



## **Tips on the Recruiting Process**

The following material is designed to answer common questions about the recruiting process. It is essential that you (the athlete) and your parents have an understanding about the rules of the NCAA and the Texas High School Associations (UIL, TAPPS, SPC), as they may change yearly. Alamo Volleyball Association wishes you the best in finding the “perfect match” in your academic dreams and volleyball potential in our nation’s collegiate programs.

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## RECRUITING RULES & REGULATIONS

### “University Athlete” online profile

University Athlete is an information company that supplies most all collegiate coaches with information at tournaments. Collegiate coaches pay for this service and it contains information about you and your club team, schedules of play, times of play, venues, etc. You should ALWAYS keep your information up to date in UA (University Athlete) by use of their free web site at [www.universityathlete.com](http://www.universityathlete.com). You can maintain a profile page on their site that you can manage. The information on their site is the information that coach's see about you so be detailed. Many coaches check UA first to find out information on a player that they have seen at a tournament.

### Frequently Asked Questions

#### **1. Who Is Considered A Prospective Student-Athlete?**

You become a prospective student-athlete when:

1. You begin ninth-grade classes; or
2. Before your ninth-grade year, a college gives you, your parents or friends any financial aid or other benefits that the college does not provide generally.

#### **2. What Is Considered an Official Visit?**

Any visit to a college campus by you and your parents paid for by the college. The college may pay the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you visit the college; and
- Reasonable entertainment expenses, including three complimentary admissions into a home athletics contest.
- Before a college may invite you for an official visit, you must provide the college with a copy of your high-school transcript (Division I only) and SAT, ACT or PLAN scores.

#### **3. What Is Considered an Unofficial Visit?**

Any visit to a college not paid for by the college.

#### **4. What Is Considered a Recruiting Contact?**

A recruiting contact occurs any time a coach has face-to-face contact with you or your parents off the college campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

## 5. What Is Considered a Recruiting Evaluation?

An evaluation is an activity by which a coach measures your academic or athletic ability. This would include visiting your high school or watching you practice or compete.

## 6. When is the first chance a college coach may communicate with a prospective student-athlete?

A NCAA member institution may not provide recruiting materials to a prospective student-athlete (including general correspondence related to athletics) until September 1 at the beginning of the prospective student-athlete's junior year in high school. General Correspondence (including emails and instant messages)

### Recruiting Material

You may receive recruiting materials through the mail beginning on September 1<sup>st</sup> of your junior year in high school from coaches, faculty members, and athletic staff members (but NOT boosters). Universities may send you...

- One Media Guide or Recruiting Guide
- General Correspondence (letters, US Postal Service postcards, & institutional note cards)
- NCAA educational information
- Drug Testing Information
- Newspaper Clippings
- One Volleyball Schedule Card
- Coach's Business Card
- E-mail
- Faxes

A university may send you a questionnaire directly before your junior year, but all other information must come through the Admissions Office. A Volleyball Program may, however, send you their camp brochure and new NCAA regulations. A college may only give you a student-athlete handbook on an official or unofficial visit. A college may mail you a handbook once you have signed a National Letter of Intent or been accepted for enrollment.

### Telephone Calls

Telephone calls to a prospective student-athlete [or the prospective student-athlete's relatives or legal guardian(s)] may not be made before July 1 following the completion of the prospective student-athlete's junior year in high school (subject to the exceptions below); thereafter, staff members shall not make such telephone calls more than once per week.

- You may call them collect and it will not count as the one call per week.
- If they call and you are not home (or) they get your answering machine, (or) you're on another line, it does not count as their one call per week.
- Boosters are NOT permitted to call.

You may call a collegiate coach, at your own expense, anytime during your career. You can find most coach's phone number on their institution's website under "Staff Directory".

## **7. When may a prospective student-athlete or their parent call a college coach?**

A prospective student-athlete or their parent may call and talk to a college coach at any time. If a prospective student-athlete leaves a message with a college coach, the coach may not be able to return the call. Please note the telephone call restrictions in question #6.

### **Other Things to Know**

- You and your parents may make a visit to a University, at your own expense, as many times as you'd like.
- You may meet and talk with college coaches on their campus at any time, except for during a "Dead Period".
- You may receive complimentary tickets for yourself and up to 4 parents (mother, father, step-mother, step-father) to any collegiate athletic contest any time you are visiting a University campus.
- During your Senior year, you may take only five (5) official visits:
  - An official visit allows the college you are visiting to pay for you and your parents or guardian to stay on campus. The athlete's meals and transportation, either plane fare or gas mileage, may also be paid for by the college.
  - Colleges may not give an athlete an expense-paid (official visit) unless they have a copy of the score from the SAT, ACT, or PSAT of the high school student.
  - During your official visit (which may not exceed 48 hours), you may receive round-trip transportation between your home (or high school) and the campus, and you (and your parents) may receive meals, lodging, and complimentary admissions to campus athletic events. An NCAA coach may only accompany you on your official visit when the transportation occurs by automobile and all transportation occurs within the 48-hour period. Meals provided to you (and your parents) on an official visit may be provided either on or off the institution's campus.

### **Social Media and College Coaches**

- Facebook – You can be friends with coaches and can message with them. Nothing can be posted on your wall by a coach.
- Twitter – You can follow a coach, but a coach cannot tweet you.

## MAKING A VIDEO TAPE/DVD/STREAMING VIDEO

### Why should I make a video tape/DVD/streaming video?

The NCAA places restrictions on how many coaches are permitted to recruit off campus at one time. In addition, many schools have limited recruiting resources to spend on personal evaluations.

### What is the best way to send a video?

The easiest and most inexpensive is to provide a video attachment or link in an email to a college coach. You can use any video recorder and upload it to YouTube. Otherwise, you can send a DVD, but this will probably cost more money.

### Who should I send my video to?

First, obviously, to schools who request it that you are interested in. Second, to schools you are interested in who have not contacted you. However, you should first send a letter/email your sophomore year in high school, and a “playing” resume to schools you are interested in with the words, “skills video available upon request.” Most schools are looking for a particular position (for example, setter, middle, outside hitter). The information you send in advance of the video will either spur on interest, or not.

### What type of tape should I use?

Use DVD or streaming video. Check [www.universityathlete.com](http://www.universityathlete.com) to see their specifications for streaming video. They may also have guidelines on how to put together your video. You can also create your own website. It is best to provide coaches with information yourself rather than using a recruiting service that does the work for you. Coaches get a ton of emails each day from recruiting services and are more likely to check out something sent directly from you, than from a recruiting service.

### How long should my video tape last?

Just an example of what you can put together. The skills portion should last **no longer than 7 minutes**:

Serving	:30 seconds
Forearm Passing	1:00 minute
Overhead Passing	1:00 minute
Floor Defense/ Run Throughs	1:00 minute
Blocking/Footwork	1:00 minute
Hitting/Transition Hitting	2:00 minute

These can be out-takes from a match or a skills session, whichever is easiest for you. If you are a Setter, cut hitting time to 1:00 minute and add 1:00 minute to setting (overhead passing).

The introduction section should last no longer than 1 minute. The playing portion should be one 25 point game of quality competition. It does not matter whether your team wins or not. Ideally, the game portion should last 12-15 minutes.

The total length of the video should be between 17-22 minutes. Making a video longer than that would be a waste of your time.

### What should I send with the video?

Send a complete outline of what the video contains. For example:

Introduction	1:00 minute
Skill Demonstration	7:00 minutes
Game: _____ vs. Central High	12:00 minutes

In addition, include what number you are, and where you are starting (rotation-wise) on the tape. It is always nice to send a “volleyball resume” along with the video, if you haven’t already sent a resume or filled out a questionnaire.

### What camera angles should I show on my tape?

All camera positions should be stationary. It is not as necessary to show the flight of the ball as it is to show technique and athletic ability. The following are recommended camera positions:

- **Forearm Passing** – Camera should be at the net facing the passer. It is not necessary to show the flight of the ball or the result of the pass. Be sure you move around while passing to show off your athletic ability!!
- **Overhead Passing** – If you are a setter, then it is necessary to show the results of your sets. The camera should be facing the net at a wide enough angle to see where the set goes. However, if you are not a setter, then you should tape the same way as forearm passing.
- **Hitting/Serving** – The camera should be placed at a 45 degree angle to left and right side attacks on the same side of the net. The camera should be stationary and show the entire approach and arm swing. Middle and slide attacks should be shown from behind the hitter. Again, result is not as important as mechanics of the swing.
- **Blocking** – This is the most difficult skill to film. The camera should be facing the blocker attempting to block a live hitter. In addition, blocking and footwork should be shown without using a ball.
- **Individual Defense** – This should be filmed like forearm and overhead passing. Do not have balls hit directly at you. Show off your determination and athletic ability.

### **What should I avoid in making my tape?**

Stay away from the following:

- Highlight tapes of you killing every ball
- Too much time spent on your best skill
- Fancy graphics and intro's that take too much time
- Tape of you warming up before a match
- Game tape of an opponent you beat 15-2
- Moving the camera during skills taping or game taping
- Poor quality tape or dubbing
- Background distractions

### **What should I remember most when making my tape?**

You should always remember the following:

- Keep the camera stationary
- Tape games from one end, just as you would watch a tennis match
- Keep the length of the tape between 17-22 minutes
- Be yourself at all times and show a lot of effort
- In most cases, the techniques and the athletic ability are more important than the results.

## WRITING TO COLLEGES

It is never too early to start writing to colleges, especially if it is a college the athlete really wants to attend. However, please keep in mind that **NCAA rules restrict colleges in responding to only a letter with a questionnaire until the athlete reaches September 1<sup>st</sup> of her junior year.** At that time, colleges may send letters that specifically promote their volleyball program. Writing a letter to a college prior to September 1<sup>st</sup> of the junior year is permissible; just understand there will be no significant information about the volleyball program until the junior year of high school. If the athlete is going to write a school early, it is always a good idea to include a schedule of high school and club play, as well as a practice schedule. This gives coaches the chance to see them play prior to sending information on their volleyball program. If you are writing to a college coach before September 1<sup>st</sup> of your junior year, be sure to include the email address and phone number of your high school and club coach. College coaches are allowed to contact them directly and your coaches can share information that they are provided with. You do not want to make the college coach search for phone numbers and email addresses. A quick link will do the trick.

If your letter is personal, it is much more likely to get a positive response. Many athletes treat the letter writing process as if they were writing and receiving mail from a mail order catalog. Writing letters to colleges is not about marketing the player to the highest bidder. It is about finding the perfect fit of the athlete's abilities, the needs of the athlete, and the needs of the college.

### Drafting a letter and resume

Here are some things to keep in mind when drafting a letter and resume:

#### Do some research of the school:

- Watch the level of play of the colleges in which the player is interested. Be sure the athlete has the capabilities to play at that level before writing the college. Then, place a phone call to the colleges to be sure they are interested in recruiting that position and have available scholarships for the athletes graduating year. This is particularly true for Setters. Many times colleges recruit Setters every other year.
- When writing the college, know something about the college and the volleyball program before you write.

#### Keep the letter and resume simple:

Include important statistics such as:

- Year of graduation
- Height
- Approach jump and standing reach
- Position
- List of references
- What you are looking for in a volleyball program and college experience.

A list of references is more helpful to send than letters of recommendation. This way coaches can make their own contacts and ask important questions about the athlete that may not be covered in the letter. Do not include newspaper articles or statistics. For the most part those pieces of information are only related to that particular area. They really do not tell coaches if the player will be a successful college player.

**Always include a playing schedule:**

Coaches have particular recruiting tournaments they routinely attend. It is always helpful to know when players are going to be at those tournaments. Frequently coaches will remember names that have sent them schedules long before they will remember names of those who did not send this information.

**Write with personality:**

Sending a photograph is a good idea particularly if it is one of you playing. This is an example sending some personality. Remember, you are trying to find a fit of athletic potential and playing level. With coaches receiving hundreds of pieces of mail a year, there is no time for them to sift through the unnecessary mail. Make sure what you send is getting a point across, which is that you are interested in their school and volleyball program.

**Write a follow-up letter:**

If you do not receive a response after four weeks, write a follow-up letter asking if the college is interested in your potential. It is a perfectly legitimate request especially if the athlete has done all of the things mentioned above. It is possible the letter was mishandled or lost; therefore a follow-up letter is a good idea.

**Mention you have a skills video available:**

Colleges need to know if they can see you play. It may not be during the club or high school season when you are writing or contacting colleges. You want to be sure colleges can evaluate you at any time.

**Include references of those coaches who have seen you play:**

As in real life, many times it is all about who you know. Coaches will call references of those coaches who they respect and feel they can get an unbiased opinion. This list can include club coaches, high school coaches and college coaches. Include the coach's name, affiliation, mailing address, email address, and telephone number.

## COLLEGE PROSPECT INFORMATION

### NCAA ELIGIBILITY CENTER WEBSITE:

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

If you register at the old site ([https://web1.ncaa.org/eligibilitycenter/student/index\\_student.html](https://web1.ncaa.org/eligibilitycenter/student/index_student.html)) you will need to transfer soon to the new site.

The link below will provide access to the latest eligibility and recruiting information. Via this link you can access recruiting calendars, Eligibility Center information and the NCAA recruiting chart, which breaks down permissible recruiting activities for each sport beginning with the sophomore year in high school. <http://www.ncaa.org/>

#### General Information on the Eligibility Center Web site

- Register and update information for the eligibility center.
- Link to an information and resource page for prospective student-athletes and parents.
- Online version of the NCAA Guide for the College-Bound Student-Athlete.
- Core-course listings for high schools.
- Home school information.

### Important Information about Division I Initial-Eligibility Changes

#### For the class of 2008 or after: Division I only -- 16 core courses

If you plan to enter college in 2008 or after, you will need to present 16 core courses in the following breakdown:

- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (one must be a lab science)
- 1 year of additional English, math or science
- 2 years of social studies
- 4 years of additional core courses (from any area listed above, or from foreign language, non-doctrinal religion or philosophy)

Click [here](#) to read more about this new rule.

### Information for home-schooled students

Students who were home schooled for any part of high school (grades nine through 12) must now register with the NCAA Eligibility Center. The eligibility center will determine whether student-athletes will be eligible for practice, competition and institutional financial aid at an NCAA Division I or Division II institution during their freshman year.

The eligibility center will perform preliminary and final certification reports for home-schooled students. The preliminary analysis of a student's academic record will enable the student to become aware of any deficiencies in their academic record and allow the student to rectify those deficiencies prior to high school graduation.

It is important to note that before a preliminary certification may be performed, the eligibility center must receive the Transcript Release Form (or registration form, which may be completed via the Internet), the registration fee, a transcript with at least six semesters represented, and official test scores on the ACT and/or SAT.

After high school graduation, once the eligibility center receives the student's final transcript and proof of graduation, the eligibility center will perform a final certification.

- Home-schooled students should register with the eligibility center by visiting the eligibility center Web site at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). From there, click on "Prospective Student-Athletes," then "U.S. Students Register Here" and follow the prompts.

## Computer science being eliminated for core-course purposes

Computer science courses will no longer be able to be used for initial-eligibility purposes. This rule was effective August 1, 2005, for students first entering a collegiate institution on or after August 1, 2005. Computer science courses (such as programming) that are taught through the mathematics or natural/physical science departments and receive either math or science credit and are on the high school's list of approved core courses as math or science may be used after the August 1, 2005, date.

## Changes in SAT/ACT

The SAT and ACT have made changes to their tests; one of the most significant changes is the addition of a writing component. On both the SAT and ACT, students will be asked to write an essay. The SAT writing section is mandatory, while the ACT writing section is optional.

The SAT will now have three parts: critical reading (formerly known as verbal), mathematics, and writing. Since each section is worth 200-800 points, the SAT score will now range from 600-2400.

### Will the NCAA require a writing test as part of its initial-eligibility requirements?

The NCAA has determined that the writing component should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component.

### How will the eligibility center use the scores on the new SAT?

The eligibility center will combine the critical reading and math sections for the combined score. The writing section will not be used. **The eligibility center will use scores from the new SAT in combination with scores from the current SAT for the combined score.**

### What about ACT?

ACT is also adding a writing component, but the ACT writing component is optional. The scores on the ACT will remain the same.

### Where can I get more information?

The College Board has information about the new SAT on its Web site at [www.collegeboard.com](http://www.collegeboard.com) and ACT has information at [www.act.org](http://www.act.org).

*Specific questions regarding any of the information on this page may be answered by contacting the eligibility center staff at 877/262-1492.*

## Recruiting Timeline – What you need to do:

### **FRESHMAN YEAR: (fall semester, spring semester)**

- Know that every “core” class you take will count toward your 16 core courses that the NCAA Clearinghouse uses to determine your eligibility. Only letter grades (A, B, C, D, F) matter to them so an 81 and an 89 are the same. Get that next letter grade!
- Update your University Athlete profile as club season begins and check it often to make sure it is updated.
- Send back every questionnaire you receive from a volleyball program, even if you think you may not want to attend there. You are still just a freshman and you most likely haven’t had an opportunity to experience enough to know exactly what you want.
- Work hard to develop your skills as you are only a couple years away from making a collegiate choice.

### **SOPHOMORE YEAR: (summer before, fall semester, spring semester)**

- Develop an initial broad list of universities and programs in which you feel you may be interested over the summer
- Attend a summer camp of a school on your list
- Put together an initial athletic resume as your high school season starts and send it to your programs of interest
- Attend as many college matches as possible of any collegiate schools that are convenient to attend. It will give you great insight into the collegiate game.
- Update your University Athlete profile as club season begins and check it often to make sure it is updated.
- Email the coach of the universities on your list at the start of both your high school and club season, letting them know who you are, your grad year, the teams on which you are playing, your high school or club schedules, and your interest in their program. Always address them direct and avoid mass emails. They are not effective. Remember as well that they cannot email you back yet.
- Work hard and continue developing your skills as you are one year away from the possibility of having collegiate offers

### **JUNIOR YEAR: (summer before, fall semester, spring semester)**

- Begin refining that list of universities in which you are interested over the summer.
- Elevate the exploration process by attending at least one summer camp of a school on your list and more if possible
- Send updated high school schedules to schools of interest
- Attend as many college matches of schools on your list and possibly combine that with an unofficial visit
- Register with the NCAA Clearinghouse and take SAT and ACT tests during your junior year and have scores sent to clearinghouse
- Update your University Athlete profile as the club season begins
- Send an updated athletic resume with new club team information and schedules
- Begin to correspond with your schools of interest after September 1<sup>st</sup> via email and try to gauge their level of interest. It is also okay to ask after you have created a dialogue. It is also okay to pick up the phone and call.
- Put together a video and send to your programs of interest during the high school season or very early in the club season if they have not seen you play in person.
- Take more unofficial visits during the club season (especially if the coach invites you) to talk with the coaching staff and gauge their level of interest in offering a position

- Work hard, play relaxed, and carefully evaluate each verbal offer making sure you are not pushed into a decision and be prepared to stand by that decision

### **SENIOR YEAR: (summer before, fall semester, spring semester)**

- Begin talking verbally with coaches over the phone after July 1<sup>st</sup>.
- Attend summer camps of schools on your list to help narrow your list
- Send an updated high school schedule to schools on your list
- Schedule and take official visits, max of 5 total
- Sign during the early signing period if you have made a verbal commitment
- If you have not received an offer, then re-evaluate your potential and prepare to sign in the late signing period
- Update your UA profile and make sure you are listed as an “unsigned senior”
- Contact schools as your club season begins and ask what remaining position they have available as things happen VERY fast during January and February of your senior club season. Make sure schools in which you are interested know that you are still available.
- Sign in the late signing period.

## **Different Levels and What They Offer:**

### **NCAA Division I**

- 327 schools with lots of different levels of play
- 12 Full Scholarships

### **NCAA Division II**

- 286 schools with lots of different levels of play
- 8 Full Scholarships

### **NCAA Division III**

- 437 schools with lots of different levels of play
- Academic-based Scholarships

### **NAIA**

- 244 schools with lots of different levels of play
- 8 Full Scholarships

### **NJCAA Division I**

- 97 schools with lots of different levels of play
- 14 Full Scholarships

### **NJCAA Division II**

- 124 schools
- 14 Full Scholarships – Tuition, Fees, Books

### **NJCAA Division III**

- 84 schools
- Academic-based Scholarships

## **Website References:**

Register for ACT college exam: [www.act.org](http://www.act.org)

Register for SAT college exam: [www.collegeboard.com](http://www.collegeboard.com)

Register for eligibility with NCAA Division I and Division II:  
[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

Apply for financial aid: [www.fafsa.gov](http://www.fafsa.gov)

Register for ACT college exam: [www.act.org](http://www.act.org)

NCAA Recruiting rules and information: [www.ncaa.org](http://www.ncaa.org)

Links to all public and private 2-4 year colleges/universities in 6 different states: [www.univsource.com](http://www.univsource.com)