

Coast
VOLLEYBALL CLUB

COAST Volleyball
College Recruiting
Guide

COAST COLLEGE PLACEMENT RESOURCES

In-House College Placement Staff:

COAST provides in-house recruiting staff who are available to provide guidance to players and families. The COAST staff will assist in navigating areas such as:

Overall recruiting landscape

Informational resources

Successful targeting strategies

Value assessment of 3rd party recruiting services

Advice on software and other tools (i.e. Hudl, University Athlete, etc.)

Communicate on behalf of the athlete when appropriate or necessary

Managing one's recruiting profile

College Placement Seminar:

Every February COAST offers a comprehensive college placement workshop free of charge geared towards players in the 9th-12th grade. The information rich workshop offers insight into the overall recruitment process, provides tips and advice and helps shape realistic expectations for players and parents with collegiate volleyball ambitions. The workshop is led by Executive Director, Ozhan Bahrambeygui, and combines his 20+ years of club directing expertise with his experience as a Division I recruiter.

COAST College Placement Contacts:

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All college placement inquiries should be directed to college@coastvbc.com.

CAN MY DAUGHTER PLAY IN COLLEGE?

The Collegiate Landscape

* What are my chances of playing college sports?

* What schools can I get into?

* Where can I find college athletic scholarships?

* What's all this going to cost?

Odds of a High School Volleyball Player competing in College:

	<u>Women</u>	<u>Men</u>
Number of US High School Volleyball Players	446,583	60,976
Number of College Volleyball Players (see table below)	27,438	2,722

Weekly Time Commitment for NCAA Volleyball Players:

If you want to play college Volleyball expect the athletic commitment to require nearly as much time as the academic work load - basically 2 full-time jobs! And contrary to popular belief, Division III Volleyball requires virtually the same commitment of weekly hours as Division I. Developing efficient time management skills is a key to becoming a successful student-athlete.

Source: NCAA Goals Study

1,814 Schools sponsored varsity Volleyball teams during 2017-18:

Division	# of Schools	# of teams		Total Athletes		Ave. team size		Scholarship limit per team		Average Athletic Scholarship*	
		Men's	Women's	Men	Women	Men's	Women's	Men	Women	Men	Women
NCAA I	334	22	334	408	5,406	19	16	4.5	12	16,003	17,008
NCAA II	298	20	298	360	4,861	18	16	4.5	8	6,267	7,567
NCAA III	437	93	437	1,201	6,971	13	16	-	-	-	-
NAIA	222	35	222	510	3,859	15	18	8	8	6,201	6,640

Women's NCAA I Volleyball is a headcount sport so there is a limit of 12 players per school that can be under scholarship annually. All other NCAA Volleyball programs are equivalency sports for scholarship purposes, so partial awards can be awarded to meet the annual limit. For example, an NCAA Division II school can award 16 female players each a 1/2 scholarship and still meet the limit of 8 per team.

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

College Athletic Scholarship Limits 2018-19

College Athletic Associations set the maximum number of athletic scholarships their member schools can award to student athletes for official sports. Here are the limits per sport for the 2018-19 year:

Men's Varsity Sports - Volleyball

Scholarship limit per School	NCAA I	NCAA II	NCAA III	NAIA **	NJCAA **
	4.5	4.5	-	8	-

Women's Varsity Sports – Volleyball – NCAA I is a head count sport

Scholarship limit per School	NCAA I	NCAA II	NCAA III	NAIA **	NJCAA **
	12	8	-	8	14

NCAA & NJCAA Division III schools do not award athletic scholarships, but they do grant other forms of financial aid that student athletes may qualify for. Assistance to academically gifted student athletes can generally be exempted from counting as athletically based assistance only if the student athlete meets certain grade and/or test score criteria established by the various associations. Athletic scholarships are not awarded for participation in either club or intramural sports at any level.

Why are there fractions? Most NCAA varsity programs are equivalency sports which means awards can be split into partial scholarships in any proportion up to the maximum allowed. For example, an NCAA Division I school can allocate a number of partial athletic scholarships equivalent to 11.7 full scholarships in any proportion among, say, 25 baseball players.

Full scholarships are relatively rare in equivalency sports. An additional caveat is that there is a top limit of the number of athletes that can be awarded even a partial scholarship in an equivalency sport - this limit is referred to as the maximum number of counters. For NCAA I baseball teams the maximum number of counters allowed is 27.

There are fewer NCAA head-count sports than equivalency sports; head count sports mean the stated scholarship limit is absolute, and the number of student athletes receiving awards cannot exceed this number. NCAA I football and basketball are headcount sports as well as a few others noted above. For example, NCAA FBS football schools can have a maximum of 85 players under scholarship during a year. Head count sports generally award a much higher percentage of full scholarships to participants than equivalency sports.

The above numbers are maximums and schools can award less than the limit. Ivy League schools state they do not award scholarships based on athletic ability, but they grant other forms of financial aid as do many other schools. The US Military Academies (Army, Navy, Air Force & Coast Guard) do not award athletic scholarships, but all students receiving an appointment to the academies have their tuition paid in full.

The above limits are annual and apply to the entire team, so incoming student athletes at a four year institution are typically completing for approximately 25% of the maximum available scholarships.

* NCAA Division I institutions that do not sponsor indoor/traditional Women's Volleyball are allowed an annual limit of 8 equivalency scholarships for beach / sand volleyball.

** All NAIA sports are equivalency sports for scholarship limits whereas all NJCAA sports are head-count sports for scholarship limits. For NAIA schools, aid to students who play at the junior varsity levels does not count in the overall limit on athletic scholarships.

IVY league

Ivy League is a conference of D1 program that do not offer college scholarships, but the academic prowess of the schools makes them attractive options volleyball players that are strong students. As the name suggests these schools have some of the toughest admissions standards in the country. Despite not having scholarships you can usually find one or two schools in the Ivy that are ranked within the top 100 NCAA D1 schools every year. The Conference Champion also gets an automatic bid into the Division I Playoff bracket every year.

Walking-On vs. Invited Walk-On

In Division I college volleyball there is no such thing as a pure freshman walk-on. Essentially all freshmen walk-ons are invited or recruited walk-ons. Anytime a player is on the team but not on scholarship they are in a sense a walk-on.

Some recruited players walk-on but their coach has them on scholarship in years 2, 3 and/or 4 in their recruiting plan.

Non-scholarshipped players are eligible for financial aid, but their eligibility for that aid must be skill blind when it comes to athletics.

Aside from being on a team in college, walk on athletes may receive special consideration for admissions. Often walk on athletes gain priority class registration, additional academic support (tutoring, note taking, etc.), and special health and training resources that ordinary students don't get.

Important questions to ask when you are walking on:

- 1) Will I be integrated into the practices and training?
- 2) Will I get a chance to play if you determine that I can contribute? Is there a history of walk-ons making a contribution?
- 3) If I am contributing and money becomes available, would I be priority if a scholarship emerged?

ASSESSING A SCHOOL'S COMPETITIVENESS

There is a wide range competitiveness within each NCAA Division 1. When searching for the right athletic fit, sometimes looking at schools win loss record can be misleading. Look at a team's RPI can be helpful. RPI can also tell you a school's potential to reach playoffs in a program's division. RPI histories and futures can also be used to predict trends or trajectories for programs.

ATHLETIC SKILL OF A COLLEGIATE VOLLEYBALL PLAYER

First, find out what are the important attributes for your daughter's position. Then figure out if there are some important benchmarks that schools are looking at in her position. As always there is a balancing of factors that go into the assessment of an athlete's ability to impact a program. But, usually there is a trade skill like hitting to examine. To illustrate, most top 50 Division I programs will want their OHs to reach 10 feet. But, if they are excellent at passing or defense, they may still be interested if they have great velocity when hitting even if they only reach 9'9". See skills video section for more details on position specific skills.

What level of player are coaches looking for and who are you competing with for a roster spot? A good way to get an idea is to look at the high-school bios of players currently on the roster of schools that interest you. Are the players All-League, All-State or All-American? Visit individual school websites and see how you might compare to players on current team rosters.

ACADEMIC PROFILE OF A COLLEGIATE VOLLEYBALL PLAYER

ACADEMIC STANDARDS & REQUIREMENTS

Registering with the NCAA Eligibility Center and successfully completing your high school's NCAA-approved core courses is the first step with regards to academics.

Critical components in your academic success include, but are not limited to, grade-point averages and test scores.

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your core-course grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Only your best grades from the required number of NCAA core courses will be used.

Your GPA is calculated on a 4.000 scale. Numeric grades such as 92 or 87 are changed to letter grades such as A or B. The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. Weighted honors or advanced placement courses may improve your core-course GPA, but your high school must notify the NCAA Eligibility Center that it weighs grades in these classes.

In "Pass/Fail" grading situations, the NCAA Eligibility Center will assign your high school's lowest passing grade for a course in which you received a "Pass" grade. For most high schools, the lowest passing grade is a D, so the NCAA Eligibility Center generally assigns a D as a passing grade.

Calculating Your Quality Points

In order to determine your quality points earned for each course, multiply the quality points for the grade by the amount of credit earned.

Examples:

- An A grade (4 points) for a trimester course (0.34 units):
4 points x 0.34 units = 1.36 total quality points
- An A grade (4 points) for a semester course (0.50 units):
4 points x 0.50 units = 2.00 total quality points
- An A grade (4 points) for a full-year course (1.00 units):
4 points x 1.00 units = 4.00 quality points

The worksheets on pages 20 and 24 will help you to determine your core-course GPA.

QUALITY POINTS

- A = 4 points
- B = 3 points
- C = 2 points
- D = 1 point

UNITS OF CREDIT

- 1 quarter unit = 0.25 units
- 1 trimester unit = 0.34 units
- 1 semester unit = 0.50 units
- 1 year = 1 unit

Source: *Guide for the College-Bound Student-Athlete*

TEST SCORES

Every time you register for the SAT or ACT, use the NCAA Eligibility Center **code 9999** to send your scores directly to us from the testing agency. Tests scores on transcripts can NOT be used in your academic certification. The NCAA Eligibility Center does not accept SAT subject test scores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscore from different tests are used to give you the best possible score.

ACT

An ACT sum score is calculated by adding your English, math, reading and science subscores.

The NCAA's sliding scales for Divisions I and II were updated to include the concordance table. On our sliding scale, you can see your new SAT score, what it concurs to on the old SAT test and the GPA that is required for that score.

Did you take the SAT more than once? Remember: your highest SAT score in your academic certification will be used to provide you the best result possible.

Testing Dates

The NCAA Eligibility Center accepts national SAT and ACT exams, and state-administered ACT exams.

<p>SAT A combined SAT score is calculated by adding your critical reading and math subscores. SAT scores earned on or after March 2016 will be evaluated based on the College Board concordance table.</p> <p>College Board Concordance Table The SAT test changed in March 2016, and now varies in design and measures different academic concepts than the prior SAT. A numerical score on a test before March 2016 may not be equivalent to the same numerical score on the redesigned test (March 2016 and after).</p>	<p>NATIONAL TESTING DATES</p> <table> <tr> <td>SAT</td> <td>ACT</td> </tr> <tr> <td>Aug. 25, 2018</td> <td>Sept. 8, 2018</td> </tr> <tr> <td>Oct. 6, 2018</td> <td>Oct. 27, 2018</td> </tr> <tr> <td>Nov. 3, 2018</td> <td>Dec. 8, 2018</td> </tr> <tr> <td>Dec. 1, 2018</td> <td>Feb. 9, 2019</td> </tr> <tr> <td>March 9, 2019</td> <td>April 13, 2019</td> </tr> <tr> <td>May 4, 2019</td> <td>June 8, 2019</td> </tr> <tr> <td>June 1, 2019</td> <td>July 13, 2019</td> </tr> </table>	SAT	ACT	Aug. 25, 2018	Sept. 8, 2018	Oct. 6, 2018	Oct. 27, 2018	Nov. 3, 2018	Dec. 8, 2018	Dec. 1, 2018	Feb. 9, 2019	March 9, 2019	April 13, 2019	May 4, 2019	June 8, 2019	June 1, 2019	July 13, 2019
SAT	ACT																
Aug. 25, 2018	Sept. 8, 2018																
Oct. 6, 2018	Oct. 27, 2018																
Nov. 3, 2018	Dec. 8, 2018																
Dec. 1, 2018	Feb. 9, 2019																
March 9, 2019	April 13, 2019																
May 4, 2019	June 8, 2019																
June 1, 2019	July 13, 2019																

Source: *Guide for the College-Bound Student-Athlete*

TRANSCRIPTS

After completing six semesters of high school, ask your school counselor to upload an official transcript to the NCAA Eligibility Center. If you have attended more than one high school or took courses from more than one program, the NCAA Eligibility Center needs an official transcript from all high school(s) or program(s). You also will need to ask your school counselor to send your final transcript with proof of graduation once you have completed high school. Please note: The NCAA Eligibility Center does not accept grades from one high school or program transcribed on another high school’s transcript.

High schools have the capability to upload transcripts directly to a student’s account from the High School Portal for free. As with other electronic transcript providers, this process is much quicker than using the U.S. Postal Service or any overnight delivery method. Students should contact their school counselor to ask for their transcript to be uploaded or sent electronically through one of the approved e-transcript providers listed below:

- National Transcript Center/ Pearson Edustructure
- Parchment
- Scrip-Safe/Credentials
- Scribbles Software
- ConnectEDU
- USMO ET
- XAP

To send a transcript by U.S. mail or through an overnight or express delivery service, please use the appropriate address:

U.S. mail: NCAA Eligibility Center Certification Processing, P.O. Box 7136, Indianapolis, IN 46207-7136

Overnight delivery: NCAA Eligibility Center Certification Processing, 1802 Alonzo Watford Sr. Drive, Indianapolis, IN 46202

Note: Some approved programs that have a list of NCAA-approved courses are not credit-awarding institutions and, therefore, do not produce official transcripts. If you attend an approved program that does not award credit, a grade report from the program should be submitted.

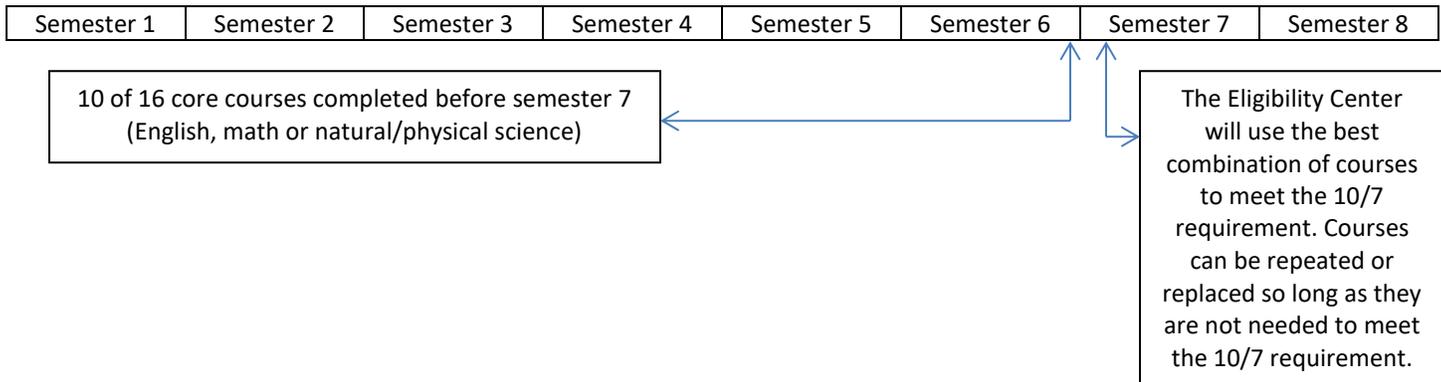
DIVISION I ACADEMIC STANDARDS

Division I schools require you to meet academic standards for NCAA-approved core courses, core-course GPA and test scores. To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate from high school and meet all the following requirements:

1. Complete a total of 16 core courses in the following areas:

ENGLISH	MATH (Algebra 1 or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math, or Natural/physical Science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

2. Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses completed to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement.



3. Complete the 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division I full qualifier sliding scale. Review the sliding scale on page 19 of the following link to the [2018-19 Guide for the College-Bound Student-Athlete](#) to ensure your score meets Division I requirements.

How to plan your high school courses to meet the 16 core-course requirement:

4 x 4 = 16

4 English courses (one per year)
 + 4 math courses (one per year)
 + 4 science courses (one per year)
 + 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course GPA and test scores.

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate from high school and meet all the following requirements:

1. Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra 1 or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math, or Natural/physical Science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

2. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.200) on the Division II full qualifier sliding scale. Review the sliding scale on page 23 of the following link to the [2018-19 Guide for the College-Bound Student-Athlete](#) to ensure your score meets Division II requirements.

PATH TO BECOMING A COLLEGIATE VOLLEYBALL PLAYER

Recruiting Calendars and Timelines

Summary of Recruiting Rules & Calendars for Volleyball – Division I

Recruiting Method – Division I	Volleyball & Other Sports		
	Sophomore Year	Junior Year	Senior Year
Recruiting Materials	You may receive brochures for camps, questionnaires, NCAA materials & non-athletics Recruiting publications	You may begin receiving Recruiting materials Sept. 1 of your junior year.	Allowed
Electronic Correspondence (e.g., text messaging, instant messenger, email)		All forms of electronic Correspondence permissible Sept. 1 of your junior Year. Correspondence must be private between you & the coach until You provide a written commitment to the NCAA school.	All forms of electronic correspondence permissible Sept. 1 of your junior Year. Correspondence must be private between you & the coach until you provide a written commitment to the NCAA school.
Telephone Calls	Volleyball may make calls to the coach at your expense only. College coach cannot call you.	Volleyball may make calls to the coach at your expense.	Volleyball may make calls to the coach at your expense.
College coaches may call you		Unlimited beginning Sept. 1 of your junior year.	Unlimited
Off-Campus Contact	None allowed.	Allowed beginning July 1 after your junior year.	Allowed
Official Visit	None allowed.	Not allowed before Sept. 1 of your junior year or during any dead period.	Not Allowed during any dead period. You may make only one official visit per college & up to a maximum of 5 official visits to Div. I colleges. There is no limit to official visits to Div. II colleges.
Unofficial Visit	None allowed. Attendance at a Member school's camp or clinic is permissible provided no recruiting conversations take place	Not allowed before Sept. 1 of your junior year or during any dead period.	You may make an unlimited number of unofficial visits, except during a dead period.
How often can a coach see me or talk to me off the College's campus?			A college coach may contact you or your family members not more than 3 times. Unlimited number of contacts & Evaluations after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.

Source: NCAA Guide for the College-Bound Student-Athlete

Summary of Recruiting Rules & Calendars for Volleyball – Divisions II & III

Recruiting Method – Divisions II & III	Volleyball Division II	Volleyball Division III
Recruiting Materials	You may receive brochures for camps, questionnaires, NCAA materials & non-athletics recruiting publications at any time. A Coach may begin sending you printed recruiting materials June 15 before your junior year in high school.	You may receive printed materials any time.
Telephone Calls	No limit on number of calls by college coach beginning June 15 before your junior year. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-Campus Contact	A college coach can have contact with you or your parents/legal guardians off the college’s campus beginning June 15 before your junior year. No limit on number of contacts off campus.	A college coach may begin to have contact with you or your relatives or guardians off the college’s campus after your sophomore year. No limit on number of off-campus contacts.
Official Visit	You may make official visits starting June 15 before your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Div. II colleges.	You may make official visits starting January 1 of your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Div. III colleges.
Unofficial Visit	You may make an unlimited number of unofficial visits any time, except during a dead period.	You may make an unlimited number of unofficial visits any time.

Source: *NCAA Guide for the College-Bound Student-Athlete*

NCAA Division I Women's Volleyball Recruiting Calendar

August 1, 2018, through July 31, 2019

(See NCAA Division I Bylaw 13.17.9 for Women's Volleyball Calendar Formula)

- | | |
|---|-------------------|
| (a) August 1-31, 2018: | Quiet Period |
| (b) September 1 through November 30, 2018 [except for (1) below]: | Contact Period |
| (1) November 12-15, 2018: | Dead Period |
| (c) December 1, 2018 through January 31, 2019 [except for (1) and (2) below]: | Quiet Period |
| (1) Coaches attending the AVCA annual awards banquet may have incidental contact with two-year college prospective student-athletes being honored at the banquet, provided no recruiting conversation occurs. (See NCAA Bylaw 13.02.5.5.1.) | |
| (2) Thursday of the NCAA Division I Women's Volleyball Championship through the Sunday immediately following the championship (December 13-15). An institution's authorized coaching staff members (see Bylaw 11.7.6) may evaluate on only one day and may attend only one event on that day during this period. Such an event shall occur within a 30-mile radius of the site of the championship. | |
| Coaches from the same institution who attend such an event shall attend the same event on the same day. Coaches shall not attend events that occur at the same time that any intercollegiate competition in conjunction with the NCAA championship occurs. | |
| (d) February 1 through July 31, 2019[except for (1) and (2) below]: | Evaluation Period |
| (1) February 1-14, 2019: | Contact Period |
| (2) May 1-30, 2019: | Quiet Period |

Developing YOUR Recruiting Plan

Every player's recruiting plan and timetable is unique to their individual circumstances. Your plan should reflect your specific situation. Although there are many required procedures to comply with, such as registering with the NCAA Eligibility Center and meeting Core Course Requirements, **DO NOT** compare your recruiting experiences and timelines with your friends or other players. If you are a 6'6" player participating with the USA Junior National Team, your recruiting experience will be vastly different than if you are a 5'4" Sophomore Libero. With this caveat in mind, outlined below is a compilation of ideas from various recruiting advisors from Volleyball Clubs and Recruiting Coordinators from Colleges and Universities around the country.

A general consensus is that each player should ultimately take the final responsibility in their recruiting process. In addition to volleyball skills and competitiveness, coaches want to be able to access the character, responsibility and personality of a recruit to determine their compatibility with the team's culture and philosophy.

Given the probabilities and possibilities of competing at the collegiate level as outlined in the Understanding the Collegiate Volleyball Landscape at the beginning of this recruiting packet, almost every player will need to be **PROACTIVE** in their recruiting process! Create a plan, execute your plan, but be willing and prepared to adjust your plan based upon changing circumstances within and beyond your control. Some players who were offered 4 years of annually renewable scholarships at one university have opted to walk-on for one year and accept 3 years of annually renewable scholarships at their dream university because a scholarship was not available their freshman season.

Initial Eligibility

Initial-eligibility standards help ensure you are prepared to succeed in college. The eligibility process also protects the fairness and integrity of college sports by ensuring student-athletes are amateurs.

If you want to practice, compete and receive an athletics scholarship during your first year at a Division I or II school, the NCAA Eligibility Center must certify you as eligible. (Eligibility for Division III is determined on campus.) Throughout the process, NCAA Eligibility Center staff members partner with students and their families, as well as high school administrators and coaches, to guide you on your journey.

Freshman & Sophomore years:

Academic:

- **Focus on your academics!!!** Start planning now! Take the right courses and earn the best grades possible.
- Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes or check the following link: ([NCAA-approved core courses](#))
- Sign up for a free Profile Page or Certification Account at eligibilitycenter.org ([NCAA Eligibility Center](#)) for information on NCAA academic and amateurism requirements.
- If you fall behind academically, ask your counselor for help finding approved courses you can take.

Volleyball:

Begin to develop a list of Colleges and Universities that have piqued your interest in attending both academically and athletically.

Begin to write letters of interest emails to the coaches of the schools on your developing list of colleges and universities. Remember that coaches are not able to contact you or respond to you directly until September 1 of your junior year.

Begin to complete online questionnaires of schools that interest you.

Respond to requests for information on questionnaires you might receive from a college or university.

Register with the NCAA Eligibility Center and complete the required Core Eligibility classes for your year in school.

Focus on your academics to increase your educational options.

Focus on developing your technical volleyball skills and being a good and supportive teammate.

Begin to create Recruiting Skills and Match Highlight Videos and forward the links to colleges and universities you are interested in attending.

Create free athlete accounts on recruiting resources such as [UniversityAthlete](#), [NCSA – Next College Student Athlete](#), or [Rich Kern Recruiting Registry](#). There are other free athlete account resources available to use which you can find using a Google search or from referrals by other players or teammates.

Junior year:

Academics:

- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses.
- Take the ACT or SAT and submit your scores to the NCAA Eligibility Center using code 9999.
- At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, ask each school to submit an official transcript.
- Make sure you are on track to graduate on time with your class.

Volleyball:

Continue with the list above for your Freshman and Sophomore year, especially if you have not begun the recruiting process up to this point!

If possible, begin to narrow your list of preferred colleges or universities.

If possible, make plans to attend the Summer Volleyball Camps of schools on your shortlist or your favorite choice(s) if there is demonstrated mutual interest.

Remain focused on your academic achievement and take your SAT or ACT exams.

Continue to improve your technical skills and being a good and supportive teammate.

Continue to contact schools on your short list to relay your continued interest in attending their school and attempt to gauge their interest in you and where you might be ranked for their recruiting class. College coaches can return your calls or initiate contact with you beginning September 1 of your junior year.

It is permissible for a student-athlete to take an Unofficial Visit starting September 1st of the prospect's junior year of High School.

You are allowed to take Official Visits to colleges or universities beginning September 1st of the prospect's junior year in High School.

Senior year:

Academics:

- Complete your final NCAA-approved core courses as you prepare for graduation.
- Take the ACT or SAT again, if necessary, and submit your scores to the NCAA Eligibility Center using code 9999.
- Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at [eligibilitycenter.org](#).
- After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center.
- Reminder: Only students on an NCAA Division I or II school's institutional request list will receive a certification.

Volleyball:

Narrow your list even further if you are in a position to do so.

Apply to the schools you would like to attend.

After you make a commitment to a school, complete your NCAA Eligibility Profile online. Make courtesy calls to other schools who have been actively recruiting you to thank and advise them that you have made a commitment to attend another program.

After your high school graduation, send your final transcripts as soon as possible to the NCAA Eligibility Center and to the Admissions Office of the college you will be attending. Once the NCAA receives it, they will call your conference office and they will advise your school if you are eligible to compete. Try to facilitate this process as soon as possible to allow time to work out any problem issues that may arise.

Continue with any conditioning program you are undertaking to be prepared for your initial collegiate season.

Remember...

As a college-bound student athlete, you are responsible for your eligibility — that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a difficult first step, but the benefits of being a student-athlete are worth the effort.

Source: NCAA Guide for the College-Bound Student-Athlete

COMMUNICATION STRATEGIES

Corresponding with Coaches

The primary means of written communication with coaches is generally through email correspondence. The substance of your correspondence will vary depending where you are in the recruiting process with each school.

The initial email will generally be an introductory letter expressing your interest in their institution and their volleyball program. It should include, but is not limited to, your name, graduation year, position(s), height, club or high school team, and contact information for you and your team coaches. You should personalize every email you send to their institution and make a brief statement as to why you are interested in their program. There should be some forethought and research put into the schools you contact with letters of interest. If you are emailing before September 1 of your junior year, it is very important to include contact information of your coaches or an administrator because the college coaches will not be able to respond to your interest email. You are allowed to initiate phone calls to their institutions, but they are not allowed to return your phone calls if you leave a message for them to call you before September 1 of your junior year. Please review the previous sections on Summary of Recruiting Rules & Calendars for Volleyball at Division I, II and III.

Be sure to respond to letters of interest or requests to complete questionnaires. If it is early in the recruiting process, it is suggested by many recruiting advisors not to limit your options of schools to consider. If you are absolutely positive that you would not attend a particular school, a courtesy note thanking them for their interest and your decision to pursue other opportunities would be suggested.

Your correspondence does not need to be long and elaborate letters. It is important to let programs know that you are still very interested in attending their institution and being a part of their volleyball program. If you are afforded the opportunity to make a verbal commitment to a particular institution, provide other programs that have been actively recruiting you the courtesy of advising them of your commitment to attend a different program.

Questions to Ask

While you are on a campus visit, consider asking questions about these topics to learn more about the school, athletics program, and life on campus. You also can get suggestions of questions to ask coaches and administrators at NCAA.org - Choosing a College.

- *Academic resources.
- *Admissions requirements.
- *Degree programs and graduation rates.
- *On-campus housing.
- *Graduation rates.
- *Playing time.
- *Scholarship renewals.
- *Study abroad/internships
- *Coaching philosophy and style.
- *Schedule planning and time management.
- *Financial aid and cost of attendance.
- *Athletic training and medical expenses.
- *Team time demands.
- *Injuries and rehabilitation.

Source: NCAA Guide for the College-Bound Student-Athlete

Recruiting Websites and Software

The following are the most important resources today:

University Athlete: The most widely used recruiting platform for college coaches. It is a pay site for the recruiters, that allows them to track athletes, review and sort biographical information, maintain their confidential notes, and has some limited video storage potential. Your son or daughter will have a University Athlete account whether you set one of up for them or not. This is because the platform pulls player information posted on behalf of registration in UA supported events. On some occasions this information can be incorrect. There are key pieces of information such as grad year, position, club team and commitment status must be published correctly in order to maximize an athlete's recruitment effectively. Therefore, we strongly encourage that parents set up and oversee their child's account themselves.

Hudl and Volleymetrics: Widely considered the best video management and file sharing software on the market today. Hudl is a pay site service originally designed for football but has now entered the volleyball sphere. H/M is now a platform widely used by college coaches to analyze and compare the statistical performance of a college prospect in a major tournament to other prospects. The Hudl service can be purchased by families to manage video storage and digest stats for their team. Video files can then be pulled from storage to create YouTube links or channels for college coaches to review.

RichKern.com: Tracks topics that can be very useful to a family searching for the right school for their prep athlete. Rich Kern has free content and pay content. The pay content is \$25 a year and includes a list of players and their positions who have committed in each class, the RPI's (a measure of competitiveness) of each D1 school, positional demands for each D1 school and much much more.

Social Media

An athlete's social media handle is commonly viewed as their avatar. It is not uncommon for college coaches reviewing a prospect to ask to be followed or friended on a player's social media. This is one of several reasons why if a player uses social media that they should be extremely careful about what they post or comment. Most schools have a strict code of conduct which athletes must adhere to. Players committed to schools have lost their scholarship, because of posts they have made after their commitment. The wise parent goes over the importance of responsible social media usage and what the potential consequences can be.

Recruiting Videos

There are two basic types of recruiting videos which are sent to collegiate recruiters. The first type is a skills video comprised of clips of relevant skills for your position which is recorded in a gym practice setting, or a skills highlight video of relevant skills compiled from match videos. The second type of video used is continuous, unedited match video of approximately 5 to 10 minutes.

Try to use video taken from the end line with the recruits back to the camera using a tripod if possible. Show the entire court and just let the camera record the action. Do not try to follow the recruit moving around the court. It is suggested that you just let the camcorder run continuously and edit out the highlight clips if you are creating a match highlight skills video. There are times when the camcorder is turned on too late to identify the player's location on the court or it is started too late to get the player's best contact. You may even want to use the video as your submission of unedited continuous play of the recruit's best match.

Components for inclusion into your videos:

Introduction:

Include your name, position, graduation year, team and jersey number as the minimum information. You can add other details such as height, vertical jump, block jump, GPA and contact information in the introduction as well or you can provide this information in a cover email or attach a player profile sheet to the coaches along with the video link. The introduction can be done with a text frame or a live introductory video narrated by the player.

Skills Video:

Show the skills which are most relevant to your position and show the best highlights at the start of the video. Try to group the specific skills together, such as attacking and then go to passing and then defense, etc. If it is not obvious to identify the player's location on the court, such as serving highlights, try to highlight the player's position on the court with some type of marker before the play begins. An example would be if a hitter is in the left front position in one clip and then is in the right front position in the next clip. Use some type of a text frame when switching to a different skill in the video. Thank the viewer for taking the time to watch your video.

General ideas of skills to include by player position:

Outside Hitters:

Attacking – Serve receive and defensive transition to attack. Block transition to attack.

Passing and Defensive ball control

Blocking and Serving

Middle Blockers:

Attacking – Serve receive and block transition to attack.

Blocking footwork and technique

Serving and Defense if applicable

Opposites:

Attacking – Block and defensive transition to attack.

Blocking footwork and technique

Serving and Passing if applicable

Setters:

Setting Technique – Show as many different set types as possible

Serve receive and transition footwork to set

Serving

Defense and Blocking if applicable

Liberos:

Serve receive passing and defensive transition and digging technique

Setting technique

Serving

What to Expect After Committing

All schools that commit an incoming athlete have assumptions about an athlete’s character, academic standing and progress as a developing volleyball player.

COAST athletes continue to improve physically, tactically and from a skills standpoint. It is a big leap to the college game, so they expect to see growth before arrival.

National Letter of Intent

By signing a National Letter of Intent (NLI), you are agreeing to attend a Division I or II college for one academic year. NLI member institutions agree to provide athletics financial aid to you for a minimum of one academic year as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because coaches are prohibited from recruiting student-athletes who have signed NLIs with other NLI member institutions.

If you sign an NLI but decide to attend another college, you may request a release, but it is the school’s discretion to grant your NLI release or not. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit the website at NationalLetter.org

BROWSE ALUMNI

Jump to Alumni Year

(The Years Listed Below Are Links)

2020 | 2019 | 2018 | 2017 | 2016 | 2015

2014 | 2013 | 2012 | 2011 | 2010 | 2009

IMPORTANT RECRUITING TERMS	
<p>Celebratory standardized signing form used by Division III institutions: This form is a standard NCAA-provided, nonbinding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.</p> <p>Contact: A contact happens any time a college coach says more than “Hello” during a face-to-face meeting with you or your parents off the college’s campus.</p> <p>Contact Period: During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete, visit your high school and write or telephone you or your parents.</p> <p>Dead period: A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and call you or your parents during this time.</p> <p>Evaluation: An evaluation happens when a college coach observes you practicing or competing.</p> <p>Evaluation period: During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college’s campus during an evaluation period.</p> <p>Financial aid (scholarship): Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need or academic achievement.</p> <p>Five-year clock: If you play at a Division I school, you have five calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, do not attend school or attend school part time during your college career.</p> <p>Full-time student: Each school determines what full-time status means. Typically, you are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.</p> <p>International student: An international student is any student who is enrolled in a secondary school outside the United States, U.S. territories or Canada (except Quebec).</p> <p>Institutional request list: An institutional request list (IRL) is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of adding a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school’s interest in having an academic and amateurism certification decision for the student-athlete.</p> <p>Official commitment: When you officially commit to attend a Division I or II college, you sign a National Letter of Intent, agreeing to attend that school for one academic year.</p> <p>Official visit: During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (Division I allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses, including three tickets to a Division I home sports event or five tickets to a Division II home sports event.</p>	<p>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 and register for a Certification Account with the NCAA Eligibility Center.</p> <p>Prospective Student-Athlete: A prospective student-athlete is a student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete, if the institution provides such an individual (or the individual’s relatives or friends) any financial assistance or other benefits that the institution does not provide to prospective students generally.</p> <p>Quiet period: During this time, a college coach may not have any in-person contact with you or your parents off the college’s campus. A 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 call you or your parents during this time.</p> <p>Recruited: If a college coach contacts you off campus, pays your expenses to visit the campus, or (in Divisions I and II) issues you a National Letter of Intent or a written offer of financial aid, you are considered recruited.</p> <p>Recruiting calendar: NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.</p> <p>Recruiting shutdown: A recruiting shutdown is a period of time when no forms of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence, or making or receiving telephone calls) are permissible.</p> <p>Season of competition: Generally, NCAA rules say that any competition in a season — regardless of the amount of time — counts as having played a season in that sport. If you play any time during a season, regardless of how long you played, it counts as having played for an entire season in that sport. Your season of competition starts when you spend one second in competition on the field, court, gym or track.</p> <p>Ten-semester/15-quarter clock: If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.</p> <p>Two-year college: Any school from which students can earn an Associate of Arts, Associate of Science or Associate of Applied Science within two years. Some people call these schools community colleges or junior colleges.</p> <p>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 Division I home athletics contest or five complimentary admissions to a Division II home athletics contest. You may make as many unofficial visits as you like after the first permissible date in each sport. The only time you cannot talk with a coach during an unofficial visit is during a dead period.</p>

Verbal commitment: A verbal commitment happens when you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school and can be made at any time.

Walk-on: Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.

Source: NCAA Guide for the College-Bound Student-Athlete

Links for Additional Information

[2018-19 Guide for the College-Bound Student-Athlete](#)

[Scholarship Stats for Volleyball](#)

[The NCAA Eligibility Center](#)

[NCAA Division I](#)

[NCAA Division II](#)

[NCAA Division III](#)

[NAIA – National Association of Intercollegiate Athletics](#)

[NJCAA – National Junior College Athletic Association](#)

[2018-19 NCAA Div. I & II Recruiting Calendars](#)

[NCAA Division I, II & III College Volleyball RPI's](#)