

# JAMMERS RECRUITING TIPS

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*NOTE: All the recruiting information provided below is subject to change. Jammers Volleyball Club and its representatives cannot be held responsible for changes or updates to this information. Jammers also makes no guarantees that following these steps will result in a scholarship or financial aid of any kind. This information is merely intended to help you navigate the recruiting process. We do ask that you not share this information outside of our club. Thank you!*

## **DIVISIONS OF COLLEGE VOLLEYBALL:**

- **National Collegiate Athletic Association (NCAA)**
  - DI = 334 schools with 12 full scholarships each, including 23 HBCUs, DII = 298 schools most with 25-50% athletic scholarships that can be combined with academic money and DIII = 437 schools, DII is the only division that does not offer athletic scholarships
  - The NCAA recommends that student-athletes register for eligibility at the beginning of the sophomore year in high school. It's important to make sure you want to compete in Division I or II before registering to avoid wasting money on the eligibility fee.
  - To be considered as a D2 or DII prospect you must register through the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/>. The cost as of 8/21/22 was \$90.
  - If you plan to play D3 ball, you do not have to register, but can set up a free profile.
- **National Association of Intercollegiate Athletics (NAIA)**
  - **220 schools:** Unlike the NCAA, the NAIA has no calendar restrictions for recruiting. They offer athletic scholarships, you can contact coaches freely and you even participate in up to 2 tryout days.
  - Register at: <https://www.naia.org/findyourpath/highschool/index>
- **National Christian Colleges Athletic Assoc (NCCAA)**
  - 92 teams with 3 divisions: only the D1 schools can offer athletic scholarships, but some NCCAA schools participate in the NCAA DIII.
  - Register at: <https://thenccaa.org/index.aspx>
- **National Junior College Athletic Association (NJCAA)**
  - 313 two-year universities: D1 has full scholarships, D2 has partial and D3 has no athletic scholarships.
  - For more information go to: <https://www.njca.org/landing/index>
- **Not sure which division is best for you?** It's important to be realistic about your recruiting potential. We'll work with you to help you if you are unsure which path to take. For example, most NCAA Division 1 schools want hitters with a 10' or higher approach touch and setters that jump set all the time.
- **What about academic scholarships?** Once you start to narrow your target list of colleges, you may want to look into academic scholarship opportunities. Check the university's website to see if there are academic scholarships you can apply for or if there is "Merit" money you may automatically qualify for based on your GPA and/or SAT/ACT test scores.

## **GETTING STARTED**

### **1. RECRUITING EMAIL ADDRESS:**

- Create a free email address for recruiting using your name and graduation year. For example, [kellysmith2024@gmail.com](mailto:kellysmith2024@gmail.com). Use this email for recruiting only.

### **2. CREATE YOUR RECRUITING RESUME:**

- Include ALL of the following on a Word or Google doc and update regularly:
  - Your full legal name as it appears on your driver's license/permit
  - Graduation year plus name and address of your High School
  - Height and Position(s) you play
  - Attack approach touch and block touch measurements
  - Contact information: Home Address, recruiting email address, IG, Snapchat and cell phone
  - List your High School Academic info: GPA, SAT and ACT scores if good and available, class rank if you are in the top 25% of your class, any academic recognition (ex. Honor Society, honor roll, etc.)
  - List your High School Athletic Achievements: Conference Awards, Team Awards, Records (1000 kills, digs or assists), stats if you have them
  - List your extracurriculars: Clubs, Girl Scouts, Choir, Marching Band, etc.
  - Volunteer work (Candy striper, Ruritans, etc.)
  - Talk with your high school and club coaches about being a reference for you. Ask them if you can share their contact information with recruiters.
- Keep your resume handy and update this information regularly with:
  - NCAA and/or NAIA eligibility ID numbers
  - Your Jammers Club Tournament Schedule
  - Next season's High School Match Schedule
  - New academic and athletic achievements
  - Links to your recruiting videos
  - Contact information for your school counselor and coaches
- SPRING of JUNIOR YEAR ask if your coaches and a few of your teachers are willing to write a reference letter for you. Most schools require 1 or 2 reference letters for admission. If your references are willing to send you a copy of their recommendation, copy and paste it to the bottom of your resume

### **3. REGISTER WITH THE APPROPRIATE ELIGIBILITY CENTER(s):**

- NCAA <https://web3.ncaa.org/ecwr3/> send your ACT/SAT scores to college code 9999
- NAIA <https://www.naia.org/findyourpath/highschool/index>
- NJCAA <https://www.njca.org/landing/index>
- NCCA <https://thenccaa.org/index.aspx>

### **4. CREATE A TARGET LIST OF POTENTIAL COLLEGES:**

- What do you want to major in?
- Do you want to attend a big, medium or small university?
- Do you want to attend a college with an easier or more rigorous academic curriculum?
- How far away from home are you willing to go?

- How much can your family afford to pay for college?

#### 5. MEET WITH YOUR SCHOOL COUNSELOR:

- Ensure that you are taking the necessary core courses in high school to meet eligibility requirements for the division of play you want to pursue.
- D3 schools set their own eligibility requirements while, D1 and D2 eligibility is based on your GPA from 16 Core Classes ONLY. D1 athletes must have a minimum 2.3 GPA and D2 athletes must have a 2.2 GPA minimum from these 16 Cores Classes below:
  - o English: 4 years
  - o Math (Algebra 1 or higher): 3 years
  - o Natural/Physical Science (Including 1 year of lab, if offered): 2 years
  - o Social Science: 2 years
  - o Additional Courses:
    - o English, Math or Science: 1 year
    - o English, Math, Sciences, Foreign Language, Comparative Religion or Philosophy: 4 years
- Ask for a copy of your current transcript and have it sent to NCAA/NAIA
- Ask your counselor if you might qualify for any other scholarships
- SENIORS – you will need a final copy of your transcript once your final grades are in. Be sure you ask your counselor what you need to do to have that transcript submitted to the NCAA, NAIA, NCCA or NJCA

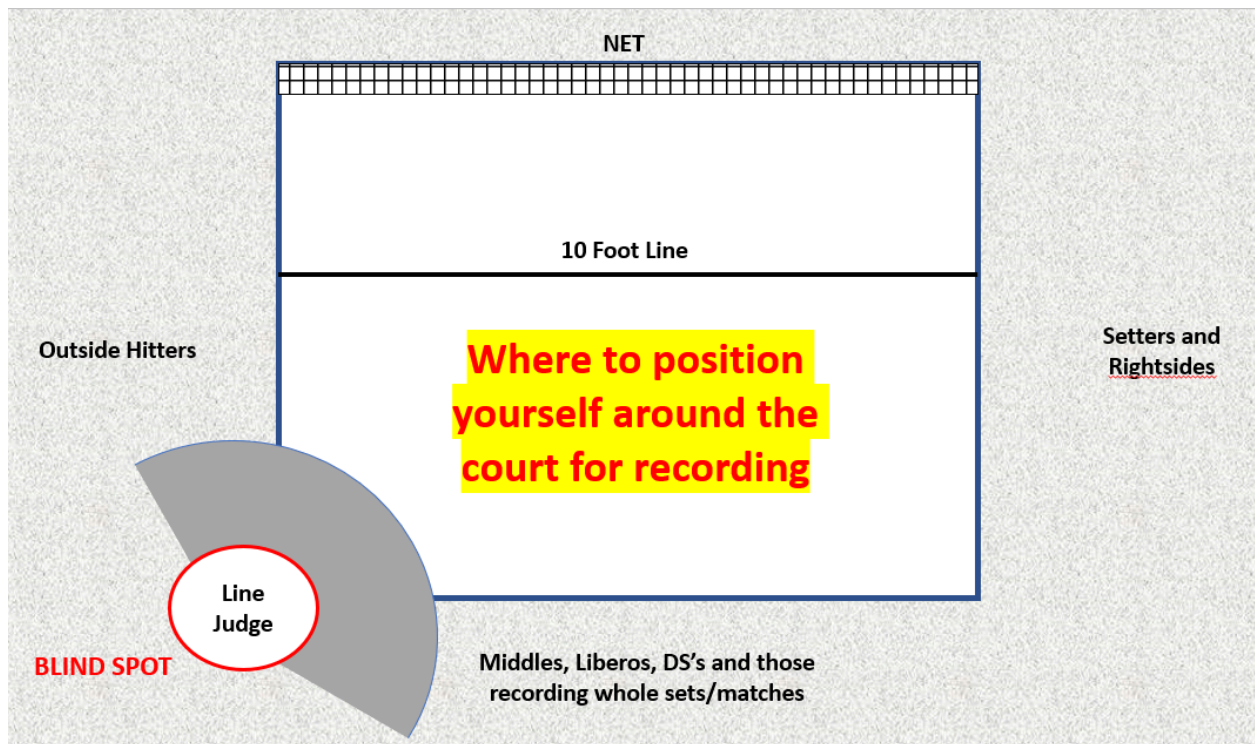
#### 6. SETUP YOUR FREE ONLINE RECRUITING PROFILES:

- NCAS: <http://www.ncsasports.org/> Best website for free recruiting resources. They also do free webinars and regularly post helpful recruiting articles
- Be Recruited: [www.berecruited.com](http://www.berecruited.com) merged with NCAS on 2/1/23.
- University Athlete: [www.universityathlete.com](http://www.universityathlete.com) This is one of the more popular recruiting sites because it links into several major club tournaments such as Capitol Hill, so that your free profile, team roster and schedule is visible to coaches attending the tournament. Coaches can also submit evaluations of you for other coaches to see. You cannot see those evaluations.
- Captain U: [www.captainu.com](http://www.captainu.com) Captain U is great for Division 2 and 3 schools, but beware they will send you regular teasers...a college coach just looked at your profile, a division II coach just added you to their favorites, etc. A “look” doesn’t mean much, but you should definitely contact a coach who has added you to their favorites!
- SportsRecruits: [www.sportsrecruits.com](http://www.sportsrecruits.com) They have a great free tool to create a target list based on: college division, location, size of school, potential major, academic rigor, GPA, SAT scores and cost.
- Connect Volleyball: [www.connectvolleyball.com](http://www.connectvolleyball.com) merged with SportsRecruits on 2/10/23.
- Field Level Recruiting: [www.fieldlevel.com](http://www.fieldlevel.com)
- NOTE: Add your login information to your recruiting resume and update your profiles regularly

#### 7. CREATE RECRUITING VIDEOS:

- Position yourself appropriately around the court – see diagram below
- Create 2-3 minutes highlight reels
- Create a longer 5-7 minutes rally reel
- Remember, the first 25 seconds are the most important

- Show the most important skills of your position first:
  - o Setter – Setting, Defense, Serving
  - o Outsides – Hitting, Serve Receive, Defense, Blocking, Serving
  - o Middles – Hitting, Blocking, Defense and Serving
  - o Rightsides – Hitting, Blocking, Defense
  - o DS/Liberos – Serve Receive, Defense, Hustle, Setting, Serving
- Capture footage of whole sets/matches (parent volunteer?)
- Only include clips with good technique
- Show your daughter celebrating and supporting her teammates
- Indicate your daughter’s jersey number and position
- Show leadership moments
- Consider the audio
- Have a coach review all video clips before you send them to any recruiters
- No slow motion clips
- Music is not necessary but, if you include it, make sure it is “clean”
- Make sure clips are clear, close and that it is easy to tell which player is your daughter
- Load your clips on You Tube and add the links to your resume



#### 8. SOCIAL MEDIA POSTS:

- THINK before you post and reconsider going live!
- Keep your social media “clean”
- Think about what would happen if your post went viral or was shown on the news
- Unfriend/Unfollow inappropriate content

- Check your social media “tags” or set your tags for approval
- Show your workouts and training
- Share your Teambuilding activities
- Provide examples of your hobbies, other activities
- NO Party clips: twerking, drinking, smoking, or vaping, etc.
- NO inappropriate music, language or cursing
- NO Red solo cups
- Don’t video while driving
- NO illegal or unsafe activity
- Listen for negative background audio before you post

#### **9. RECRUITING EMAILS AND CONTACTS:**

- Put your name, position and graduating class in the subject of EVERY email
- Email about WHY you are interested in a particular program and school
- Check your email and respond regularly – every other day once you start sending emails
- Send regular email updates on your latest achievements and accomplishments
- Send highlight clips and your club tournament schedule
- Notify coaches/recruiters know when you are planning a visit or going to watch them compete
- Ask questions to generate a response from the recruiting coach
- Respond to all contacts that are interested in you - build leverage
- Be prepared to answer, “Who else is looking at you?” and “What schools are you looking at?”
- Don’t send generic mass emails, “I’m really interested in your program”
- Ask about scholarship money prematurely
- Completing Prospective Athlete or Recruiting Questionnaires

#### **10. RECRUITING PERIODS**

- Update your calendar with dead/quiet period dates (NCAA D1 and D2): It is extremely important to understand these requirements before you schedule college visits.
- NCAA D3 and NAIA have no restrictions on phone or electronic contacts
- Best resource for Recruiting dates [www.ncsasports.org/womens-volleyball/recruiting](http://www.ncsasports.org/womens-volleyball/recruiting)
- Contact Period: During this time, coaches can email, text, call, direct message and contact athletes and their parents.
- Quiet Period: Coaches cannot have face-to-face contact with recruits off campus, such as at an athlete’s school, at an athlete’s games or tournaments. Coaches can only talk to recruits on the coach’s campus or via other electronic communication.
- Dead Period: Coaches cannot have in-person contact with recruits or their families but, can contact recruits via phone, email, social media and other electronic means of communication.
- Evaluation Period: College coaches can watch an athlete compete in person or visit their school but, they cannot communicate with that athlete (or parents) off the college campus. Coaches may talk to the recruit’s coach, teachers or guidance counselor. After the visit, the coach can call or email the recruit about their experience at the school or game.

- [Upcoming Recruiting Periods:](#)
  - December 1, 2023 – February 15, 2024 D1 QUIET PERIOD
  - December 14-17, 2023 D1 EVALUATION PERIOD
  - February 16 – July 31, 2024 D1 CONTACT PERIOD (except for Quiet Period Dates)
  - May 1-30, 2024 D1 QUIET PERIOD
- “SIGNING DAY” National Letter of Intent (NLI) opened 11/8/23 and will close 8/1/24

Description of Contact	D1 Timing	D2 Timing
Electronic contacts	June 15 after Soph Year	June 15 after Soph Year
Unofficial Visits	August 1 before Junior Year	Anytime, unlimited number
Official Visit	August 1 before Junior Year	June 15 after Soph Year
Number of Visits	1 per school, unless head coach changes	1 per school, unless head coach changes
Off Campus Contact	August 1 before Junior Year	June 15 before Junior Year
Verbal Scholarship Offer	June 15 after Soph Year	June 15 after Soph Year

### 11. SHOWCASES, CLINICS and CAMPS

Once you put your profiles out there, you will most likely get invitations to a variety of Showcases, ID Clinics and Camps. Depending on your year and the current recruiting period, if you are actively being recruited, you might receive an invitation to a camp or clinic via phone call or text message directly from the coach. If you get an invitation in the mail or an email invitation it is most likely a mass mailing. If, however, you receive an invitation to an Under Armour Tryout or “Next” Clinic, congratulations, this is an elite invitation only opportunity to train and possibly compete with the best players in the country!

Where to find showcase opportunities:

- [www.collegevolleyballprospectid.com](http://www.collegevolleyballprospectid.com)
- [www.exactsports.com/volleyball/](http://www.exactsports.com/volleyball/)
- [www.prepvolleyball.com/showcases](http://www.prepvolleyball.com/showcases)
- [www.ncsasports.org/womens-volleyball/showcases](http://www.ncsasports.org/womens-volleyball/showcases)

## 12. APPLYING TO COLLEGES:

- **Common App:** Over 1000 Universities use this platform for admissions applications. Although a free service, you may have to pay an admissions fee depending on the university. Some schools may require references, have additional questions to be answered or essays to be submitted, but you save a lot of time not having to duplicate your information for each application. Go to [www.commonapp.org](http://www.commonapp.org)
- **FAFSA:** You may qualify for lower rate federal loans to help pay your college tuition. You can apply on **October 1<sup>st</sup>** and should do so as quickly as possible as federal funds are limited.
- Go to: <https://studentaid.gov/h/apply-for-aid/fafsa>
- **NC Countdown to College Application Week:** Several NC Universities waive their admissions application fees during **NC Countdown to College Application Week**. The list of participating colleges is usually posted on October 1<sup>st</sup> each year on [www.cfnc.org](http://www.cfnc.org) and the free application week is typically Monday thru Friday of the third week in October.
- **Complete your NC Residency Determination:** Go to [www.ncresidency.org](http://www.ncresidency.org)