



# COUNTRY FIRE VOLLEYBALL RECRUITING HANDBOOK

We realize that there are a lot of variables in the recruiting process and it sometimes can get extremely overwhelming. We, as coaches, decided to create the Country Fire Volleyball Recruiting Packet as a way to guide you through this process. This packet is designed to help you create a plan, give you the tools you may need to put your action into place, and provide personal attention to your needs.

In this packet you will find:

1. Copy of Form Letter to send to Colleges or Universities.
2. Information on making a recruiting video
3. Information on how to get yourself recruited
4. Information on how to identify you Best Fit
5. Top 20 Questions to ask to College Coaches
6. A sample plan to follow.
7. Recruiting Calendar
8. Recruiting Definitions

We hope that this helps you in your quest for the next step of volleyball.

## THE RECRUITING PROCESS BEGINS

The recruiting process starts at different times for different players because some due to ability, some due to knowledge of the process, and others due to procrastination. No matter what has held you back from the process, here are a few guidelines. The process begins one of two ways:

1. First a college coach identifies you as a potential prospect. This could happen by the coach seeing you play at a tournament, camp, recruiting website, or some type of volleyball event.
2. The second way is you identify a school that you have interest in and you begin making contact through filling out online forms, attending camps, sending letters, making phone calls to the coach, or sending a recruiting video.

The recruiting process is a long process and requires a lot of time and energy by both the recruit and the recruiter. Here are some tips from a former Division 1 Head Coach on how to be successful in your recruiting endeavors.

- I. Dream
  - a. What do you want to accomplish as an athlete?
    - i. Do you want to earn all-league honors?
      - ii. Do you want to play collegiate volleyball?
      - iii. Do you want to play collegiate volleyball on an athletic scholarship?
    - b. Dream about what you want to accomplish and what type of athlete you want to be.
    - c. Just remember a “dream without a plan is just a wish.”
- II. Plan
  - a. Have a specific plan for how to accomplish what you want.
  - b. Underachieving a dream is usually the result of not having a plan.
  - c. Just remember “Failing to plan is planning to fail.”
- III. Action

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- a. Set achievable goals and act on them.
  - b. If you're unwilling to dream, plan or take action, you will not accomplish your goal.
  - c. Just remember "Dream – action = fantasy. Dream + action = REALITY."
- IV. Persistent
- a. Be Realistic, but don't let anyone tell you, you can't accomplish your dreams.
  - b. It's not important that the plan and action you take is perfect, but it is important to be persistent. Keep getting up and taking action on a new plan and keep trying.
  - c. Levels of play: NCAA Division I, II, III : NAIA: Junior College.
- V. Recruiting
- a. Academics
    - i. You can be the most talented athlete in the world, but if you are not eligible then you forfeit scholarship opportunities.
    - ii. Take the responsibility to know collegiate admission and eligibility requirements.
    - iii. See your high school counselor and know the rules.
    - iv. Apply to the NCAA Clearinghouse. (<http://web1.ncaa.org/eligibilitycenter/common/>)
    - v. Apply to University Athlete. ([www.universityathlete.com](http://www.universityathlete.com)) It's free!
  - b. Recruitable Athlete
    - i. When are you considered a recruitable athlete? High School Freshman!
    - ii. When should you start the recruiting process? High School Freshman!
    - iii. If you don't start the process as a high school freshman is it too late? NO
  - c. Marketing Yourself
    - i. Solicited vs Unsolicited
    - ii. Solicited talented athletes sell themselves and are easy to recruit.
    - iii. YOU are the most important person in the recruiting process, not the college coach. There are a lot of opportunities available, but YOU have to be prepared to find them. Don't wait for the college coaches to come to you.
    - iv. So you have an unsolicited attitude. Be aggressive, market yourself, and give yourself the best opportunities to earn scholarships.
    - v. Be realistic about the level you can play and who you are sending letters to. Stanford would probably write back to you, but may not actually be interested in you.
    - vi. We can guarantee you this; every college coach is always recruiting and consistently looks for players to join their program. Some coaches recruit aggressively and others recruit conveniently.
  - d. Recruiting Process
    - i. Recruiting is the most important aspect of every college coaches job, and winning will follow the success a coach has recruiting.
    - ii. Freshman Year
      1. Dream.
      2. Ask yourself questions.
      3. Start setting up a plan.
      4. Focus on a Club / AAU program that will meet your needs.
    - iii. Sophomore Year
      1. Action



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2. In the beginning of your sophomore year, write a personalized letter to inform coaches about who you are.
  3. One of your goals should be to establish a relationship with the college coach.
  4. Send college coaches a playing schedule and ask them to come and watch you play.
  5. Ask the college coach to send you information about the academic institution and volleyball program.
  6. College coaches will put your name on a recruiting list, and probably start sending you informational letters.
  7. After your sophomore season, send an updated personalized letter summarizing your season with a video tape. It doesn't matter if the video tape is edited or unedited, but it does matter if you identify yourself on the tap by uniform color, number, and position on the floor.
  8. Let your club know that you're wanting to play at the next level. Many clubs have a recruiting director that can help.
- iv. Junior Year
  1. Most important evaluation year by the college coach.
  2. Keep establishing a relationship with updated personalized letters.
  3. In the beginning of your junior year, college coaches begin prioritizing players on their recruiting list.
  4. In the middle of your junior year, college coaches narrow down their recruiting list.
  5. Towards the end of your junior year, college coaches have finalized their recruiting list, and begin setting up home visits and start offering scholarships.
  6. NCAA rules prohibit coaches from calling you until July 1<sup>st</sup> following your junior year, but can call a coach anytime.
  7. Don't feel bad about calling a coach. Be aggressive and ask them how many players are they recruiting in this class? What positions are they recruiting? How many players are they recruiting for that position? Where am I on your recruiting list? What are my chances of earning an athletic scholarship?
- v. Senior Year
  1. Persistent!!!
  2. Keep working on your plan by continuing to establish a relationship.
  3. Keep writing personalized letters and making phone calls.
  4. Some athletes commit at the end of their junior year, commit the summer before their senior year, commit at the beginning of their senior year, or some commit at the end of their senior year.
  5. Don't panic, just be persistent!
  6. If you're not offered a scholarship, hold onto your dream. Walk-on and earn a scholarship.



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Again the process can begin upon entering high school or as late as your senior year. The average athlete starts the process between their sophomore and Junior Year.

Now that you have an idea of when and how the process begins, let's get started on your plan of action.

## Step One: Create a letter and a Profile Sheet

This is a sample letter and can be modified to fit your style.

12345 Fire Blvd.  
Austin, Texas 77777

Month, Day, Year

Hello Coach,

My name is \_\_\_\_\_ and I am an (position) from \_\_\_\_\_, graduating in the Class of 20\_\_. My goal is to compete as a collegiate volleyball player at a strong academic institution. Therefore, I am very interested in the volleyball program at \_\_\_\_\_.

I am a (grade level ex. Junior) at \_\_\_\_\_ High School in \_\_\_\_\_, and I am (height). I played on the varsity volleyball team as an (position) and lettered in my sophomore and junior years. The team finished the season (record). In addition, to being the team MVP, I was selected on the EIAC Conference First Team. I have played (position) for (Club) teams for the past \_\_\_\_\_ years in \_\_\_\_\_, coached by \_\_\_\_\_ and \_\_\_\_\_.

My club season is underway and I play for (club and team name). We recently finished in the Gold division of our Region. My uniform number is \_\_\_\_\_. In addition to our Region Schedule, we will be competing in the following tournaments and I hope you will be able to see me play at one of these events:

- (List Tournament Schedule for Club Season)

I am enrolled in (Academic Program) at \_\_\_\_\_ High School (400 students) and rank \_\_\_\_\_ out of \_\_\_\_\_ in my class. I currently have a GPA of \_\_\_\_\_ and a combined SAT score of \_\_\_\_\_ and an ACT score of \_\_\_\_\_. In addition to sports and academics, I am a committed \_\_\_\_\_. (List extra curricular activities, clubs, and all extras).

I am passionate about playing volleyball and look forward to hearing from you regarding your need for an (position) in 20\_\_\_. You may contact me at: [futurevolleyballplayer@gmail.com](mailto:futurevolleyballplayer@gmail.com) or (555) 555-5555 or at the address above.

Sincerely,

Your signature

Your Name

Typed



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Profile Sheet:

Name	
High School	
Class	
Position	Uniform #
Email	
Phone	

Personal Information	
Home Address:	
Phone Number:	Cell:
Email Address:	
Mother's Name:	
Father's Name:	
Sibling Names (Age):	

Academic Information			
High School:			
Graduation Year:	GPA:	SAT:	ACT:
HS Coach Name:	Contact Number:		
HS Coach Email:	NCAA Clearinghouse Registered: Yes No		
Desired Major(s):			
Honors & AP Classes:			
Activities & Clubs:			

Athletic Details			
Height:	Weight:	Dominant Hand:	Vertical:
Position(s):			
Standing Reach:	Blocking Reach:	Approach Reach:	

Club Information	
Club Name:	Club Location:
Team Name:	Coaches Name:
Coaches Phone:	Coaches Email:
Practice Location(s):	
Practice Schedule: (Club website link to schedule)	
Tournament Schedule: (Club website link to tournament schedule)	

## Awards & Honors

As part of Step 1, you can also go online and fill out the Prospects form on each college's website. After doing so you will want to follow up with the letter, profile, and skills video.

### Step 2: Making of Skills Video

The process of making a skills video can be overwhelming. However it is actually simple. We can help you through this process. First, we will put you through the various skills. You should know the skills for your position. You should know the skills needed for your position on the floor. For example, if you were a setter you should show you setting, moving in from different rotations and from defense. You should also show defensive skills such as digging, blocking, emergency plays, etc... Each player should show serving. Partner these skills with game footage and you got yourself a video.

#### The Video Process:

Make sure that you or a coach has a video camera for your shoot. This could be done on an off weekend, off day, or prior to or after several practices. Use summer sessions to get your video done. This gives you plenty of time to incorporate all the skills needed for your tape. It also gives you enough time to gather game footage for the segments.

This video should take several days to finish. Be consistent! Once you have your skills portion you will need to add game footage. You can retrieve video that you or someone from your team shot. This might include school and club game footage. Make sure you edit your video! Submit a copy to Coach Knigga or Coach Taylor to approve it before you send it.

#### Cost of the Video:

The cost to make a video can range from \$200 to \$800. It all depends on what you feel is needed in your video. Many athletes and parents make the video themselves and save this money. All the fancy stuff is not needed for this type of video. Most coaches will look at the video for a minute or two before moving on. Get the good stuff in early to help catch the coach's eye.

## THE PROCESS CONTINUES

Now you have started making school contact with schools. You have done so via online prospects forms and followed up with a letter of interest accompanied by your player profile and recruiting video. NOW WHAT?

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Here are a few recommendations for this part of the process.

1. Get in the gym and get better. At this point your goal should be to get better. We recommend getting in the gym for individual lessons (either small group or private sessions). You should take advantage of club-offered sessions. Work hard at all of your skills. Watch film and be a student of the game. This will help you be a smarter player on the court. Every coach loves those kinds of players. Finally, make sure you are in shape, working on your jumping ability, core strength, and develop increased speed and quickness.
2. Study! Grades are the most important thing in the recruiting process. Without them, the coach will not spend the energy to recruit you. Make sure that you have the GPA to get accepted, even if you were not being recruited. STUDY!
3. Every so often follow up with a school. Following up with a school can be intimidating. You are a young high school athlete and you are speaking with a college coach. What do you say? What do you

ask? Below are a few questions that could help you get started. We do not recommend asking all the questions in one phone call. Remember be yourself.

## Question's for College Coaches:

1. How large is the school? What is the undergraduate enrollment?
2. Is the school in a safe environment/ community?
3. How big is the city that the school resides in?
4. Do students go home on the weekends or do they hang around campus?
5. What are the strongest degree programs offered and which are the best academic departments?
6. Does the university offer the major that you are interested in?
7. Do most of the students live on or off campus? Where do most of the players on the team live?
8. What is the student housing like?
9. Are most of the player's roommates with one another?
10. Is the school on quarters, semesters, or trimesters?
11. What was the team's conference and overall record this past season?
12. How many players do you carry on your roster? Do all players travel? (Ask the second question if they carry a high number of players like 16 or more)
13. What training happens between seasons?
14. What time of day are the practices typically?
15. Do freshmen have study tables?
16. What are the training facilities like?
17. What style of play does your team play?
18. What are the goals for the team in the future?
19. How well does the team get along?
20. What is your coaching philosophy and demeanor in practice and matches?
21. What is the environment at your home matches? Expectations on match days?
22. How long have you coached at your college / university?
23. How many players at my position do you have on the roster?

Okay now that you have some questions let's move on to another way to work through the process.



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4. Do your Homework. Homework? Yes, you need to check up on the school and the program. You also need look at other schools and programs. Perhaps your dream is to play Division I. You may be that player, but what if you blow out a knee or maybe there is a small school out there that is just right for you. Look at all levels. This includes NCAA DI, DII, DIII, NAIA, and Community Colleges. DO YOUR HOMEWORK. Here are a few things to look for:
  - a. Check out the Roster. What year are the players at your position? What is the typical size of the player for your position?
  - b. What offense or defense do they play?
  - c. What kind of coach do they have? What are the philosophies of the program?

These are just a few questions. Below is our Best Fit Principle Guide. This is will help decide and narrow down what you are looking for.

### BEST – FIT PRINCIPLE

With over 1,012 institutions offering college – playing opportunities, we understand that identifying and choosing a college or university can be difficult. There are many more factors than just volleyball to consider when going through the process. We advise players to look at nine different factors that take academics, athletics, and atmosphere into consideration when viewing potential college choices.

#### Athletic Program Priorities

1. Does the university support athletics?
2. Does the administration make an extra effort to promote athletics in the community?
3. Is there a school commitment to constantly improve resources and facilities to be amongst the top in the conference and/or the nation?

#### Athletic Support Staff

1. Does the school have athletes travel by bus or plane?
2. How much class will you miss?
3. Will tutors go on the road?
4. Are laptops provided?
5. Are study tables mandatory?
6. How are professors concerning makeup work?
7. Are there attendance policies?
8. What is the graduation rate amongst all athletes?
9. Is Summer School an option that the school will pay for?

#### Volleyball Program Background



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1. How long has the staff been there?
2. Do they have a tendency to move around or stay put?
3. If they are a younger staff, how long before they move to a bigger job?
4. If they are struggling, potentially how long before they are fired?
5. If their skills allows, do younger players play quality minutes early?

### Volleyball Roster

1. How many players return next year?
2. How many players are at my position?
3. What are the recruiting tendencies of the staff?
4. Who are the players that are successful in their system?
5. Have they recruited any players in classes below mine?

### Coaching Staff Approach

1. Does the staff yell and scream?
2. What is the demeanor of the coach during the matches?
3. Do you want to play for a younger or a more established staff?
4. Does the gender of the coach matter?

5. Talk to a former or current player. Try to identify a player that was/is an impact player and one that spent/spends the majority of their time on the bench.

### Placement Rate

1. Where have the graduates found jobs?
2. Are any prominent alumni based in your field of study?
3. What percentage of student athletes graduate?
4. Does the school have connections for possible summer internships?

### Potential Major

1. Does the school have your intended major of study?
2. If not, is there a minor offered with a suitable major to replace it?
3. Will the required classes for your major interfere with possible practice times?
4. Is the academic department highly regarded in professional circles?
5. How many athletes are involved in the major that you are interested in?

### School/Town Demographics

1. Do you want to attend a big (20,000 or more), medium (10,000 to 20,000), or a small (10,000 and under) school?
2. Do you want to attend a school where there are lots of affluent students, middle class students, or a combination of both?
3. How big is the campus? Is it a newer, more updated campus or a more traditional layout?



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4. What are the living arrangements?
5. Do the athletes live together?
6. Are you allowed to live off-campus?

### School Location

1. How far away would you prefer the school to be from your hometown?
2. Is geographic location (mountains/beach) a factor in your decision?
  - a. Would you prefer attending school...
    - i. In a small town that revolves around your school
    - ii. In the suburbs,
    - iii. Or in a major city?

We are almost through this part of the process. This next portion is the most critical section in the process.

### TAKE CARE OF YOURSELF OFF THE COURT.

By this we mean make sure you are keeping up your grades in the classroom. Volleyball will certainly help your chances of getting into an institution however your grades are the major factor for eligibility and acceptance.

### CHARACTER.

Make sure that your character/actions are appropriate for all ages. Places that show your character would be Facebook, Twitter, player/coach relationships, your attitude on the court, during ref assignments, or perhaps while on a recruiting visit at the school.

### TAKING CARE OF YOUR BODY

Outside of character and grades, we also recommend taking care of your body. Time off is a good thing and you should periodically schedule down time. This allows your body to recover and rest. If you have any minor aches or major aches, this gives you time to recover. Whatever the case might be, take care of your body. We recommend maintaining a healthy lifestyle. Make sure that you are eating regularly and eating healthy. Your body needs calories to maintain the busy schedule that you are maintaining. Eat to make sure that you have enough energy to make it through the day.

### THE OFFERS ARE COMING!

If you are working in this part of the process then you have done your job well. This means that you have done an excellent job in selling college coaches on the idea that you would be great fit to their program. Now they begin selling you on why you should attend their school. This part of the process contains only a few steps, but they can be quite confusing and can change at any moment.

Parts to the process to be aware of:



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1. Levels of interest from a school.
2. The offer has been made, what do I do with it?

### LEVELS OF INTEREST

In most situations, you can tell what type of interest a college program has in you based on the level of contact they have with you. The levels are not fixed (every coach is different), but the basic idea is that the more personal contact and the amount of contact the coach has with you the more serious they are about wanting you in their program.

#### Three Levels of Interest:

1. You've been noticed
  - a. Mailed you a questionnaire to fill out and return
  - b. Mailed you a summer camp/brochure application
  - c. Put you on the school's general mailing list
2. They are interested (All the above plus :)
  - a. Called and spoke with your club coach/club director/high school coach
  - b. Emailing you occasionally
  - c. Come to see you play specifically
  - d. Mailed you a package with media guide, school information and other general goodies
  - e. Sending you regular mail directly from the Athletic Department
  - f. Invites you for an official or unofficial visit to the school
3. Committed (All the above plus :)
  - a. Sends you text messages and/or instant message
  - b. Emails you on a consistent basis
  - c. Sets up regular phone calls for you to contact them
  - d. Makes every effort to see you play on several occasions
  - e. Talks with you coaches
  - f. Concretely offers you a scholarship

\*\* These are not the only types of contacts and ways to identify the school's interest. As stated before all programs are different and every coach has their own way of recruiting.

#### \*\*\*\*\* Important Information to Read\*\*\*\*\*

While a school may be showing interest in you in one of the above ways, doesn't mean that your job is done and quit working. Remember that the interest this school has in you is the very same interest they are showing another player on the other side of the country. There has been no official offer made from the school to you at this point. While they are very interested keeping working hard on the first part of this process.

Another part to this side of the process is making sure you visit the school that you want. You may have looked at the school online, seen them play on TV, talked with the coach, but have you seen the campus and gotten a feel for the school? You can visit a school in one of two ways. First, you can visit the school unofficially. The second way to visit the school is on an official visit. If you are on an official visit then the school is definitely interested in you and will most likely offer a scholarship if they have not already done so.

### OFFICIAL VISITS IN THE RECRUITING PROCESS



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What is an official visit?

NCAA College/University official visit or recruiting trip are perhaps the best way for you to find out where you will best fit in, and where you want to attend school. The rules regarding official visits differ upon school's division.

- For DI and DII official visits, the university can pay for your transportation and 48-hour stay.
- The NCAA permits 5 official visits to DI and DII universities or schools after **September 1<sup>st</sup> of your senior year.**
- DIII does not offer athletic scholarships therefore they will most likely not offer any official visits.
- DII schools will rarely offer official visits to recruits. The funding simply does not allow that opportunity. Official visits to DII programs will be a school-by school basis.
- These on-campus visits are an opportunity to meet with the coach, the team, and the admissions/academic staff. The institution can pay for the athlete's airfare, accommodation, and one meal per day. They can also pay for one parent's accommodation but not their airfare. The visit usually takes place over a weekend and last up to but not exceeding 48 hours.
- For NWAACC Schools, visiting recruits may be eligible to receive meals and lodging not to exceed state per diem. Expenses shall be limited to the equivalent of only one (24 hour period). Visiting recruits' expenses for meals or lodging may be paid by the college's booster club; however, recruits will pay their own transportation expenses.
- If you are going to apply early, make sure you plan your trips as early as possible, to leave yourself enough time to make an informal decision.

## The Visit

The best plan is to come in early Friday and maybe sit in on some classes (must be given permission to do so). This allows you to see the not only the academic side, but what the school is like on the weekend. It is okay to inform the coach of your preferences of what you would like to see about the school and the program.

1. Talk to professors and seek out the learning environment and class sizes.
2. Eat at the school's cafeteria.
3. Talk to the team members:
  - a. How do you balance academics and athletics?
  - b. What is the coach really like during games and practices?
  - c. Have the players improved since they have come to the school?
4. Talk to the Coach
  - a. What are the GPA and SAT score averages of the team?
  - b. What is the graduation rate?
  - c. Check out all the facilities and ask about the atmosphere of the matches.
  - d. What is the coaching philosophy and what should I expect coming in the fall?
  - e. Can you see yourself at this institution in the fall?
  - f. BE YOURSELF!!!



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## UNOFFICIAL VISIT

You may be invited or on your way to take an unofficial visit to a school that you are interested in. Do not be offended that they are not asking you to take an official visit. Some schools do not have the funding and prefer not to offer official visits. Again it is a school-by-school basis. Unofficial visits can take place before your senior year. You can meet with coaches and players, but you are on your own dime for the weekend or days that you are on campus. This is a good idea to help narrow down choices and get a better feel about what you are looking for out of a school and volleyball program. During your official visit, a school may pay for one meal per day.

Ok, so now the school is interested, you have made a visit, and the school now makes you an offer. A few questions come to mind. Do I have to accept it right away? How long do I have to accept the offer? Can they withdraw the offer? Below is some information to help you decide what to do:

## DECIPHERING THE OFFER

### What Can They Offer?

Below are the amounts that each college level-division can offer in athletic aid. These are maximum amounts, and the actual amount each college can offer is dependent upon their college's athletic budget.

### NCAA:

- Division I Colleges have a maximum of 12 "full-ride" scholarships available.
- Division II Colleges have a maximum of 8 "full-ride" scholarships available.
- Division III Colleges have no athletic aid.

### NAIA:

The NAIA is a college sports governing organization, sort of like the NCAA. NAIA colleges have to comply with rules similar to those in the NCAA. Generally speaking, rules pertaining to NAIA athletic scholarships are less stringent than those that apply to NCAA scholarships. NAIA scholarship athletes receive an average of \$7,000 of financial aid. Here are the 5 most important things to know when you try to lock down your NAIA scholarships (as opposed to NCAA scholarships):

1. NAIA Eligibility Center – [www.playnaia.org](http://www.playnaia.org)

## High School Students

**If you will graduate from high school this spring and enroll in college this coming fall, the requirements are simple.** High school graduation, plus **two out of three** of these requirements

## Early Decisions for High School Seniors



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Students who have completed their junior year of high school with an overall 3.00 GPA on a 4.00 scale OR students who have completed the first half of senior year with an overall 2.5 GPA on a 4.00 scale, plus the minimum test scores required (18 ACT or 860 SAT), may receive an eligibility decision prior to high school graduation. To receive an early decision, register with the NAIA Eligibility Center, have your high school send official transcripts to the Eligibility Center and contact ACT or SAT to have their test scores sent directly (the NAIA code is 9876 with ACT and SAT).

2. Limited number of scholarships – As with the NCAA, teams is only allowed a certain number of NAIA scholarships, for volleyball, that number is 8 (similar to NCAA Division II).
3. Full funding – Just because a team is allowed to have, say 8 scholarships, doesn't mean that the college necessarily has the money to fund them. That team may actually only have 6 scholarships.
4. What counts as an athletic scholarship – Any money you get from the school, including athletic grants or scholarships, academic scholarships, leadership or performance awards, outside scholarships administered by the institution, and tuition waivers are considered athletic scholarships.
5. What doesn't count as an athletic scholarship – NAIA scholarships that aren't considered athletic aid are, scholarships "that are not funded, controlled, or allocated in any significant way by the institution." These include federal loans and Pell grants.

NWAACC (Community College):

Washington Community Colleges may fund tuition Grant-in-Aid through scholarship up to 40% of state tuition per quarter. Upon State Board authorization, colleges may provide an additional 25% tuition waiver. If waivers are approved, total Grant-in-Aid will not exceed 65% of official State Board annual established rate tuition per quarter. Out of state students from contiguous states who are given an out of state waiver may only receive the additional amount of money that results in them paying the same tuition amount as Washington residents. No out of state student shall receive more than the maximum benefits of an in state student. *Institutional*

*Employment* - A term time job may be provided with net earnings of \$1000. The Employment level will be determined by the colleges and the hourly pay will be commensurate with existing campus pay scales. The total amount of earnings available to a specific sport will not exceed the total dollar amount determined when factoring the number of the Grants-in-Aid by \$1000. Example: Volleyball – 8 Grant-in-Aid x \$1000 = \$8000. NWAACC grant-in-aid may be offered or given only to students from Washington, Oregon, Montana, Alaska, British Columbia, California, Idaho, Nevada, and Hawaii.

WHAT DOES THAT MEAN?

When you have been given an offer from a college or university it means that they have verbally told you they are offering you an athletic scholarship that will be available after you graduate high school. The timing of when this offer is made can vary greatly from one school to another and from one player to another. There is no uniform standard that applies to everyone; however, there are some general guidelines shown below to help decipher the offer given:

1. Are you the #1 Recruit in the country?



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- a. #1 recruit basically are given open-ended offers. They are players that everyone wants and will make big impacts immediately.
2. Top Recruit
  - a. This is a player that would help a lot of programs. The number of these types of players is large enough that the timeline is shorter than you might think. However, the offer can extend depending on the needs of the offering program.
3. Average Recruit
  - a. This recruit is the average player and could lose the offer if another player accepts first. This means the school may have offered several players and it is on the first come first serve basis. This usually occurs late into the recruiting period.

### Player Options

1. You can wait and see if any other offers arrive.
2. Verbally accept the offer.
  - a. No player can sign with a school until November signing period of their senior year. All players that commit prior to the senior year are verbal commitments. There is also a second signing period in April.
  - b. A verbal commitment is not binding in either in either direction. The school almost never pulls out of a verbal commitment. The more common action is a player pulling out of a verbal to the college or university.
3. Written Commitment
  - a. Can only take place in your senior year on or after the November early signing period and again in the April signing period
  - b. Binding agreement as far as eligibility is concerned. If you decide not to attend the university that you have signed with, you must sit out one year before you can play at a different institution. (typically schools will issue releases).

### THE END IS NEAR

Sometimes especially if you are a player that is looking at DIII, NAIA, or even DII the process can continue late into your senior year. **So if you fit in this category DON'T PANIC!** The following is a solid game plan for you:

1. Make phone calls to schools
  - a. Throw out a big net. A good mixture of levels, sizes, and locations.
2. Send or re-send videos. Perhaps an updated video.
3. Prior to playing in a tournament/match call schools in that area to let them know your schedule. Get them to come and see you play.
  - a. After the tournament follow up with the coach to see what they are thinking.



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- Utilize your Recruiting Coordinator at your club and High School Coach to contact and use as references.

### IMPORTANT ITEMS IN THE RECRUITING PROCESS

#### The NCAA Clearinghouse

Every player must register with the NCAA Clearinghouse. You can find more information on this through the NCAA website. The purpose for this part of the process is to make sure that you are eligible to play at the institution you are going to attend. The Clearinghouse will need to see items such as SAT and ACT scores, GPA, High School/College credits earned, and High School Transcripts.

#### Dos and Don'ts

Do: Go visit schools on your own dime. See the campus, see the team play, talk with the coach. Don't: Accept any gifts such as meals, t-shirts, or anything else for that matter.

Do: Make phone calls to schools of interest.

Don't: Talk to a coach when you see them at the gym. You cannot talk to a college coach outside of their campus.

Do: Encourage coaches to come watch you play, via phone/email. Also follow up with them if you happen to see them watching your court.

### YOU HAVE EARNED A SCHOLARSHIP.....NOW WHAT?

#### Summer before Freshman Year

Make sure that you train during the summer. Pre-season training in college can be really tough. You want to make sure you are lifting, running, working on endurance, and playing a lot of volleyball prior to stepping on campus for pre-season. We do not encourage you to attend camps. We do encourage you to work with a Coach through the summer that will help you prepare for what you are about to begin. Congratulations! You have reached your goal. Work hard and enjoy the process. Now set new goals and reach new heights. Good luck and Congratulations!

### SAMPLE GAME PLAN

- Create a letter that you will send to prospective schools of interest.
- Fill out our player profile sheet that you can attach to your letter and/or give out at tournaments.
- Make a skills video that includes game film. You should send it to prospective schools. Many players have also had success creating their own personal website with updates and videos.
- Follow up each of the above steps with phone calls to college coaches.
- Prior to each tournament, call the schools that could potentially attend the tournament and ask them to watch you play. Once you get the schedule, you should email the coach or recruiting coordinator (often



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an assistant coach) and let them know what court you play on, what time, and remind them of your jersey number.

6. After the tournament, follow up with them to see what they thought. It is a great thing to get feedback.
7. Keep training and keep working hard. Find ways to improve no matter how small or big of an improvement.
8. Do your homework on the colleges that you are interested and find your best fit.
9. Visit as many schools as you can or want to.
10. Evaluate yourself and get evaluated by coaches. This will help you figure out where you stand. This is a constant process that will help you shape your goals.
11. Register with NCAA Clearinghouse and NAIA sometime early to mid Junior year. **DO NOT MESS AROUND WITH THIS PART.**
12. Take care of your grades and physical health.
13. Take your official visits. Even if you fall in love with one school. Go see the other schools.
14. Finally, **STAY POSITIVE**. When one door closes, several others open. Keep your options open.

## RECRUITING CHECKLIST:

*o Research and List*

- o Profile Sheet, Letter, and Information on Club's Website*
- o NCAA Clearinghouse / NAIA Eligibility Center*
- o First Wave of Emails / Letters sent out / Recruiting Forms Online*
- o Video*
- o Visits*
- o Repeat with follow – up Emails / Letters / Phone Calls / Schedules to Coaches*



## COUNTRY FIRE VOLLEYBALL RECRUITING HANDBOOK

- o BE HONEST WITH YOURSELF AND MAKE A FRE “REACHES”
- o USE VOLLEYBALL FOR YOUR EDUCATIONAL GOALS
- o RESEARCH THE SCHOOLS, LOCATIONS, AND PROGRAMS CAREFULLY
- o BE AGGRESSIVE
- o LOOK FOR COLLEGES THAT NEED YOUR POSITION
- o RETURN COMMUNICATION PROMPTLY AND BE ENTHUSIASTIC; THIS MAY BE YOUR FIRST REAL INTERVIEW; YOU ARE TRYING TO BE HIRED
- o BE PREPARED TO HEAR NO; DO NOT LET IT GET YOU DOWN
- o TRY TP PERSONALLY BE INVOLVED IN THE PROCESS AS MUCH AS POSSIBLE; DON’T FULLY DEPEND ON PARENTS / COACHES
- o KNOW THAT COACHES LIKE TO WATCH YOU WHEN YOU MESS UP, YOUR TEAMAMTES MESSES UP, OR WHEN THE TEAM IS DOWN. POSITIVE REACTIONS!
- o DO NOT FAIL TO PLAY A POINT TO THE WHISTLE; A FAILURE TO PURSUE MAY BE THE END OF COLLEGE’S INTEREST
- o ATTEND A COLLEGE’S CAMP IF YOU AND THE SCHOOL ARE SERIOUS
- o UNDERSTAND FINANCIAL ABILITIES OF A GIVEN SCHOOL AND DECIDE WHAT YOU WOULD BE WILLING TO CONTRIBUTE
- o RESEARCH AN ENTIRE CONFERENCE IF THE LEVEL FITS
- o SEND BRIEF SKILLS TAPES; YOU MAY INCLUDE 15 CONSECUTIVE POINTS
- o CHOOSE YOUR VISITS CAREFULLY, USE YOUR UNOFFICIAL VISITS MOSTLY
- o FEEL FREE TO INVITE COACHES TO TRAINING SESSIONS
- o COLLEGE’S HAVE MANY LINES IN THE WATER FOR EACH POSITION THEY ARE RECRUITING; YOU SHOULD TOO!
- o DO NOT AS YOUR CLUB COACH TO COACH DIFFERENTLY BECAUSE SOMEONE IS THERE TO SEE YOU
- o YOU MUST BE COMFORTABLE WITH 3 THINGS: THE CAMPUS (YOU WILL BE THERE EVERYDAY), THE TEAM (THEY WILL BE YOUR FIRST FRIENDS), AND THE COACH (THE COACH IS YOUR NEW BOSS PAYING YOU TO PLAY).



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ANOTHER SAMPLE PROCESS:

## **STEP 1:**

LIST 10 – 20 SCHOOLS YOU WILL CONTACT. They all must have your course of study; your position available for the class, choose schools of various levels.

## **STEP 2:**

PREPARE YOUR PROFILE SHEET AND LETTER.

Includes the following:

1. Little background Information
2. Playing aspirations
3. Playing experience
4. Physical data
5. Current club team
6. Schedule
7. ALL contact information for you as well as your coaches
8. Skill Picture based on your position and a profile photo.

## **STEP 3:**

SEND PERSONAL EMAILS TO THE SCHOOLS ON YOUR LIST. Include your Profile Sheet and Letter.

## **STEP 4:**

PREPARE ONE FOLDER PER SCHOOL WHO CONTACTS YOU BACK. Include all communication in these folders. It is your job to keep communication going by providing updates concerning results, awards, etc.

## **STEP 5:**

PREPARE YOUR 4-5 MIN SKILLS VIDEO. Keep the original safe and have a few copies that are ready to be sent out. Send videos to all schools which have demonstrated positive communication or request it. Attaching 15 consecutive points of game footage is fine. With your video attach your profile sheet and letter that states what jersey number and position you are in the videos.

## **STEP 6:**

PLAN OFFICIAL AND UNOFFICIAL VISITS. Prior to this step, you should clearly understand their interest in you as well as the type of package they could offer. At this stage, you may be more direct with your questions.

\*Repeat the process as needed. Remember your job is not done until you officially sign with a school.



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**My video:** If you or your high school coach makes the video, make sure that the camera is focusing on you and not the flight of the ball. We know that college coaches usually do not watch all of the 8 minutes on the video. They look for footwork, athleticism, arm swing, and floor defense fundamentals. Game footage is especially useful for setters and liberos due to frequency of touches. Game footage also shows how you react to success and failure, your defensive attitude, and how you act as a teammate. THE GOAL OF THE VIDEO IS MERELY TO CONVINCe THEM TO COME AND WATCH YOU PLAY!

## Sample Content:

### **OH**

Intro: 1 minute

Ball handling: 1 minute

Blocking Movement and block jumps: 1 minute Hitting  
(sets of three): 3 minutes

SR: 1 minute

Defense (dig + run through): 1 minute Serve:  
1 minute

### **Setters**

Intro: 1 minute

Setting Triangles: 3 minutes

Ball handling: 1 minute

Blocking Movement and Block Jumps: 1 minute

Dumping (sets of three): 1 minute

Defense (dig + run through): 1 minute Serve:  
1 minute

### **Liberos**

Intro: 1 minute

Ball handling: 2 minutes

SR: 2 minutes

Defense (dig + run through): 3 minutes

Serve: 1 minute