



La Jolla Volleyball

**Recruiting Seminar
2017**

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Your coach's job is to make you a better volleyball player. YOU drive the recruiting process.

Your coaches are happy to support and advocate for you!

Play Volleyball in College?

- ⊗ Why? Do it for the right reasons... playing on a college team is a lot of work & time. Commitment levels vary depending on division & school.
- ⊗ Know yourself & what type of school you'd like to attend: geographic location, weather, school size, distance from home, academic rigor, etc. Imagine if the coach left or if you got injured... Is it still where you want to be attending college?
- ⊗ What are the odds?
 - More than 435,000 girls play volleyball in high school (approx. 35,000 US high schools)
 - Approx. 20,000 play competitive volleyball in college (1,600 vb schools).
 - That's approx. 5% who go on to play in college.
- ⊗ Do you LOVE volleyball and want to continue? Then you CAN play in college.
- ⊗ If so, then YOU need to reach out & market yourself. Don't expect to be "discovered" and recruited simply by playing on a club team

Finding your Level

- 🏐 **Know your level of play and where you can compete in college**
 - **NCAA DI: 334 schools** (Nebraska, Stanford, Minnesota, Wisconsin, Texas, UCLA, Penn State, Ivies)
 - **NCAA DII: 300 schools** (Concordia-St. Paul, Tampa, Nebraska-Kearney, Minnesota Duluth, Wayne State, Palm Beach Atlantic, Western Washington, Lewis)
 - **NCAA DIII: 434 schools** (Tufts, MIT, Juniata, Cal Lutheran, Wash U. in St. Louis, Wittenberg)
 - **NAIA: 219 schools** (Indiana Wesleyan, Carroll, Westmont, Georgetown, Viterbo, Webber Internatl)
 - **NJCAA: 330 schools** (2-year Junior Colleges; great path to transfer)

TOTAL: 1,617 schools --- plus 72 beach programs!

- 🏐 Skill levels and scholarships vary (by school and within divisions)
- 🏐 How good is the team at the school I'm interested in? Am I too good for this school? Or, is this team too good for me and I won't get playing time? Where can I be a contributor?

Recruiting Timeline

Freshmen: start making your lists... focus on improving volleyball skills and strength/conditioning. Get on early watch lists, make your videos, research colleges

Sophomores: contact college coaches! Send emails, videos, personal updates, etc. Get great grades, improve your game, update your online profile. Show specific interest in their school and invite coaches to watch you play!

September 1 of Junior year: college coaches can now contact YOU. How to communicate with college coaches before Sept 1...

Juniors: your prime year to get noticed, contacted, recruited... email your desired coaches A LOT! If they've seen your videos, like your grades, and are interested in you, they WILL come by your court to watch you play!

Seniors: it's not too late! Many coaches are filling in rosters with unsigned players, especially in DIII. Freshen up your profile with Senior-year accomplishments, grades, new video... send update emails & videos because many coaches just lost their other recruits and now they want YOU!

- **SportsRecruits.com** – provided by LJV just for LJV players... Take advantage of this!
- **University Athlete** – primary resource for college coaches at tournaments, to find YOUR COURT <https://UniversityAthlete.com>

SportsRecruits.com

- ⚾ Provided by La Jolla Volleyball club exclusively for our players
- ⚾ Free access for all college coaches in country
- ⚾ Player profile page with unlimited uploads of personal videos and personal information
- ⚾ Searchable database of every volleyball program in the country, with current contact information for every college volleyball coach
- ⚾ Every email you send has a link to your personal page/profile in the footer
- ⚾ Use SportsRecruits.com to search & learn about colleges, add schools to your “favorites” list, communicate directly with college coaches, know when coaches look at your profile and videos!
- ⚾ Great help/support from the SportsRecruits team!

The screenshot shows a player profile for Kaitlin Birnbaum. At the top, the name "Kaitlin Birnbaum" is displayed in a large, bold font. Below the name are navigation tabs: "Profile", "Activity Feed", "Tag Schools", "Favorite Schools", and "Add Commitment". A profile picture of Kaitlin is shown on the left. To the right of the photo, her name "Kaitlin Birnbaum" is repeated, followed by her "Position": Libero, Opposite / Right Side, Outside Hitter, Defensive Specialist. Below that is her "Club": La Jolla Volleyball, 15-1 Law/DK, and "High School": La Jolla High School. A green banner on the right side of the profile indicates she is in the "CLASS OF 2019". At the bottom of the profile section, there are links for "SEND A MESSAGE" and "FAVORITE".

Contact
6845 Via Valverde
La Jolla 92037
kaitlin.birnbaum@gmail.com
Parents
Barbara Birnbaum
Walter Birnbaum

Events
Volleyball Festival
Jun 29, 2017 - Jul 02, 2017
Phoenix, AZ
JVA West Coast Cup
May 27, 2017 - May 29, 2017
Yoron Beach, CA

Volleyball Information
Personal Stats
Position: Libero, Opposite / Right Side, Outside Hitter, Defensive Specialist
Height: 5' 9.5"
Weight: 115lbs
Dominant Hand: Right
Primary Passer: Yes
Standing Reach: 7' 4"
Interested in Sand Volleyball: Yes

Teams
La Jolla Volleyball
15-1 Law/DK
Coach Information

NCAA Eligibility Center

DIVISION I OR II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Create a Certification Account and we'll guide you through the process.

You need to create a Certification Account to make official visits to Division I and II schools or sign a National Letter of Intent.

DIVISION III OR UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID and we will send you important reminders as you complete high school.

NCAA Clearinghouse: eligibilitycenter.org

Create a profile/membership ASAP

Recruiting Videos

What you'll need:

- Skills video 2-4 min
- Highlight video 2-4 min
- Game footage 6-10 min

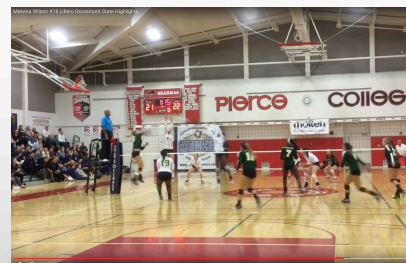
How to film, transfer, edit (advice & guidelines)

Hire someone to do it right! Only one chance to make a first impression...

Reel Sports Recruit <http://www.reelsportsrecruit.com> Contact Eric Sato and/or Michelle Miller



Skills video



Highlights / game footage

In this together: Parents & Players

- 🏐 Help determine finances & realistic college dreams/plans/needs
- 🏐 Decide if you want/need help with recruiting process. If so, how much, what type, etc.
- 🏐 Parent involvement with student-athlete: yes... but let athlete do communication with coaches. It's important that emails and phone calls come from your daughter, not you. Proofread emails and rehearse coach conversations together; prepare for phone calls 😊
- 🏐 Help ensure your daughter is staying on timeline
- 🏐 Remain calm, don't panic...Do not need to accept first offer

Dream Big... but be realistic!

- ⊗ Aim high, within reason
- ⊗ Do you NEED a scholarship, or just hope for one? Know what you need and how much you can truly afford.
- ⊗ If going to high-academic DIII school, then volleyball can be your ticket into school
- ⊗ You are more desirable if multiple schools are interested
- ⊗ Choose the SCHOOL first, then volleyball program (what if you do not continue playing on the college team... Are you at the school of your dreams?)
- ⊗ Don't be shy... Market/sell yourself to colleges!

To Do List

Tips and Take-aways

- ⊗ Get good grades. Strong academics is the FIRST THING college coaches look for when recruiting. The fastest way to fall off a coaches list is to not have the minimum GPA or test scores.
- ⊗ Register with the NCAA Eligibility Center
- ⊗ Make a list of schools, keep modifying it as you learn more
- ⊗ Create and maintain your personal online recruiting profile: <https://SportsRecruits.com>
- ⊗ University Athlete profile: vital for big tournaments <https://UniversityAthlete.com>
- ⊗ Improve your game: take privates, attend local camps. (more important than paying for overnight camps or expensive showcases which cannot guarantee exposure)
- ⊗ Send emails to coaches, especially before big tournaments. Include updated video, academic updates, awards and achievements. Be sure to know about the school you are contacting, coaches do not want generic “junk mail.” Obey the 24-48 hour rule: always reply to every coach email promptly!
- ⊗ Every tournament is potential evaluation for college playing. You never know when a college coach has asked a friend to “check out number 6 on La Jolla’s team this weekend and let me know what she’s like in person.” Never assume that no one is watching.
- ⊗ If you want expert help and guidance: Reel Sports Recruit: <http://www.ReelSportsRecruit.com>