



ETHOS VOLLEYBALL CLUB

Recruiting Seminar Fall 2017

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College Recruiting

Finding the right college to continue playing volleyball can seem overwhelming at first, but if you break it down into the most fundamental steps, it actually is pretty easy. Most parents/players get paralyzed with too many options, and therefore don't know which direction to head. The important thing to remember is that there is a school and volleyball program for everyone if you are willing to work to find it!

Recruiting Coordinator

My role as recruiting coordinator is to help facilitate communication between a player and prospect college coach, and to provide feedback to players and their families as they navigate the recruiting process. It's important to note, however, that I do not have to be a part of the process in order for a player to be recruited. In fact, players need to be prepared to carry almost all of the burden of getting themselves recruited.

Who Gets Recruited?

The recruiting process for women's college volleyball is not like college football or basketball. Those programs have money to pay for recruiting scouts; college volleyball programs have a head volleyball coach and typically an assistant coach and/or graduate assistant. Those coaches are responsible for doing their own recruiting. You can imagine how hard it is to recruit athletes and coach simultaneously. For that reason, unless you are 6'1" in the 9th grade, it's unlikely that schools are going to actively recruit you. Instead, players need to "put" themselves in front of college coaches. Players who have realistic expectations of their college playing potential and who actively engage in the recruiting process get recruited!

- ✓ **NB:** *Not all kids follow the same path to recruitment. These are my **general thoughts** from years of seeing what works and what does not. Please remember that it is typically easier for a Setter or Pin Hitter (OH/RS) to get a scholarship than a libero. Not ALWAYS, but generally. Also kids who touch 10ft tend to get recruited more than those with a 9" vertical and highly skilled players get recruited more than those with poor ball skills.*

What should I be doing now?

MS years – focus on all-around skill development, join a club that trains (not just plays), watch & play tons of volleyball

Freshman – continue developing your skills but start focusing on a specific position, attend a few summer camps on a college campus (if possible), play high level club volleyball, work hard to play Varsity as quickly as possible

Sophomore – start identifying schools that might be good for you, attend a summer camp at that campus (if possible), continue training and play on a team that attends some National tournaments for exposure to college coaches, workouts should now be a major part of your life

Junior/Senior – start narrowing schools, begin emailing coaches, still continue training but now the majority of your training is by your position, workout seriously (starting to use weights), eat healthy, make sure your grades (especially ACT/SAT) are good enough for college, watch your social media & be smart, play on a club team that will be in major tournaments and teaches collegiate skills, attend 3-4 college camps during the summer

Hopefully you have a few colleges interested by this point but timelines vary per kid. Some are late bloomers; it's not unusual for players to sign with DIV II, III, and NAIA schools during their 12th grade club season.

What's the difference?

NCAA Division I: most competitive, stricter recruiting rules, offers full athletic scholarships, 12 scholarships based on head count (Nashville: Lipscomb University, Belmont University, TSU)

NCAA Division II: not as competitive (smaller programs), recruiting rules are less rigid, rarely offers full athletic scholarships, partial athletic scholarships are common, 8 scholarships but can be divided (Nashville: Trevecca Nazarene University)

NCAA Division III: least competitive, no athletic scholarships (TN: Sewanee University, Rhodes University- Memphis, Maryville University)

NAIA: smaller association than the NCAA, typically smaller schools, competition is comparable to NCAA Div II, less rules/restrictions for recruiting, more relaxed academic eligibility requirements, offers partial athletic scholarships (Nashville: Cumberland University, Fisk University)

NJCAA: 2-year degree, athletes often transfer for final 2 years of eligibility, partial athletic scholarships, relaxed academic eligibility requirements (there are very few Ju-Co volleyball programs in TN)

Good & Bad uses of time/money

| GOOD | BAD |
|--|---|
| <p>Attend a College Summer Camp on Campus</p> <ul style="list-style-type: none"> Typically the head coach or the head assistant coach will be there running the camp. This ensures that you'll get seen and hopefully make a personal relationship with a few coaches. Bigger camps (like Belmont or UT) will hire other collegiate coaches from around the country to serve as coaches. This means exposure to more than just the "host" college. <p>Attend a Skill Specific Camp</p> <ul style="list-style-type: none"> Go get some high-level coaching at Sports Performance, K2 or someone who is known for their training. This investment in becoming a better player will surely pay off. <p>Go for a College Visit</p> <ul style="list-style-type: none"> Once you've been noticed by the coach, many will invite you for an official college visit which usually includes playing against the team, rooming with the players and getting a tour of campus. These are well-worth the time missed from school and cost to drive. | <p>College Showcases (with rare exception)</p> <ul style="list-style-type: none"> Usually these are just money-makers for the host club or tournament that is putting them on. Typically the ratio of player to coach is 100/1 and the college coaches spend 50% of their time talking to one another. Unless you are the absolute BEST player out there, you might not get noticed. <p>Recruiting Websites/Services</p> <ul style="list-style-type: none"> When I talk with coaches, they continually tell me the best way to get seen is to send an email expressing interest in the program with a quick YouTube link of unedited game film. Most college coaches can tell within 30seconds or less whether they want to invest the time to come watch your club team play. <p>Approaching Coaches at tournaments</p> <ul style="list-style-type: none"> Many kids/parents make this common mistake. You see a coach standing near your court and start blabbing about how great your child is – coaches really despise this. Coaches have eyes. They know which kids are good and which aren't. |

What about a skills video?

You do not have to pay someone to make a skills video or to edit game footage for you. Almost everyone has the ability to edit footage on their iPad or computer. However, if you want to pay someone for that service, go for it! Based on my conversations with college coaches, most want to see live game footage (rather than a skills session), and they will only watch about 30 seconds to 2 minutes of a video. That means highlight your best, most athletic skills first.

How do I choose the right college?

Step 1 – Narrow the Field

1. Division I, II, III, NAIA, etc?

- a. Be honest with yourself. Can you play Division I volleyball or are you more suited for a Division II or Division III school? If you don't know the difference, research it. Look at the height, playing experience, etc. of a Division I program (Belmont, Lipscomb, TSU, MTSU are all local options to watch). How do you compare? Then go watch a Division II match (Trevecca, Union, etc.) to compare.

2. Where do you want to live?

- a. Do you want to stay within a reasonable driving distance or do you want to get away from TN? Does the thought of living in that state AFTER your college career is over bother you? Then you may not want to go there?
- b. Do they offer the Major you want for college? Remember that you are one blown knee away from just being a STUDENT on campus. So if you wouldn't attend that college except to play volleyball, might not be a good idea.

3. What's your goal with playing in college?

- a. Do you want to play at the absolute HIGHEST level of competition you possibly can play? Or do you want to be a 4-yr starter? Is playing time an issue or do you just want to be on a team?

4. Do you need the Money?

- a. Do you need college paid for or is playing volleyball just for fun? How are you academics? If you stay in state, will you qualify for the HOPE scholarship?

Step 2 – Identify Target Schools & Email Coach

Now that you've identified what you want out of college, have a radius of drive time and know what level you are capable of playing, you need to do the next few things:

1. Find colleges which fit your goals

2. Research the volleyball program

- a. Take a close look at the roster (how old is the current setter, how many setters do they have on the roster, etc.). What is the win-loss record for the past couple of years? Is the coaching staff new or have they been there for years?

3. Email the Coach

Things to include in an initial email

- **General Information** (see below) - this helps the coach evaluate just the numbers/information they need
- **Specifics about your interest in that school or the value you bring.** Such as:
 - "I see you have a senior setter and might need another one on the roster" **or** "I've always wanted to attend a small Christian university in the Carolinas since I love that area of the country" **or** "I have watched Nebraska play for the past few years and think I could help your ball control"
- **YouTube link to your highlight video or unedited clip of you playing** (most prefer the latter)
- **Copy of your club schedule** (so they can come watch you play)

| | |
|---|--|
| <ul style="list-style-type: none">• Name:• Player Email:• Player Phone:• Graduation year:• Height:• Jump Touch:• Vertical | <ul style="list-style-type: none">• Parents Names:• Parent Email:• Club & Team Name• Club Coach Name• Club Coach Email• Director Name & Email |
|---|--|

Hi Coach!

I am extremely interested in King University and The Tornado! I am a senior at _____ High School in Nashville, Tennessee. I run a tempo offense and I jump set. Running a fast offense allowed me to lead my team to the state tournament this October. I am about to start my club season for the 18-Elite team at Ethos Volleyball Club in Nashville. I would love to hear more about your program as well as tell you more about me. Below I will leave the link to my highlight film from this summer.

highlights: <https://m.youtube.com/watch?feature=youtu.be&v=uwBaIV3aSw>

Best,

Jane Doe

(615) 555-5555

Extra notes on communicating with coaches

1. There are times in the recruiting process when coaches cannot initiate communication with a prospective player, but they can respond once a player reaches out to them.
2. When a coach responds to your email, phone call, or text message--- get back to him/her ASAP! Even if the response is simply, "Thank you for reaching out to me. I will be in touch with you soon!" If you're not interested in a school, let the coach know so that he/she can move on. However, don't expect an immediate response from coaches especially if they are still in season. Players should definitely send follow up emails.
3. Copy your high school or club coaches on emails, or encourage the college coach to reach out to your high school/club coach. I send countless emails and letters every year to college coaches on behalf of my players. I also share game stats when requested.
4. Keep your Social Media accounts clean!! Once you begin communicating with coaches, they will begin vetting you by tracing your digital footprint.
5. Coaches and University Compliance Officers know the recruiting rules for their programs. Don't be discouraged if a coach watches you play (evaluation) but doesn't speak to you in person; sometimes it's not permissible because of the age of the prospective player or because of the recruiting calendar.

Step 3 – follow up, visit the college, accept a scholarship, play collegiate volleyball

OR

Start back over at Step #1

Recruiting Terms

1. A **contact** happens any time a college coach says more than hello during a face-to-face meeting with a college-bound student-athlete or his or her parents off the college's campus.
2. An **evaluation** happens when a college coach observes a student-athlete practicing or competing.
3. A **verbal commitment** happens when a college-bound student-athlete verbally agrees to play sports for a college before he or she signs or is eligible to sign a National Letter of Intent. The commitment is not binding on the student-athlete or the school and can be made at any time.
4. When a student-athlete officially commits to attend a NCAA Division I or II college, he or she signs a **National Letter of Intent**, agreeing to attend that school for one academic year.
 - o A National Letter of Intent is signed by a college-bound student-athlete agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid for one academic year to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid. The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports.
 - o A student-athlete who signs a National Letter of Intent but decides to attend another college may request a release from his or her contract with the school. If a student-athlete signs a National Letter of

Intent with one school but attends a different school, he or she loses one full year of eligibility and must complete a full academic year at the new school before being eligible to compete.

- i. **Division III** institutions are permitted to use a standard, NCAA provided, non-binding celebratory signing form. A college-bound student-athlete is permitted to sign the celebratory signing form at any point, including high school signing events, after the student-athlete has been accepted to the institution. Institutions should keep in mind, however, that they are not permitted to publicize a student-athlete's commitment to the institution until the student-athlete has submitted a financial deposit
- ii. **NAIA:** As an association, the NAIA does not have a letter of intent program in which students sign a binding agreement to participate in athletics at a particular institution. Student-athletes may sign letters of intent with an individual NAIA school, however, they aren't obligated to attend that institution.

5. NCAA Campus Visits

- Any visit to a college campus by a college-bound student-athlete or his or her parents paid for by the college is an official visit. Visits paid for by student-athletes or their parents are considered unofficial visits.
- During an official visit the college can pay for transportation to and from the college for the student-athlete, lodging and three meals per day for the student-athlete and his or her parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event.
- The only expenses a college-bound student-athlete may receive from a college during an unofficial visit are three tickets to a home sports event.
- **NAIA** programs offer on campus tryouts. Students are permitted a maximum of two days of tryouts throughout their entire career, and the tryout cannot interfere with school time. The tryout must occur on campus.

Academic Eligibility Requirements

Student athletes will need to enlist the help of their guidance counselor when completing the academic eligibility requirements for both the NCAA and NAIA. Make sure your counselor knows you are interested in athletic scholarships.

NCAA Academic Eligibility:

1. By 10th grade, register with the NCAA Eligibility Center at **eligibilitycenter.org**.
2. Division I academic eligibility
 - To be eligible to compete in NCAA sports during your first year at a Division I school, you must graduate high school and meet ALL the following requirements:
 - Complete 16 core courses:
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
 - Earn at least a 2.3 GPA in your core courses.
 - Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score,

you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

3. Division II Academic Eligibility

- To be eligible to compete in NCAA sports during your first year at a Division II school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. The requirements are changing for students who enroll full-time at a Division II school after August 1, 2018.
- If you enroll BEFORE August 1, 2018: You must graduate high school and meet ALL the following requirements:
 - Complete 16 core courses:
 - Three years of English.
 - Two years of math (Algebra 1 or higher).
 - Two years of natural or physical science (including one year of lab science if your high school offers it).
 - Three additional years of English, math or natural or physical science
 - Two years of social science
 - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
 - Earn at least a 2.0 GPA in your core courses.
 - Earn a SAT combined score of 820 or an ACT sum score of 68. Remember, if you took the SAT on or after March 2016 you need to compare your score on the College Board concordance table. The 820 score is after the concordance table is applied.
- AFTER August 1, 2018: You must graduate high school and meet ALL the following requirements:
 - Complete 16 core courses:
 - Three years of English.
 - Two years of math (Algebra 1 or higher).
 - Two years of natural or physical science (including one year of lab science if your high school offers it).
 - Three additional years of English, math or natural or physical science
 - Two years of social science
 - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
 - Earn at least a 2.2 GPA in your core courses.
 - Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division II sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

NAIA Academic Eligibility:

- Register with the NAIA Eligibility Center: **www.playnaia.org**
- Be a graduate of an accredited high school. Meet two of the three following requirements.
 - TEST SCORE REQUIREMENT: Achieve a minimum of 16 on the ACT or 860 on the SAT.
 - HIGH SCHOOL GPA REQUIREMENT: Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale.
 - CLASS RANK REQUIREMENT: Graduate in the top half of your high