



# **RECRUITING GUIDE 2019**

IMPORTANT DATES:

**September 1, Jr year:** Coaches can call and email prospective student athletes. (Will likely change in April to June 15 following Soph year). PSA can take official and unofficial visits. (Will likely change in April to August 1 of Jr. year)

**Currently,** a PSA can call a coach at any time. This will likely change to no contact prior to June 15 following Soph year.

This is a link to proposed legislation in April: [New Legislation](#)

This handbook is intended to assist your college recruiting process. Each student-athlete's recruiting experience will be different in finding a place in a collegiate athletic program. If you have any questions, please feel free to contact us.

**I. TYPES OF COLLEGE PROGRAMS AND SCHOLARSHIPS:**

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

**NCAA Programs (National Collegiate Athletic Association)**

**Division I (DI)** – There are 331 NCAA DI institutions that sponsor women's volleyball. DI women's volleyball is considered a "head count" sport, which means the scholarships must be awarded in full to one athlete or not at all. Up to 12 full ride scholarships are available per team.

**Division II (DII)** – There are 302 NCAA DII institutions that sponsor women's volleyball. DII women's volleyball is considered an equivalency sport, and has up to 8 full ride scholarships. Partial scholarships can be given to as many players as the coaches want, up to 8 full.

**Division III (DIII) and Ivy Leagues** – There are 427 DIII institutions that sponsor women's volleyball. DIII and DI Ivy League schools do not offer any athletic scholarships. Military academies like Air Force, West Point, Navy, and the Coast Guard are tuition free; however admission requires a congressional recommendation and service requirements. However, athletes at other Division III schools can receive academic or need based scholarships.

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

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

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

**Division I** - There are 106 schools sponsoring women's volleyball. Up to 14 full ride scholarships are available per team.

**Division II** - There are 117 schools sponsoring women's volleyball. Like NJCAA DI, up to 14 books and tuition scholarships are available per team.

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

## **II. STEPS TO TAKE**

### **1. CHOOSING A COLLEGE:**

It is essential that student-athletes thoughtfully consider the school they wish to attend before approaching volleyball programs. Remember that you are a student first, an athlete second. Making a Target List of those schools you are interested in will help you narrow down schools to contact and give you a sense when deciding where you want to attend college.

Here is a list of considerations when developing your Target List:

### **ACADEMIC CONSIDERATIONS**

#### Academic Program

- ▶ Importance of the school's academic reputation
- ▶ National reputation vs. regional reputation
- ▶ Graduate school implications
- ▶ The specific academic program(s) you are looking for
- ▶ The special program(s) that might interest you (honors, internships, etc.)
- ▶ The types of schools you are academically eligible for
- ▶ Size of School/class
- ▶ Student/faculty ratio

#### Cost of Education/Financial Aid

- ▶ Annual tuition and fees
- ▶ Available financial aid programs

#### Location

- ♥ NC vs. out-of-state
- ♥ Post-graduation plan ( Graduate schools, live/work after graduation)
- ♥ Employment opportunities after graduation
- ♥ Frequency of home visit

### Student Body Population

- ♥ Student body consideration
- ♥ Diversity, religious and cultural considerations
- ♥ Politically, socially conscious student population
- ♥ Clubs, Greek system, intramurals, intercollegiate athletics?

## **ATHLETICS CONSIDERATIONS**

### Volleyball Program and Athletic Department

- ♥ The level/ranking of program/team you want to join (DI, DII, DIII, NAIA, JOVC, etc.)
- ♥ Past season history/record
- ♥ Conference you like to play in (big conference with national travel or smaller conference with regional travel)
- ♥ Size of the athletic department (large school with huge fan base or smaller school with smaller fan base)
- ♥ Athletic facilities
- ♥ Support available for athletes (academic, nutrition counselor, etc.)
- ♥ Strength & Conditioning program

### Your Role

- ♥ You role on this team (i.e. super star, starter, role player, sub or bench)
- ♥ Your position on this team
- ♥ Available scholarship available
- ♥ Walk-on option
- ♥ Teammates you enjoy playing with on a team

### Coaching

- ♥ Coaching style you look for
- ♥ Particular coaches you would like to work with

## **2. CONTACT COLLEGE COACHES**

Consider this: There are approximately 600 programs between DI and DII volleyball (both offer athletic scholarships) across the nation and thousands of prospects applying for scholarships at those schools. Because the disparity between the number of coaches and athletes is so great, being a good player doesn't guarantee that a coach will find you. That's why it is a good idea to contact the coaches at schools on your Target List.

### **The Introduction Email**

Writing an introduction e-mail to each head coach on your Target List should be your first step. The purpose of the letter is to let each coach know that you would like to attend his/her school for academic reasons and to compete for his/her team. It's an opportunity for you to get your name in a given school's recruiting database and to endear yourself to the coaching staff.

Ideally, an athlete should start sending out introduction letters during their sophomore year of high school, soon after they receive their club volleyball tournament schedule. The club season is when college coaches do the majority of their recruiting work, so making yourself known to coaches before the start of club season will allow them to schedule time to watch you play.

Since this is an introduction e-mail, you need to keep it brief, while still communicating all the necessary information. Take some time to brainstorm and come up with a few interesting facts about yourself. Coaches want to get to know the athletes they will be recruiting, so feel free to let a little bit of your personality shine through in your e-mail. Here is a list of basic information you should be sure to include:

### Introduction

- ♥ Introduce yourself and the reason for your letter
- ♥ Tell why you are interested in the school and the volleyball program
- ♥ Academic background
- ♥ Name of high school
- ♥ GPA, SAT and/or ACT scores and class ranking
- ♥ Course information

### Player Information

- ♥ Physical information (height, app. reach, block reach, pos., jersey #)
- ♥ Awards and achievements
- ♥ Club Team and position
- ♥ Tournaments (regional & national) you are attending

### "Call to Action"

- ♥ Note enclosures (athletic resume, schedule, etc.)
- ♥ Request further information and/or player questionnaire
- ♥ Ask them to look for you at a future tournament
- ♥ Tell them that you will be contacting them or visiting on campus

**Here is an example of an introduction e-mail: MAKE IT PERSONAL!!!**

Dear Coach XXXX

My name is XXXXXXX, and I am writing to express my interest in pursuing an education and playing volleyball at XXXXX University. Your school has an excellent academic reputation, and I would like to be a member of your successful volleyball program.

The enclosed athletic resume describes both my academic standing and volleyball experience. I am currently a junior, with a GPA of 3.4 on a 4.0 scale and I am ranked in the top 25% of my graduating class. I am scheduled to take the SAT in April of 2013. The strength and variety of courses offered at your school provide several degree plans of interest to me, although I have not yet decided on a specific major area of study.

I am a 5'11" outside hitter. My high school team won a state championship last year, and I was honored as an All-Conference Player. Additionally, I was a member of the All Region team last year at the end of my club season. I believe my skills and abilities would be assets to your program.

Currently, I am an outside hitter on the 17 Diamond team at NC Volleyball Academy. We are playing in numerous Carolina Region Tournaments as well as the Big South Qualifier and the MAPL. I have attached a copy of my team's schedule and I hope that you will have the chance to watch me play during the club season. My jersey number is #7.

Thank you for any consideration you can give me as a future player in your team. Please send me information on your program, and any suggestions you may have on how to best prepare for attendance at your school in the fall of 2014.

Sincerely,

XXXXXX

### **ATHLETIC RESUME:**

The athletic resume is formatted in much the same way as an employment resume. Make sure that all appropriate details are included and titled, so that coaches can access your information quickly.

### **INFORMATION CHECKLIST**

#### **Your Contact/Personal Information**

- ♥ Full Name/Date of Birth/Address
- ♥ Phone/Fax/Email
- ♥ Graduation Year

#### **Academic Information**

- ♥ GPA/Class rank/Test scores
- ♥ List of AP/Honors/Advanced courses taken
- ♥ Co-curricular activities
- ♥ School contact information

#### **Current Club Team Information**

- ♥ Club name/Team name
- ♥ Coach name and contact info (email)

- ♥ Jersey number

### **Physical Information**

- ♥ Height
- ♥ Standing reach/Approach touch/Block touch
- ♥ Right or Left handed

### **High School Team Information**

- ♥ High School Name
- ♥ Coach name and contact info(email/phone)

### **Achievements/Awards**

- ♥ Individual recognition
- ♥ Team Achievements

### **Optional Information**

- ♥ Attach a photo
- ♥ Hobbies
- ♥ Participation in other sports/activities
- ♥ Information about family members

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

## **3. Campus Visit**

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

The NCAA allows you one expense-paid visit to five different schools. This restriction applies even if you are being recruited in two sports.

- ♥ Each visit may only last a maximum of 48 hours.
- ♥ You must provide college authorities with your official transcript and entrance exam scores.

- ♥ You may return to one of the schools you've already visited, but you must pay all expenses.
- ♥ You must be registered with the NCAA Eligibility Center for official visits to NCAA schools.
- ♥ You are allowed a maximum of five official visits during your senior year, so choose wisely!

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

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

#### **4. Get Maximum Exposure**

##### **a. College Summer Camps**

Attending summer camps of college programs can be a great way to be noticed by the coaches on your Target List. We recommend you choose 2-3 schools you are interested in attending, and go to their summer camp. There are a few huge benefits in doing so:

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

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

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

##### **b. USAV High Performance Tryouts & Camps**

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

If you do well at these camps, you could be invited to attend an HP summer camp or compete on one of their teams. This is also a great way to represent the United States of America and enter the "pipeline" to the US Olympic Volleyball teams. All of this is wonderful

information to share with college coaches. Being selected for a summer camp or team means you are one of the top players in your position, in your region, or around the country. This is a great way to boost your volleyball resume!

### **c. Producing a Highlight Video:**

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

Athletic videos should be simple and clear. The video quality should be as high as possible, however it is not necessary to use a professional video company. College coaches have limited time to watch player videos and the following outline will help you choose the proper video content preferred by most college coaches.

### **INTRODUCTION**

- ♥ Introduce yourself and the contents of the video
- ♥ Possible information to include: club name, position, personal information, etc.
- ♥ Make sure the intro reflects your personality—this is usually your first opportunity to make a personal impression

### **SKILLS PORTION**

- ♥ Short sets with 5-8 repetitions each
- ♥ Include skills that are appropriate to your position and/or the position you might play in college
- ♥ Make sure to include a wide enough angle to see the results of the skill (i.e. where the balls goes, where the attack lands)

### **UNEDITED GAME FILM**

- ♥ Include one, unedited game at the end of your recruiting video
- ♥ You may want to include a short reintroduction that gives specific information about which side of the net you are on, jersey number (and any other identifying characteristics: hair color, kneepads, etc.), position and where you start the match on the court. It can be very difficult to identify players on videotape, especially if the coach is not familiar with you and your team.
- ♥ Behind the end line is the best vantage point for video—include whole court (pole-to-pole) preferably at a vantage point behind your team.
- ♥ Do not follow the individual with the camera—coaches want to see how you move even when you are not playing the ball.
- ♥ Only include one game—coaches generally don't have time to view more.
- ♥ Its useful to include a competitive game—your play doesn't have to be perfect, but coached will notice athleticism, competitiveness and movement.
- ♥ Remember that coaches also notice on-court behavior—coaches will notice a player that is a good teammate, focused on the game with lots of positive energy

### III. Recruiting Timeline

The recruiting process can be rather wordy and confusing. Here's a list of some of the more common terms related to the recruiting process:

**Contact:** Any time a coach has any face-to-face meeting with an athlete or his/her parents off the college's campus. Cannot happen until August 1 of Jr year.

**Contact period:** The period in which coaches are allowed to have in-person contact with the athlete or their parents.

**Dead period:** The time in which coaches are not permitted to have in-person contact with athletes or parents.

**Evaluation period:** During this time, a college coach may watch you play or visit your high school, but cannot have any in-person conversations with the athlete or parents off their college campus.

**National letter of intent:** Official contract signed by an athlete to commit to a college. This is a binding contract.

**Official visit:** Any visit to a college campus by you and your parents, paid for by the college.

**Prospective student athlete (PSA):** According to the NCAA, an athlete becomes a PSA when: 1) He/she starts ninth-grade classes; or 2) A college gives an athlete any financial aid or other benefits that the college does not generally provide to most students.

**Unofficial visit:** Any visit by an athlete and his/her parents to a college campus paid for by the athlete or their parents. August 1 of Jr year.

**Verbal commitment:** A college-bound athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. This commitment is not binding.

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

#### Freshman Year

The most important thing a high school freshman hoping to play college volleyball can do is *not* focus on college recruiting. Despite the fact that the start of freshman year marks an athlete's official inauguration as a "prospective student athlete," the amount of contact a college coach can have during freshman year is extremely limited. The National Collegiate Athletic Association, the official governing body for college athletics in the United States, has many restrictions to protect the student athlete.

Freshman year is stressful enough without the added burden of obsessing about recruiting. Also, there are few (if any) freshmen who are mature enough to make such an important decision. The best thing a freshman can do to increase the chances of being recruited in the

future is to focus on improving. Joining a club team is an excellent way to ensure that you will continue to play and improve during the offseason.

Here is a summary of what the NCAA guidelines allow freshman year:

- ♥ **Questionnaires:** Schools are allowed to send out questionnaires to prospective student athletes requesting more information about the player.

The college questionnaire has become increasingly popular as a way for college teams to gather information for their database. However, it is not a sign that you are being seriously recruited by a given school. While it's certainly nice to receive an introduction letter or questionnaire, you can't put too much stock in them because college coaches don't. Don't let a piece of paper, or lack of one, spoil what should be a relaxed time in your volleyball life.

- ♥ **Camp brochures:** Schools are allowed to send out brochures for any skills camps or clinics. Many colleges hold camps on campus during the summer. This is an excellent opportunity to visit the campus and get a feel for the coaching staff while still improving your skills.
- ♥ **Telephone calls:** You may make calls to a college coach at your expense, but coaches may not call you. (will probably change this April to NO contact via phone until June 15 following Soph year)

## **Sophomore Year**

Sophomore year means it's time to slightly turn up the intensity. Even though you are a year older, the NCAA still views you, in terms of restrictions, much in the same way they view freshmen. So the amount of contact you can have with a coach is still limited. However, what you can do is make sure you are giving yourself the best opportunity to be seen by college coaches. This means that if you haven't joined a junior club team yet, then it's time to seriously consider doing so. Due to the fact that the high school season runs the same time as the college season, the majority of recruiting is done during the offseason or the club season.

A player who has a strong desire to play in college should seek out a roster spot on a club team that attends national tournaments. Coaches prefer to recruit at national events, because it allows them watch elite players from all over the country in one place and it gives them an opportunity to evaluate a player as they compete against other elite athletes.

Once you have secured a spot on a club team and have a copy of your tournament schedule, it's time to send out brief introduction letters to colleges. Your letter should include your basic contact information along with the position you play and your tournament schedule.

The NCAA regulations for a sophomore in high school are the same as they are for a freshman.

## **Junior Year**

Junior year of high school is generally regarded as the most crucial period of the recruiting process. The NCAA greatly expands the amount of contact coaches can have with prospective student athletes during this important time. That being said, the athlete should have a recruiting plan in place before the start of the school year.

A good recruiting plan will save time and help you keep track of which schools have expressed interest. There are several important dates to keep in mind when composing your recruiting plan. So if you would like some assistance feel free to reference our guide on the topic.

Once you have a solid recruiting plan in place, the next thing to focus on is playing your best throughout the club season. There are hundreds of coaches at some of the national tournaments, so playing hard always is the best way to ensure that a coach sees you at your best. As the club season progresses, colleges will begin to recruit athletes more seriously. By March of that year, some schools may extend scholarship offers to players that they feel can help their program. If June rolls around and you still have not had much contact with the schools you targeted in your recruiting plan, it's time to evaluate your situation.

Here is the summary of what the NCAA allows during an athlete's junior year of high school:

- ♥ **Recruiting materials:** College coaches may begin sending out recruiting materials (school brochures or letters expressing interest) September 1.
- ♥ **Telephone calls:** After June 15, coaches may call prospective student athletes, but no more than once a week.
- ♥ **Off-campus contact:** Coaches are allowed a limited number of off-campus contacts with athletes after August 1.
- ♥ **Unofficial visits:** Athletes can make an unlimited number of unofficial visits to schools beginning Aug 1.

## Senior Year

The start of senior year means the recruiting marathon is nearing completion. By the time you are a senior, you should have a short list of potential schools.

The only difference between an athlete's senior year and the junior year is that an athlete is allowed to go on official visits during their last year of high school. Beginning the first day of classes, you are eligible for an **official visit**. You are limited to one official visit per college up to a maximum of five official visits to Division I and II colleges.

If the official visits are being made, then you are certainly on your way to becoming a collegiate athlete. However, if you are not quite there, be sure to follow all of these steps. That way, you'll have the easiest time with your recruiting process.

## Key Tips

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

- ♥ **Work hard in the classroom and study hard for the SATs / ACTs.** The better your grades are and the higher your board scores are, the more schools that can

recruit you. The more schools that can recruit you, the more options you have. The more options you have, the less stressful the recruiting process will be.

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

#### **IV. 10 Common Mistakes**

Here is a list of 10 common mistakes that athletes and families make during the recruiting journey. Some of the listed mistakes are obvious, while others are not so obvious. However, all of them can be detrimental to an athlete's chances of being recruited.

##### **1. Waiting**

Waiting for a scholarship offer to pop up in your mailbox is like putting off a job hunt because you're banking on winning the lottery; it's risky and bound to end in disappointment. The biggest mistakes athletes and their parents make during the recruiting process are waiting for college coaches to initiate contact and waiting for scholarship offers to roll in. If you really want to play volleyball at the next level then it is up to you to make it happen. Contact coaches at schools you have your eye on and let them know you are interested in playing for them. Being proactive during the recruiting process will exponentially increase your chances of earning an athletic scholarship.

Here are a few suggestions to get you started:

- ♥ Send out introduction letters to the schools that spark your interest. The purpose of the introduction letter is to introduce yourself to the head coach at a given school and to inform that coach that you are interested in his/her program. For a more in depth explanation of the introduction letter and/or instructions on how to write a letter, please see our guide on the topic.
- ♥ Attend summer camps. This will ensure that your skills are continually improving, and keeps you from getting rusty during the off-season.

##### **2. Over-estimating Your Talent**

The importance of being realistic when evaluating your skills is essential to avoid disappointment. A good way to gauge your chances of being offered a scholarship at a certain school is to measure yourself against current players at that school. For example, if you are a 5'6" outside hitter who would like to play that position in college, then you probably don't want to have Stanford University as your be-all-end-all choice. The average

height of the outside hitters at Stanford is well over six feet. Don't fall into the trap of thinking you are better than you are. It is difficult for an athlete or their parents to accurately evaluate talent, because of the emotional connection.

### **3. Under-estimating Your Talent**

Though over-estimating your talent could put you at a serious disadvantage in the recruiting game, under-estimating your talent could be just as detrimental. Many athletes figure they simply aren't good enough to earn a scholarship and don't even try. However, just because the top five schools on your list don't come calling, that doesn't mean a coach from some other school won't take notice of your skills. Even if your volleyball skills might not be of all-star quality, coaches often recruit based on potential. Don't miss out on a great opportunity to compete at the next level because you sell yourself short.

### **4. Setting Narrow Expectations**

A mistake that athletes and their parents make is assuming that a DI scholarship offer is better than a DII scholarship, and a DII scholarship is better than one from a DIII school. This is not necessarily the case. Many DII teams can compete with DI teams, and some DII schools, because their program has been successful, have more money to work with than some DI programs.

If you are only willing to consider two or three schools, then you are setting yourself up for failure. There are only so many spots on teams that are perennial championship contenders and the road to getting a scholarship offer from one of those schools is steep. However, if you are willing to expand your sights, then there are a lot of opportunities to compete at the next level.

### **5. Getting a Late Start**

It used to be the case that the majority of work for recruiting was done during an athlete's junior year of high school. However, with the accelerated pace of recruiting, it is imperative that you get your name in a school's database as early as possible. The best way to ensure that you are in a given school's recruiting database is to send the head coach a brief introduction letter or e-mail. Once you are in a school's database, the coach will be able to track your progress and evaluate you as a player. For help writing your introduction letter please see our guide on the topic.

### **6. Forgetting about Academics**

Many athletes believe that if they are good enough at their respective sport then a coach will overlook a poor academic record. This is faulty logic. If a coach is going to invest scholarship money in you then he/she wants to know that you can contribute to the success of their program. This means that you absolutely have to stay academically eligible.

### **7. Not Playing Club Volleyball**

Because the high school season is at the same time as the college season, the majority of recruiting is done during the junior club season. This means that if you aren't playing club volleyball you are not giving yourself the best opportunity to be seen by college coaches.

The less a coach is able to see you play means you have less of a chance of being offered a scholarship.

### **8. Not Researching Schools**

As discussed earlier, good research can help you avoid setting unrealistic goals. Researching a coach and a program's history can help give you an idea of what everyday life as a college volleyball player could be like at a certain school.

It is important to remember to research aspects of the school that don't have to do with volleyball. And if possible, plan to take a visit to the school's campus.

### **9. Putting Too Much Emphasis on Letters**

Think of the recruiting form letter as a coach's version of an introduction letter. The purpose of these letters is to gather more information on athletes who are in a given school's recruiting database. That means that a hundred other athletes are probably receiving the same letter. Although getting a letter from a school is certainly flattering, it does not necessarily mean you are being recruited by that school. A coach will make it known if he/she is seriously recruiting you.

### **10. Being an Overzealous Parent**

Parents are certainly a significant part of a student athlete's life. However, it is important for parents to remember that coaches are not interested in recruiting parents. When coaches are deciding whether or not to extend a scholarship offer to an athlete, parents rarely tip the scale in favor of their child. But there have been several documented cases in which an overzealous parent has been a prime factor in a coach deciding to retract a scholarship offer.

### **Preparation is Key**

The competition for volleyball scholarships is fierce, but educating yourself about the recruiting process, avoiding the mistakes listed above, and following a well thought out recruiting plan will put you well ahead of the curve.