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## Play Volleyball in College?

- Ⓢ Do you LOVE volleyball and want to continue? Then you CAN play in college.
- Ⓢ YOU need to reach out & market yourself. Don't expect to be "discovered" and recruited simply by playing on a club team.
- Ⓢ 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.

The logo for La Jolla Volleyball, featuring a volleyball with a palm tree silhouette inside, and the text "La Jolla Volleyball" below it.

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## Finding your Level

Know your level of play and where you can compete in college

- **NCAA DI:** 334, **DII:** 300, **DIII:** 439 schools
  - **NAIA:** 220 schools
  - **NJCAA:** 330 schools
- TOTAL: over 1,600 schools** - plus Beach(77+) & Club teams!

Ask Yourself:

- 🌀 How good is the team at the school I'm interested in?
- 🌀 Am I too good for this school?
- 🌀 Is this team too good for me and I won't get playing time?
- 🌀 Where can I be a contributor?

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## Recruiting Timeline

**Freshmen:** start making your lists... focus on getting great grades, improving your volleyball skills and strength/conditioning. Make your videos, research colleges, and be someone that coaches want to watch!

### Why are grades so important?

Much more academic \$\$ than athletic \$\$

**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!

### Take the ACT and/or SAT.

**Juniors:** your prime year to get noticed, contacted, recruited... email your desired coaches A LOT! Always respond within 48 hours. 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:** Many coaches are still filling in rosters with unsigned players. Freshen up your profile with accomplishments, grades, new video... send update emails & videos.

Continue to improve your skills and strength & conditioning... Congratulations on your college choice!

- **SportsRecruits.com** – provided by LJV just for LJV players... Keep it updated
- **University Athlete** – primary resource for college coaches at tournaments, to find YOUR COURT <https://UniversityAthlete.com>

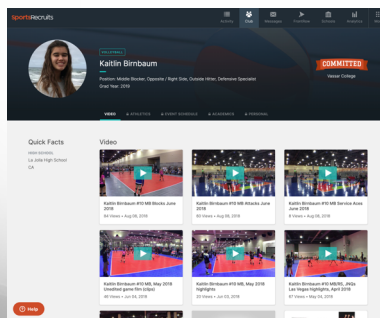
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# SportsRecruits.com

- 🌐 Searchable database of every volleyball program in the country, with current contact information for every college volleyball coach



- 🌐 Unlimited uploads of personal videos and information on your own profile page
- 🌐 Every email you send has a link to your personal page/profile in the footer
- 🌐 You will be notified when a college coach watches your video or views your profile!

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# NCAA Eligibility Center

**DI, DII, DIII**

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

Free Registration, then

\$90 if/when committing to DI or DII school



(Formerly known as the NCAA Clearinghouse)

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## Recruiting Videos

What you'll need:

- ❑ Highlight video 2-4 min (MOST IMPORTANT & URGENT)
- ❑ Skills video 2-4 min
- ❑ Game footage 6-10 min (continuous, unedited)

Be sure to follow guidelines so that coaches will WANT to watch your video. Also, make sure you avoid certain video pitfalls (music, parental noises ☺) that may turn off a coach.



Skills video



Highlights / game footage



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## In this together: Parents & Players

- ☺ Know your realistic college dreams/plans/needs. Discuss finances together.
- ☺ PLAYERS need to own the recruiting process
- ☺ Parent involvement with student-athlete: yes... but 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.
- ☺ Don't accept your first offer, you're just getting started!
- ☺ Hire an expert for Recruiting Guidance? Possibly ☺ If you do hire someone, avoid a large company trying to build their database (NSR, NCSA, etc.). Your expert should know you well and be guiding and supporting you while YOU communicate with college coaches.



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## Dream Big... but be realistic!

- 🏐 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?)
- 🏐 If going to high-academic DIII school, then volleyball might be your “ticket” (support) into school
- 🏐 You are more desirable if multiple schools are interested
- 🏐 Don’t be shy... market yourself to colleges!

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## You’ve Got This!

- 🏐 Get good grades. It’s likely worth more money than your sport, and it’s one of the first things college coaches look/ask for when recruiting.
- 🏐 Register with the NCAA Eligibility Center (only pay \$90 if committing to DI or DII)
- 🏐 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, your fitness and your vertical
- 🏐 Every tournament is potential evaluation opportunity for college coaches.
- 🏐 Send email updates to coaches, especially before big tournaments.
- 🏐 Obey the 48 hour rule: always reply to every coach promptly!

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