.net account gives coaches a way of viewing your contact information, volleyball information, academic information, video highlights, and the volleyball tournaments you are attending in one convenient location. Each college coach can be emailed directly through the VolleyballRecruits.net application so you are not wasting time looking up coaches' contact information. The system easily allows you to enter your criteria and pull up schools that match the criteria. In each email message you send a coach through the system, a link to your Player Profile and video is automatically included.

**Introduction Letters** - The end of the sophomore club season (April – July) is the time when coaches will (generally) be taking their first looks at the sophomore recruiting class. Therefore, you want them to know about you before this time so they can watch you play in person! To do this, you first must determine a list (your Target List) of 20 – 50 schools that you could see yourself attending. Then, send each program a brief introductory letter letting them know you are interested in their program.

It is extremely important to personalize your letter of interest. If your writing is neat, you might get even more mileage out of a handwritten letter. Make sure you spell the coach's name correctly, and include something specific about their program. Coaches can see right through a blast/form email, so don't do this! If you want coaches to spend five minutes looking at your profile, spend 5 minutes researching each program.

This introductory email should include some basic facts about you. For example, you play at this school, on this club team, you received these awards, you will attend these tournaments during the club season, your volleyball stats are these (height, jump touch etc.), your grades are these, this is how you contact me/my parents/my coaches, etc. If possible, this email should link to your video (which is why you spent all that time gathering game footage!).

With VolleyballRecruits.net, every email you send to coaches includes an embedded link that will take coaches directly to your full profile and video in one click. This sets you apart from other recruits because our system makes the evaluation process of players extremely easy for coaches – a good thing for you!

#### Example Introduction Letter

*Dear coach,*

*My name is \_\_\_\_\_ . I am a 6 ft. Outside Hitter, currently playing club for Texas Advantage Volleyball, 16- Elite (#7) out of Dallas, Texas. I attend Carroll High School, and will be graduating in the spring of 2013. Last season, I was named to the All-Tournament Team at JNCs and was an All-American nominee.*

*I am beginning to explore my college options and am very interested attending and playing volleyball at the University of Texas. UT offers everything I am looking for in a college experience i.e. a University close to home, a world renowned business program,*

*and most importantly an extremely competitive volleyball program with a winning tradition. Therefore, I wanted to introduce myself and give you some information about my background both athletically and academically so you can decide whether to add me to your list of potential student athletes.*

*Please click on the link below to access all of my information including contact information, coach's contact information, volleyball awards, travel schedule, volleyball statistics, and academic information. You will also be able to watch my skills tape, highlight reel and an un-edited game from my Player Profile on [VolleyballRecruits.net](http://VolleyballRecruits.net).*

*I hope you will have the opportunity to watch our team play this season. I believe I have the ability to be a part of your team, and contribute to its future success.*

*Thank you for your consideration.*

*Sincerely,*

*Your Name*

*Your Email Address*

*Your Phone Number*

*Your Address*

Link to your information and video (this is generated automatically if you use VolleyballRecruits.net)

**Keep coaches updated:** If you or your team do something noteworthy (I was named to the All-Tournament team, I was selected as the team captain, our team took 3rd place at one of the National Qualifiers and secured a bid to Nationals etc.), simply keep coaches updated on your achievements. Per the NCAA rules, coaches won't be allowed to respond to your email with any recruiting-related information until September 1st of your junior year (to know more see **Appendix III**). Therefore, you'll likely get a response (if at all) something like "Thank you. We have received your information". Don't be discouraged if you don't hear anything back, because coaches just simply are not allowed to talk to you yet. Just control what you can control, which is keeping coaches in the loop about you and your success throughout the season.

If your club team is going to participate in a late season tournament (Junior National Championships, AAU's, Volleyball Festival etc.) be sure to send all the coaches on your list an email with your tournament schedule so they can come see you play if they are recruiting at the tournament. At this point in the season, many coaches will have wrapped up their junior recruiting class and will be looking exclusively at the sophomores.

**Summer Camps** – You will most likely be bombarded with summer camp information from schools across the country. Yes, summer camps are huge money makers for college programs, but they are also a way for coaches to get extra looks at PSAs. We

recommend you choose a few schools you are interested in attending, and go to their summer camp. There are a few huge benefits in doing so:

- You are able to spend time getting to know the program.
- You have the opportunity to spend time on the school's campus.
- You are able to meet some players as often times current players will help coach camps.
- Coaches are able to spend time with you and can see what type of player you are.
- Going to a camp tells a coach you are interested in their program.

**In Summary:** The sophomore year you should focus on getting game footage, developing your volleyball skills, and introducing yourself to the college coaching community.

## **4. JUNIOR YEAR**

### **The Plan**

The junior year is the most important time span in the recruiting process in the sense that **many** coaches are making decisions about who they are going to offer scholarships (or positions) to this year. There will be a few top DI programs who secured verbal commitments from players at the end of their Sophomore club season, and there will be many more programs (DII, DIII, NAIA, NJCAA) solidifying their players in their Senior year. Regardless of when you actually commit, you want to be prepared for this very important year by having your information AND VIDEO readily available because coaches are going to be asking for it!

**Types of Video** – The types of video that coaches like to see varies from program to program. Therefore, you should be prepared to provide coaches with all types. These include a skills video, highlight reel, and unedited match footage from your best match or individual sets from the season. If you did a good job of taking match footage in your Sophomore year, then you will have plenty to choose from. If not, work on getting good footage during your high school season and the first one or two tournaments during the club season.

**Skills Video** - The skills video gives coaches an opportunity to see your form and consistency. You want to keep your skills video short and to the point. Coaches are professional evaluators and can get an idea of your capabilities from 3-5 attempts at each skill (or at each angle of the skill). Make sure your skills video pertains to your position. For example, if you are a Middle Blocker and never play defense in the back row, then don't show coaches your floor moves, or maybe lack thereof! Video is the vehicle you use to motivate coaches to come see you play in person, so show them the skills in which you excel. It's also a good idea to show your skills from a couple different angles i.e. from behind and from the side. Also, make sure your skills video captures the result of the ball. Finally, the best person to help you with your skills video is your coach. He/she will be familiar with what coaches are looking for and will understand how to run

a drill. Some club programs offer skills videotaping as an additional service/fee. If so, take advantage of this, otherwise simply ask if they would be willing to come in for an hour to help you.

VolleyballRecruits.net offers video editing tools and or services with each of their Recruiting Packages to help you edit a great looking skills video. You can see an example of a skills video by clicking on the Highlight Reels tab at VolleyballRecruits.net

Here are some suggestions, for each position, to consider when making your skills video:

- *Liberos/Defensive Specialists*: coaches want to see if you can pass/dig consistently to target. Therefore, have someone standing in target catching your balls. Most players at this level can dig a roll-shot so be sure you are challenging yourself by passing/digging the hardest-driven ball you can, while still controlling it with consistency.
- *Outsides/Right Sides*: coaches want to see how well you hit down the line and cross court, how well you transition from passing to attacking, your serve receive consistency and good hand contact.
- *Middle Blockers*: coaches want to see the result of all your sets i.e. the 1, 3, 6, slide and all your different shots i.e deep corners! Coaches also need to see your blocking footwork and penetration. If possible, block a live hitter and always move back to base position in-between repetitions.
- *Setters*: show coaches how well you can set when the ball is off target, when moving from defense, how you attack the overpass, and play the setter dump. Be sure to have a person catching your sets so coaches can see where your sets are landing.
- *All positions*: The point of a skills video is to show your consistency - how well can I perform the exact same skill 3-5 times IN A ROW? Therefore, work on each skill in a 5-ball series. For example, hit 5 balls in a row and then stop. If you are happy with the series move on, otherwise try it again until you are happy. Also, the drill should be as game-like as possible. If you are serve-receiving, be sure it's off a live serve (coming from behind the end line). If you are blocking, block a live hitter and move from base position. If you are hitting, you can hit some off the toss, but also show yourself hitting off a live setter etc. If you are digging, then it's ok for the balls to be coach initiated because without a block, it's really difficult to read. When setting, show setting off a real passer.

For a more detailed breakdown, read the article [How To Shoot A Skills Video](#)

**Highlight Reel** – Again, the whole goal of sending video to coaches is to motivate them to come watch you play in person. The best way to do that is by giving coaches a 4-5 minute highlight reel. A highlight reel is a compilation of your best plays taken from your match footage. The highlight reel shows coaches your potential. Obviously, the more match footage you have to choose from the stronger your highlight reel will be. This is the exact reason why you should not wait for coaches to ask for video before you start taking match footage. Be prepared by starting early.

**Unedited Match Footage** – see “Get Match Footage” in the sophomore year section.

Each VolleyballRecruits.net Recruiting Package comes with a basic do-it-yourself video editor that allows you to string together your own highlight reel right from your own Volleyballrecruits.net account. In addition, we have a fantastic team of video editors in house that produce a professional highlight reel for you and upload it directly to your player profile. To see an example of a VolleyballRecruits.net produced highlight reel, go to VolleyballRecruits.net and click on the Highlight Reels tab.

**Register with the NCAA Eligibility Center** – You must register with the NCAA Eligibility Center before you are eligible to attend a NCAA program as a student athlete. You can register online by going to <http://eligibilitycenter.org>. Your high school guidance counselor should also have the appropriate forms.

**Standardized Testing** – Register for the SAT / ACT standardized tests. Most students take these tests at least twice. Try to schedule a winter date that won't conflict with high school or club season. Request that your [ACT](#) / [SAT](#) test scores be sent to the NCAA Eligibility Center (there is a box on the application form that you check for this).

**September 1st** – This is the first day, per NCAA rules, that college coaches are allowed to send letters and or email players about anything recruiting related. The purpose of these letters is to inform the player that the school is interested in that player for their program. You can get genuinely excited about this type of contact because this means a coach is now “actively recruiting” you. However, keep in mind the coach is probably also “actively recruiting” hundreds of other players. From here, coaches use a ranking system to determine which recruits they are going after first, second, third etc. For more information regarding NCAA Recruiting Regulations see **Appendix III**.

If you do not/have not receive(d) recruiting letters from coaches by October of your junior year, this is a good indication that you are not actively being recruited. There is no need to panic because there is still a lot of time, but you need to put a plan together and start reaching out to college programs immediately. A good rule of thumb is to get all your information and video to your Target List of schools by January 1st. Why?

Because almost all college programs will be finished with their season by mid December, so coaches will have a little bit of time off to evaluate players. Then, over the month of January, coaches will begin generating their list of recruits, and they will have identified the players they want to see play in person by early February. **You want to be on that list!**

It is also important to understand that Division I programs recruit at a faster pace than Division II, Division III, NAIA and NJCAA programs. Likewise, different positions are recruited on different timelines. Traditionally, Outside Hitters and Middle Blockers are the first to be recruited followed by Setters, and finally Liberos / Defensive Specialists. Being contacted by October is a goal; however use these dates as a general guide. The most important aspect is to not wait and to reach out to your desired schools. Get

on their radar!

If the coaches from your Target List of schools already have your information and video, and you have not heard anything from them in return, then now is also the time to expand your criteria and reach out to new programs. Consider different conferences, different size schools, maybe DII, D III, NAIA or NJCAA programs, and get your information and video to those coaches as quickly as possible.

**Telephone & E-Mail Contact** - After you e-mail your Target List of schools, it is important for you to maintain periodic telephone and or e-mail contact with the school's coaching staff. This will let the coach know that your interest is strong and sincere. It will also give you an opportunity to evaluate where you stand on their recruiting depth chart.

Make sure you have a purpose to each contact with a coach or school. For example, you can inform the coach of a tournament you are attending, ask questions about the program, request information about the school that cannot be found from published sources, or find out if the coach would like to see your highlight reel. Remember, it's illegal for NCAA coaches to call you or to return your phone calls until July 1st the summer before your Senior year, so again don't be discouraged if they do not return your phone call. For NCAA Recruiting Regulations, see **Appendix III**.

You are permitted to phone and e-mail the coach as many times as you like, at any time through the recruiting process, so take advantage of this! Just use common sense.

The last thing you want to do is annoy a coach by calling or e-mailing too often.

Players should be the ones placing the phone calls, not parents. This will demonstrate that you are a mature and responsible young adult who can speak on his or her own behalf. Calling a coach for the first time can be intimidating, so remember to relax and be confident. Coaches understand that teenagers may be nervous to get on the telephone and speak with them, but a smooth telephone conversation shows a coach that a player is mature, does his/her homework and is proactive.

Questions to have answers to:

- Why are you interested in our school?
- Is there a program or major that you are interested in?
- Do you think you are ready to compete at the Division \_\_\_\_ level? Why?
- What type of classes are you taking this year?
- How have you balanced your athletic and academic obligations?
- When do you plan on taking the SATs/ACTs? Have you taken any SAT 2s?
- Are you comfortable with attending a school far away from/close to home?
- Are you involved with any community service?
- What do you do in your free time?

We also suggest doing some research on the institution, specific academic programs and the volleyball program so you can ask questions that you may have for the coach.

- What is the out of season training regiment?
- How many matches do you play in the Fall?/Spring?
- Are you recruiting my position in the year 20\_\_ ?
- Have you had a chance to see me play? Your thoughts?
- If so, where do I stand on your list of potential recruits?
- What do you need from me throughout the recruiting process?
- How do your players balance school and volleyball?
- What type of academic support is available? Advisers, Tutors?
- How competitive is your school in the \_\_\_\_\_ conference?

For a detailed description of NCAA Recruiting regulations and terms see **Appendix III**. It will drastically help your recruiting process to understand these important rules and dates as well as terminology. For example, what is the difference between a contact period, dead period, and quiet period, or the difference between an official visit and an unofficial visit?

Dates change each year, so check the NCAA website for your year's recruiting calendar:

[http://fs.ncaa.org/Docs/AMA/recruiting\\_calendars/2010/DI/Color/Volleyball%20Color.pdf](http://fs.ncaa.org/Docs/AMA/recruiting_calendars/2010/DI/Color/Volleyball%20Color.pdf)

**Going on campus visits** – Campus visits primarily happen in your junior year. This is the time to really start thinking about if you want to attend this school. Do you like the campus? Are the people friendly? Do you like the location of the school? This is also the prime time to get to know the people you will be spending a lot of time with such as the players on the team, the coaches, the athletic trainers, the athletic support staff, etc. Remember to take a notebook with you to take down notes about each school, so you can better compare them later.

**Unofficial Visits** – There are two types of unofficial visits: those that the players and parents set up, and those that coaches invite players on. When a coach extends an unofficial visit invitation, this means you are among their top recruits and they want to bring you to campus so they can get to know you better and promote their school's best features. If a coach invites you on an unofficial visit, don't be surprised if they offer you a scholarship or position at their program. As the recruiting process speeds up, it is not uncommon for a player to verbally commit during their Junior (sometimes even Sophomore) year.

A verbal commitment is the phrase used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. This "commitment" is not binding on either the college-bound student-athlete or the school; however these commitments are RARELY broken, especially by the program.

If you are offered a scholarship and position during your visit, remember that you are in the driving seat at this point and you should not verbally commit or accept any offers until you are completely comfortably making this decision. Let's be honest, it's one of

the biggest decisions you will ever make!

If you are not being invited to go on any unofficial visits in your junior year, then you should be proactive and express the desire to visit the campus in an email or telephone call to the coaches from your Target List of schools. Once on campus, you are able to speak with the coach about whatever you would like and vice-versa so you will leave understanding where you stand of their list of recruits.

Regardless of who initiates the visit, going on campus is an outstanding opportunity for you to evaluate everything about the college and determine if the school and team would be a good fit for you.

See **Appendix III** to find out what you need to know before accepting an unofficial visit. (Pertains to NCAA DI, DII, DIII programs):

For your unofficial visit, call the admissions office at least two weeks in advance to let them know you are coming to campus, unless the coach has already done this for you. An admissions counselor can tell you the dates and times for campus tours, information sessions, and open houses.

The counselor can also recommend classes to observe, help schedule individual meetings with faculty and coaches, and provide a campus map and information on nearby lodging. Admissions departments keep track of visits. An admissions information session and guided campus tour shows your interest in the institution.

On your visit you should:

- Schedule time for an information session and a campus tour
- Sit in on a class
- Check out the dorms
- Eat in the cafeteria
- Meet with the coach and players
- See the athletic facilities
- Ask a lot of questions

**Summer Camps** – The Junior summer is your last chance to impress coaches at one of their camps. If you have not already verbally committed (or are not feeling great about the coaches who are still actively recruiting you), this is a great opportunity to get some extra exposure. Also, summer camps give you hours of coaching usually individualized per position at the “Elite Camp” or “Select Camp” level, so it’s great way to hone your skills and to improve.

**In Summary:** The Junior year is the most important year. Be prepared to give coaches all your information and video, and be very active throughout the recruiting process by emailing and calling coaches, and going on campus visits.

## 5. Senior Year

### The Plan

The Senior year is “crunch time” and it’s time to seriously evaluate your recruiting situation. If you are happy with the list of schools who are still actively recruiting you, then you are in a good position. A good rule of thumb is you want to be in frequent contact with at least 5-10 schools at this point. If you are unsure of where you stand on some programs’ recruiting list, you need to have a direct conversation with those coaches and just ask: Have you filled my position for this recruiting class? Where do I fall in your list of potential recruits? Coaches are good people and will be honest with you on where you stand.

If you are not in contact with at least 5 schools, then you need to immediately get your information and video out to a new realistic set of programs. By realistic, I mean programs that do not compete in the top NCAA DI conferences (Big 12, Big 10 etc.) At this point in the recruiting time-line, 95% of those schools have secured their incoming recruiting class, or are very close. Therefore, reaching out to those coaches is not a wise use of your time. Instead focus on the lower DI, DII, DIII, NAIA or NCJAA schools. The recruiting process in these divisions tends to be slower, so these schools may be where you will have the most opportunities.

**July 1st** – (as a Rising Senior, or the summer before your senior year) Coaches are now allowed per the NCAA to call/return phone calls from a prospective student athlete, once per week. If you have coaches calling you, then you are among their list of top recruits. If you are not in contact with any college coaches, you should consider reaching out to more programs. See **Appendix III** for more information on NCAA Recruiting Regulations.

**Official Visit** – Official visits are becoming more of a formality with the acceleration of the recruiting process as more and more prospects are verbally committing before their Senior year even begins. For those players, the official visit has become an opportunity for them to visit the campus on the school's dime while meeting current team members.

However, if you have not already verbally committed, then go on as many official visits as you can. They tend to be a lot of fun, and can be the only chance you will have to get an honest feel for the school and more importantly if it is the school for you!

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 NCAA Eligibility Center. To find out all rules and regulations regarding official visits see **Appendix III**.

Some suggestions for the official visit, per The College Volleyball Coach:  
(<http://www.collegevolleyballcoach.com/search/label/Official%20Visit>)

1. "Have your parent(s) accompany you on the visit - they will see things that you may miss with regards to facilities, classes, campus safety, etc. Per NCAA rules, the host school cannot pay for the transportation of your parents (unless the family drives together), but once your folks are there, the school is allowed to cover everything for them.
2. Ask to stay with a member of the team in a Freshman Residence Hall. That super nice dorm room the program showed you, could be just for Juniors and Seniors. You need to know exactly the type of room you will be staying in the next two years.
3. When you go out to eat, make sure you eat WHATEVER looks good to you! Don't be shy - the program has a specific recruiting budget and that budget is allocated to try and convince you to attend their school. Also, have at least a lunch or dinner in the school cafeteria; this is the only way to see the quality of the meals and how many healthy eating options are available.
4. While it may be fun to see a match, it is more important to see a practice (not a pre-game serve and pass, but a normal practice). A volleyball practice will show you just how that program operates. Is the coach positive or negative in a training environment, how much technical instruction is presented, are the drills play oriented or repetition oriented, do the players work hard with a good attitude or are they just going through the motions - these are all things that a match will not illustrate completely.
5. Schedule an academic meeting with the person who is in charge of academics for the Athletic Department. If you are fortunate enough to know what you want to study, make sure that this discipline is available and have the staff member lay-out the process for you to graduate with that degree. Should you have a general idea or two about what possible degree excites you, make sure that school has those academic majors available. I know of too many transfer situations where the PSA choose the school for athletic reasons and not academic reasons.
6. Research the next year's roster and ask specific questions about where you fit in. If you are an outside hitter and the team has three starting sophomores who are also outside hitters, the reality is you may not be seeing a lot of playing time as a freshman. Conversely, if the team is currently laden with senior outside hitters, are you going to be expected to be an impact player your freshman year?
7. Ask about Team Policies - While the Athletic Department may have certain guidelines about player-team conduct, each program is usually left to determine their own conduct rules. What is the alcohol policy? Are there food-diet restrictions? Is there a dress code for home or away matches? Are the players supposed to live together? Are players allowed to live off

- campus? Ask these questions now, because you will be living with the answers for a number of years.
8. Attend a non-volleyball event. Get a feel for the general student body by seeing something other than volleyball. There is much more to college than volleyball.
  9. Find out about summer school and 5th year funding. Each school determines how it handles these two topics and unfortunately, the answers vary by sport. You must find out this information because it will have a big impact upon your summer plans and the financial obligation beyond the offered scholarship.
  10. Spend as much time as possible with the younger players on the team. These are the people you will be interacting with on a very personal level for the next few years. By watching a training session and asking specific questions during your meetings, you can get a good feel for the 'adults' at the school. If you like the players that you spend time with, then you are already on your way to having a good college experience. If the Official Visit does not allow you to spend quality time with the younger players, this should be a concern.”

**Signing Periods** - Once you have made your decision on which school you want to attend, there are two time periods when you are allowed to sign the National Letter of Intent. The National Letter of Intent is a document which legally obligates the player to the school and the school to the player.

- The fall (or early) signing period is always in mid November, and lasts for about a week.
- The spring (or late) signing period goes from mid April to the beginning of August, so a window of about 4.5 months. However, during the spring signing period, once the National Letter of Intent has been issued, the player must sign and date the document within 2 weeks.

The specific dates for these periods change from year to year, so check the National Letter of Intent website for specific dates by going to:

<http://www.ncaa.org/wps/wcm/connect/nli/nli>

All National Letters of Intent must be signed during these time frames. While extremely rare, the National Letter of Intent can be broken, as long as both the player and the coach/school agree to sign a release of obligation document.

Once you have signed the National Letter of Intent, your recruiting process is officially over! CONGRATULATIONS!

**In Summary** – Your senior year is the time to go on official visits and or evaluate your situation. If you feel good about where you are in the recruiting process, great! If not, you need to immediately and aggressively reach out to as many (realistic) schools as possible, and be very direct with college coaches when asking questions about

opportunities at their school.

## Appendix I: Understanding Your Level of Recruitment

This table serves as a guide for you to understand your position in the recruiting process. This guide is most reflective of the Division I recruiting process. Remember Division II, III, NAIA or NJCAA may be a bit slower. But if you want the opportunity to play at the highest level, you need to be prepared.

Each category describes the average experience, and it is not exact. If you do not fit into the category that you would like, do not worry! But this means you must be proactive because some players are being recruited heavily and you do not want to fall behind.

### Senior Year

1<sup>st</sup> day of senior classes- graduation

Extremely Recruited	
<input type="checkbox"/>	Verbally committed and signing National Letter of Intent in November
<input type="checkbox"/>	10 or more scholarship offers
<input type="checkbox"/>	At least 10 official visit invitations, if not already committed
<input type="checkbox"/>	50 or more phone calls from different schools
<input type="checkbox"/>	Weekly emails or phone calls from coaches

Highly Recruited	
<input type="checkbox"/>	Verbally committed and signing National Letter of Intent in November
<input type="checkbox"/>	At least 5 scholarship offers
<input type="checkbox"/>	At least 5 official visit invitations, if not already committed
<input type="checkbox"/>	At least 30 phone calls from different schools
<input type="checkbox"/>	Frequent emails or phone calls from coaches

Moderately Recruited	
<input type="checkbox"/>	Signing National Letter of Intent in April or invitation to walk-on
<input type="checkbox"/>	1-3 scholarship offers
<input type="checkbox"/>	Under 5 official visit invitations
<input type="checkbox"/>	10 or more phone calls in July
<input type="checkbox"/>	Periodic emails or phone calls from coaches
<input type="checkbox"/>	Coaches tell student to apply

	Less Recruited
	Maybe 1 scholarship offer
	College coaches invite recruit to walk-on
	Not more than 3 official visit invitations
	No more than 10 phone calls in July
	Few emails or phone calls

	Not Recruited
	Coaches say recruiting class is complete
	Less than 10 form emails are received
	Fewer than 10 questionnaires
	Continually receive camp brochures

### **Junior Year/ Rising Senior**

1<sup>st</sup> day of junior classes- summer before senior year

	Extremely Recruited
	Over 60 written contacts on September 1
	Personal phone calls from coaches immediately following July 1
	At least 10 scholarship offers
	Unofficial visit invitations and being made throughout the year
	College coaches attend several high school and club games and practices
	Club coaches are being regularly contacted about you
	College coaches inquire about your academic status

	Highly Recruited
	Over 45 written contacts on September 1
	Personal phone calls from coaches immediately following July 1
	At least 3 scholarship offers
	Unofficial visit invitations and being made throughout the year
	College coaches show up at high school and club games 2 or more times
	College coaches extend personal invitation for recruit to attend camp
	College coaches invite recruit to attend games
	Video requests
	Questionnaire requests
	Transcript requested

Moderately Recruited	
<input type="checkbox"/>	Emails from coaches in the fall
<input type="checkbox"/>	Unofficial visit invitations and being made throughout the year
<input type="checkbox"/>	College coaches evaluate recruit in person 1-2 times during club season
<input type="checkbox"/>	College coaches invite recruit to games
<input type="checkbox"/>	Video requests
<input type="checkbox"/>	Questionnaire requests
<input type="checkbox"/>	Transcript requested

Less Recruited	
<input type="checkbox"/>	Form emails or letters from coaches
<input type="checkbox"/>	College coaches briefly appear at recruit's club games
<input type="checkbox"/>	College coach requests continual updates
<input type="checkbox"/>	Minimal personal attention, usually in response to recruit's inquiries
<input type="checkbox"/>	Main contact is the school's office of admissions

Not Recruited	
<input type="checkbox"/>	10 or less form emails are received
<input type="checkbox"/>	Fewer than 10 questionnaires
<input type="checkbox"/>	Continually receive camp brochures

### **Sophomore Year/Rising Junior**

1<sup>st</sup> day of sophomore classes- summer before junior year

Extremely Recruited	
<input type="checkbox"/>	Over 60 written contacts from different schools
<input type="checkbox"/>	At least 3 scholarship offers
<input type="checkbox"/>	College coaches attend several club games and practices, and a high school game
<input type="checkbox"/>	College coaches contact recruit's high school or club coach/director
<input type="checkbox"/>	Questionnaire requests

Highly Recruited	
<input type="checkbox"/>	Over 30 written contacts from different schools
<input type="checkbox"/>	At least 1 scholarship offer
<input type="checkbox"/>	College coaches make a brief appearance at a club game
<input type="checkbox"/>	College coaches contact recruit's high school or club coach/director

	Moderately Recruited
	Fewer than 30 written contacts from different schools
	College coaches may watch recruit play at club tournaments

	Less Recruited
	Fewer than 15 written contacts from different schools
	Coach will not make special effort to see recruit play

	Not Recruited
	Recruit receives camp brochures and general admission information only

### **Freshmen Year/Rising Sophomore**

1<sup>st</sup> day of freshmen classes – summer before sophomore year

	Extremely Recruited
	More than 30 written contacts
	At least 1 offer
	College coaches watch recruit play at club tournaments
	College coaches contact recruit's high school or club coach/director

	Highly Recruited
	Over 15 written contacts
	College coaches watch recruit play at club tournaments
	College coaches contact recruit's high school or club coach/director

	Moderately Recruited
	Fewer than 15 written contacts
	College coaches have inquired about recruit

	Less Recruited
	Fewer than 10 written contacts

	Not Recruited
	Most freshmen are not being recruited at this time
	Focus on playing and having fun

## Appendix II: Position & Division Statistics: Where Do I Fit?

This information serves as a general guide to help prospective student athletes determine where they may have the opportunity to play based on average statistics.

These figures are by no means concrete for every program. Keep in mind there are numerous variables that coaches consider, so do not be discouraged if you fall beneath what is listed below. Again, these are averages, not firm statistics.

The setter and libero position in volleyball also have some unique intangible qualities that coaches look for.

### Liberos

Liberos are a special group. The specific statistics for this group are a little harder to define, because it varies depending on the coach's preference. Some programs may search for taller liberos with a "larger range" - meaning when they dive for a ball they are able to cover more surface area. While, some coaches recruit the smaller, quick player who can stay low defensive ready position at all times.

One thing is consistent however; coaches want players who demonstrate strong passing and defensive skills, court personalities, leadership, quickness, and body control/balance. More than any position, coaches will have to see you play in person a number of times to get a good feel for your ability. Some test results coaches may inquire about are a shuttle test, 20 yard dash, or triple jump; to measure explosiveness and quickness.

Liberos/Defensive Specialists		
Division I	Height	5'5"-6'0"
Division II	Height	5'2"-5'8"
Division III	Height	5'0"- 5'8"
NAIA	Height	5'1"- 5'8"

### Setters

There can be a difference in recruiting a setter for a 5-1 system and a 6-2 system. In a 6-2 system, setters may only play in the back row which means their height and jump touch may not be as important to a college coach. However, coaches who run a 6-2 system, will be looking for setters able to hit and block as well. This can cause some discrepancies in recruiting. As mentioned before, some things you may lack can be made up with other qualities. Similar to the libero position, court personality and leadership are very important qualities to the setter position.

Setters		
Division I	Height	5'9" +
	Block Jump	9'4" +
	Approach Jump	9'6" +
Division II	Height	5'7" +
	Block Jump	9'2" +

	Approach Jump	9'4" +
Division III	Height	5'6" +
	Block Jump	9'0" +
	Approach Jump	9'2" +
NAIA	Height	5'6" +
	Block Jump	9'0" +
	Approach Jump	9'2" +

### Middle Blockers

Middle Blockers		
Division I	Height	5'11" +
	Block Jump	9'6" +
	Approach Jump	10'0" +
Division II	Height	5'9"-5'11"
	Block Jump	9'5" +
	Approach Jump	9'10" +
Division III	Height	5'9"-6'0"
	Block Jump	9'3" +
	Approach Jump	9'7" +
NAIA	Height	5'9"-6'0"
	Block Jump	9'3" +
	Approach Jump	9'7" +

### Outside Hitters & Rightside Hitters

Outside Hitters & Rightside Hitters		
Division I	Height	5'9" +
	Block Jump OH	9'5" +
	Block Jump RH	9'6" +
	Approach Jump	9'9" +
Division II	Height	5'8" +
	Block Jump	9'3" +
	Approach Jump	9'7" +
Division III	Height	5'8"-5'10"
	Block Jump	9'3" +
	Approach Jump	9'5" +
NAIA	Height	5'8" +
	Block Jump	9'1" +
	Approach Jump	9'6" +

## Appendix III: NCAA Recruiting Regulations

Here are some important terms the NCAA and college coaches will use during your recruiting process. Be familiar with these terms to be a more knowledgeable recruit.

Per the NCAA:

<http://www.aaaa-sa.org/College%20PDF/NCAA%20Recruiting%20Regulations.pdf>

- **Contact-** any time a coach has a face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.
- **Contact period-** During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.
- **Dead period-** The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.
- **Evaluation-** An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.
- **Evaluation period-** The college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.
- **Official visit-** Any visit to a college campus by you and your parents paid for by the college. 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 NCAA Eligibility Center. The college may pay 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.Other things to know about official visits include.
  - Prospective student athletes can only make one official visit to any given college
  - Official visits can only be make during the Senior year of high school (you can still take unofficial visits during your Senior year).
  - Prospective student athletes can make no more than 5 total official visits
  - Official visits can only last 48 hours.
  - The college team can pay for the player's travel and lodging. This is the main distinction between official and unofficial visits.
  - Prospective student athletes may receive free admission to a volleyball match, but can only sit in the general seating area.

- The player's host can be a current player on the team, who receives a set amount of money to cover the player's expenses while on campus. It's a good idea to request to spend time with younger players (Freshmen or Sophomores) because these people are going to be your teammates!
- Prospective student athletes cannot use the money to buy souvenirs.
- **Prospective student-athlete-** You become a "prospective student-athlete" when you start ninth-grade classes. Or before your ninth-grade year, if a college gives you, your relatives, or your friends any financial aid or other benefits that the college does not provide to students generally.
- **Quiet period-** The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.
- **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. Other things to know about unofficial visits include:
  - All visits before senior year are by definition unofficial.
  - Prospective Student Athletes pay ALL expenses associated with the visit – this means air fare, lodging, meals, travel etc. (even if the coach invites you to come).
  - Prospective Student Athletes are able to stay overnight on campus if the student pays the standard overnight rate, which is determined by the admissions department.
  - Prospective Student Athletes can take as many unofficial visits as they like to any number of colleges as long as it is not during a "dead period."
  - Prospective Student Athletes can meet with the college coach while on campus – this is when verbal commitments are usually made.
  - Coaches can help prospective athletes coordinate NCAA unofficial visits.
- **Verbal commitment-** This phrase is used to describe a prospect's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A prospect can announce a verbal commitment at any time. While verbal commitments have become very popular for both prospects and coaches, this "commitment" is NOT binding for either the prospect or the school. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties

On the next page is a chart that explains the differences in NCAA regulations between Division I, II, and III.

Division I

Sophomore Year	Recruiting Materials	You may receive brochures for camps and questionnaires
	Telephone Calls	You may call a coach at your expense only College coach cannot call you
	Off-Campus Contact	None allowed
	Official Visit	None allowed
	Unofficial Visit	You may make an unlimited amount of unofficial visits
Junior Year	Recruiting Materials	You may begin receiving September 1 of your junior year
	Telephone Calls	You may call a coach at your expense only Once a week beginning July 1 a college coach can call you
	Off-Campus Contact	Allowed beginning July 1
	Official Visit	None allowed
	Unofficial Visit	You may make an unlimited amount of unofficial visits
Senior Year	Recruiting Materials	Allowed
	Telephone Calls	You may call a coach at your expense only Once a week a college coach can call you
	Off-Campus Contact	Allowed College coach can contact you/your parents not more than 3 times during your senior year
	Official Visit	Allowed beginning your first day of school your senior year Limited 1 visit per college Maximum of 5 official visits to Division I and II colleges
	Unofficial Visit	You may make an unlimited amount of unofficial visits

Division II

Recruiting Materials	A coach can send you printed recruiting materials September of your junior year
Telephone Calls	A coach can call once a week beginning June 15 between your junior and senior year You may call a coach at your expense
Off-Campus Contact	Coach can have off-campus contact with you/your parents after June 15 of your junior year Coach is limited to 3 in-person contacts off-campus
Unofficial Visits	You may make an unlimited number of unofficial visits
Official Visits	You may make official visits after the first day of school your senior year You may make only 1 official visit to each college Maximum of 5 official visits to Division I and II colleges

Division III

Recruiting Materials	You may receive printed materials at any time
Telephone Calls	No limit on number of calls or when calls can be made by the college coach You may make calls to the coach at your expense
Off-Campus Contact	Coach can have off-campus contact with you/your parents after your junior year
Unofficial Visits	You may make an unlimited number of unofficial visits
Official Visits	You may make official visits after the first day of school your senior year You may make only 1 official visit to each college

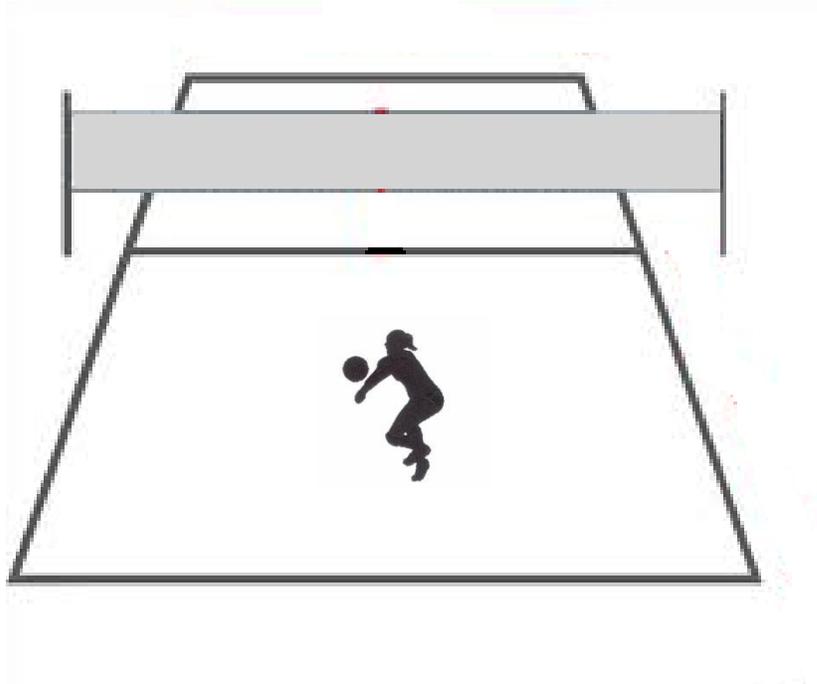
## Appendix IV: NCAA Division I Sliding Scale

NCAA Division I Sliding Scale Core Grade-Point Average & Test-Score		
Core GPA	SAT (Verbal & Math)	ACT (Sum Score)
3.55	above 400	37
3.525	410	38
3.5	420	39
3.475	430	40
3.45	440	41
3.425	450	41
3.4	460	42
3.375	470	42
3.35	480	43
3.325	490	44
3.3	500	44
3.274	510	45
3.25	520	46
3.225	530	46
3.2	540	47
3.175	550	47
3.15	560	48
3.125	570	49
3.1	580	49
3.075	590	50
3.05	600	50
3.025	610	51
3	620	52
2.975	630	52
2.95	640	53
2.925	650	53
2.9	660	54
2.875	670	55
2.85	680	56
2.825	690	56
2.8	700	57
2.775	710	58
2.75	710	59
2.725	730	59
2.7	730	60
2.675	740-750	61
2.65	760	62
2.625	770	63
2.6	780	64
2.575	790	65
2.55	800	66
2.525	810	67
2.5	820	68

2.475	830	69
2.45	840-850	70
2.425	860	70
2.4	860	71
2.375	870	72
2.35	880	73
2.325	890	74
2.3	900	75
2.275	910	76
2.5	920	77
2.225	930	78
2.2	940	79
2.175	950	80
2.15	960	80
2.125	960	81
2.1	970	82
2.075	980	83
2.05	990	84
2.025	1000	85
2	1010	86

## Appendix V: Guide to Videoing Volleyball

1. Use a tripod. If a coach opens up a video and it's shaking all over the place, they will immediately turn it off. This makes coaches dizzy! If a tripod is not available, you will need to have a stable platform that the camera can rest on without any movement.
2. Do not follow the ball or the player around the court. Following the play seems like a good idea, but in doing so you are not capturing what is happening on the other side of the net or what your teammates are doing. Again, coaches need a full court perspective! Hit the record button once you have the full-court perspective and simply back away from the camera.
3. If possible, set up your camera in the middle of the court behind the side of the court the player is on. When the player switches sides, so should the videographer. If you simply can't get behind the court (this can be difficult at large club tournaments or in small gyms) then off to the side on a 45 degree angle is the second, but less desirable angle to shoot from. For better player identification, zoom in as close as possible to the court; maintain the end line and the antennas as your guide. (Antennas should be shown).
4. If you are shooting from a 45 degree angle, shoot from the corner the line judge is NOT standing on.
5. Keep cheering (and outbursts) at a minimum. Most of the time coaches will watch video on mute, but if not they don't need to hear your commentary. Some cheering has been known to de-stabilize your tripod or mounted platform in certain situations.
6. Raise the tripod high enough so you can see both sides of the net, if possible.
7. Watch for flying balls! They somehow always seem to be attracted to expensive cameras!
8. This is a suggestion, not a necessity - pause the filming to exclude down time including ball shagging, time outs, and time in-between games. Know that many coaches prefer to see action that is uninterrupted such as a player taken out for a reason. By editing, there is no guarantee the stoppage is simply for shagging balls. Timeouts are fine as long as the coach can see the call, but just know that some coaches like to see what a player's body language and attention is like during the timeout process, including how the player enters and leaves the huddle.
9. Pick matches against the best competition you faced. This gives coaches the opportunity to evaluate you in comparison to other strong players.



Best Angle



Good Angle