

Seal Beach Volleyball club

College Recruiting

Getting to know the basics & essentials for your player's recruiting process



SB

Why College Volleyball?

- ▶ 7% of high school athletes go on to play a sport in college and less than 2% go on to NCAA Division I schools.
- ▶ Plenty of perks:
 - ▶ Gear, equipment, locker room, etc.
 - ▶ resource centers, academic centers, tutors
 - ▶ Priority registration for classes, planned schedule
- ▶ **IT IS A GRIND!** 60-70+ hours of academic and athletic time per week
- ▶ The hard work is great preparation to be successful in the REAL WORLD.
- ▶ **Parent's + Player's POV of club/college volleyball**
- ▶ Understand your academic/volleyball fit

How Many Schools Have Volleyball?

- ▶ **NCAA Division I: 335** (with 18 roster spots offered per school)
 - ▶ Scholarships by equivalency (can spread money worth 18 scholarships to give to 18 people)
 - ▶ IVY LEAGUE Schools DO NOT provide athletic scholarships
- ▶ **NCAA Division II: 294** (with 8 scholarships offered per school)
 - ▶ Scholarships by equivalency (can spread money worth 8 scholarships to give to more than 8 people)
- ▶ **NCAA Division III: 435**
- ▶ **NAIA: 221** (with various scholarships offered, # and \$ dependent on school)
 - ▶ Scholarships by equivalency
- ▶ **NJCAA: 322**
- ▶ **TOTAL = 1607** colleges/universities
- ▶ (*Although ATHLETIC scholarships are offered. Players can still receive academic scholarships, grants, etc.)
- ▶ **What scholarships cover: tuition, room/board, book, more**

What Should I Do First?

- ▶ Players start by getting good grades in school! You are **STUDENT ATHLETES** (“student” comes first, education comes first). You can’t play volleyball forever, but your knowledge/education stays with you.
- ▶ Create a **University Athlete** account. This website is the **MOST** used by colleges/universities to keep track of potential recruits. There are other sites/apps you can sign up for (NCSA, Field Level)
- ▶ **Hudl** or **Sports Recruits** account is **HIGHLY RECOMMENDED**. Easy access for college coaches to watch player film.
- ▶ Research on schools and begin to create your list. Make your list **LONG** (25-50). Do not limit your options. When researching, find out if the school has a your major, coach’s background, roster size, recruiting questionnaire to fill

College List - Detailed

You can add other columns:

- Head Coach

- # of Graduating Seniors before you come in

- # of Players at your position

You can get creative/more detailed during your process

Other criterias: academic fit, athletic fit, location, finances

Think about goals after graduation, will the school help

Division I Women's Volleyball



Division I Women's Volleyball



Aug. 1, 2024-July 31, 2025

Aug. 1-31, 2024	QUIET PERIOD
Sept. 1 through Nov. 30, except as noted below:	CONTACT PERIOD
• Nov. 11-14	DEAD PERIOD
Dec. 1 through Jan. 16, 2025, except as noted below:	QUIET PERIOD
• Coaches attending the American Volleyball Coaches Association annual awards banquet may have incidental contact with prospective collegiate student-athletes being honored at the banquet, provided no recruiting conversation occurs.	
• Dec. 19-Jan. 1, 2025:	DEAD PERIOD
Thursday of the NCAA Division I Women's Volleyball Championship through the Sunday immediately following the championship. An institution's authorized coaching staff members 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.	
Jan. 17 through July 31, except as noted below:	CONTACT PERIOD
• March 3-6, 10-13, 17-20 and 24-27	
• March 31-April 3	
• April 7-10	
• May 1-29	QUIET PERIOD

Recruiting periods defined

QUIET PERIOD

A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

DEAD PERIOD

A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus.

EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

CONTACT PERIOD

A contact period is that period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

RECRUITING SHUTDOWN

A recruiting shutdown is a period of time when no form of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence or making or receiving telephone calls) is permissible.

QUIET PERIOD

DEAD PERIOD

CONTACT PERIOD

EVALUATION PERIOD

RECRUITING SHUTDOWN

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JAN 2025

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JUL

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COMMUNICATION WITH SCHOOLS & COACHES

- ▶ Freshman/Sophomores: Coaches are not allowed to email you BESIDES inviting you to their camps. However, YOU are allowed to email schools and call coaches
- ▶ Coaches may begin personal exchanges (they can call/email you) by **June 15th -after your sophomore year.**
- ▶ **For DII -** Personal exchanges and communication can begin whenever.
- ▶ Players may take Unofficial/Official Visits by **June 15th -after your sophomore year (for all divisions).** You are allowed UNLIMITED official visits

- ▶ **WE WANT YOU...** to be aggressive contacting schools. You need to take initiative reaching out to coaches. It is more effective for YOU to find them, not them finding you.
- ▶ **Haven't heard back? Lots of factors:**
 - ▶ NCAA rules
 - ▶ Coaches are busy
 - ▶ Position filled

Email Outline

- ▶ EMAIL TITLE: Suzie Cakes/OH/Class of 2022/Seal Beach VBC/6'1
- ▶ BODY: Hello Coach Mike,

My name is Suzie Cakes and I am a 6'1 Outside Hitter at Cerritos High School in Cerritos, CA. I will be graduating in 2022 and I am highly interested in playing for the University of Arizona. I currently have a 4.4 GPA this semester and a 4.0 GPA overall. I am looking to study Accounting and based on my research, your university has a tremendous Accounting program to go along with an outstanding volleyball program.

I was the starting outside hitter at Cerritos High School this past year. I also play for Seal Beach Volleyball Club. Listed below are the accolades that I have received throughout my volleyball career:

- Gold Medalist at the 2019 USAV Junior Nationals (USA Division)
- First Team All League
- 2020 CIF-SS Division II Champions

I have attached video footage for your convenience. My club team will also be competing in the St. Louis Mideastern Qualifier in the USA division on March 12th and the Las Vegas Red Rock Qualifier in the Open Division on April 7th.

If you have any information about your volleyball program (clinics, camp, etc.) and the school overall that you can send to me, I would very much appreciate it.

https://www.youtube.com/watch?v=7yrD_CqvHWk **IMPORTANT TO PUT LINK HERE!**

Thank you,
Suzie Cakes
Cell: 562-123-5678

Email/Video Content

- ▶ Do not make email SUPER long. For accolades, can even make separate doc to attach to email. MAKE IT PERSONAL
- ▶ After permission, add Tony's contact, Maria's contact, MY contact

VIDEOS:

- ▶ DO NOT make your highlight video super long (7+ minutes) with random plays. You have a short window to get a coach's attention.
- ▶ Keep it short, to the point, and organized. BUT let the FULL play run
- ▶ FOR EXAMPLE: (as an OH)
 - ▶ 1 min of Attacks (front row and back row)
 - ▶ 1 min of Serve Receive
 - ▶ 1 min of Defense/Blocking
- ▶ If talks with coaches intensifies, they will ask for WHOLE GAME footage. Have one game already in mind that you are able to send to.
- ▶ https://www.youtube.com/watch?v=7yrD_CqvHWk

Questions to Ask When in Touch with Coach

- ▶ **Be yourself, be honest, be transparent. Coaches want genuine people.**
- ▶ Questions you may want to ask the coach:
 - ▶ How many players are you recruiting in my position?
 - ▶ What role do you see me with the team?
 - ▶ What scholarship amount could a player at my level receive?
 - ▶ What is your coaching philosophy?
 - ▶ Will I be able to major in “___” and still play volleyball?

OTHER NECESSITIES

- ▶ Keep your GPA up! Get prepped for PSAT, SAT, ACT
- ▶ The min. GPA to be NCAA eligible for DI is a 2.3 GPA and a 980 SAT or 75 ACT sum score.
- ▶ You will need a 2.20 GPA and a 920 SAT or 70 ACT sum score to be eligible at the Division II level. **(But why settle with the minimum? Stand out by being your best on the court AND IN THE CLASSROOM)**
- ▶ Track your Vert: Recruiting Questionnaires/Coaches will ask for **Approach Jump Reach and Block Jump Reach**
- ▶ **WORK HARD!** Practice how you play. Coaches will want/notice the player that is **LOUD, hustling, and is a good teammate.**
- ▶ Even if you are not in the game when coaches are watching, **THEY SEE YOU IN THE SIDELINES** and how you act in timeouts. Be focused/engaged whether you are on or off the court. **BODY LANGUAGE IS KEY + social media**
- ▶ **PARENTS** - be careful what you say/do in the stands. You never know, a coach may be next to you. Just always be supportive and positive. You are part of the process as well. Coaches consider how parents are in their decisions.

Transfer Portal

- ▶ Zayna Meyer: Recruitment journey
- ▶ Transfer portal: Always an option!
- ▶ Coaches always looking for players
 - ▶ Constant switches in rosters
- ▶ Recruiting process but sped up
- ▶ Send out emails and new highlight film
- ▶ Have questions and an idea of what you want in a school

CHECK OUT THE SEAL BEACH WEBSITE

- ▶ Head to our main website:
- ▶ Click on “Resources” tab, then “Recruiting”
- ▶ Will find various links that will help with Recruiting Process
- ▶ <https://www.sealbeachvolleyballclub.com/recruiting>

ALSO: Can do College camps, showcase camps hosted by local clubs, nationals showcases across US also