

Recruiting Seminar

D1, D2, D3 scholarship differences

D1- 'counter' sport with 12 scholarships to give if fully funded

D2- not a counter-can split 8 full equivalents amongst any number

D3- no sports scholarships, but you would be surprised at the financial aid packages

NAIA-they have scholarship money-based on what the school can afford. Most players get a piece-meal package at NAIA, D2, and D3.

*there are very few recruiting rules for NAIA

Recruiting websites: RichKern.com, UniversityAthlete.com, prepvolleyball.com

Rich Kern is a volleyball guru-he trends all signees/commitments according to class, height, position, geography, etc. It is a valuable resource at \$25/year.

University Athlete is free for the recruits. It is the coaches who pay. When you are at the big tourneys and see the college coaches with palm pilots/smartphones constantly accessing them, they are using UA software. The whole tournament field (15-18) is uploaded for coaches. They have the player info and court/pool/time info as well. They can take notes and return to office to upload to the main UA server. You can update your UA profile! If you don't, they will have the general info from the club—(Year, height).

PrepVolleyball.com is a fun resource. There are awards given for 'Defensive Dandies', 'Frosh 59' for example. The college coaches do access this info as a starting point for early recruiting. They also can access lists of national teams, national HP teams, regional HP teams (although these hold less significance in recent years).

There are other sites that are interesting. Volleytalk.net is a free site that is a bit gossipy, but you can see coaching movement, top recruit conjecture, college volleyball conjecture, etc. One can learn a lot about inner workings and the other side of sport (transfer, quitting, coaches fired, etc.) on Volleytalk.

Recruiting Timeline

Coaches get evaluation days, phone calls, and contacts. An eval is whenever a coach watches a recruit. A coach will log an eval day each time he/she goes on the road recruiting. Names of players are not always logged (especially for the big tourneys), but if a coach observed practice, the coach would log the recruit's name, too, as they only seven evals of a player. A phone call is defined or limited from the coaches' side only. A recruit can call a coach any number of times, just not vice-versa. A contact is

an in-person visit with a player, talking extensively about the program (not just a hello in the gym). Home visits (which are becoming rare), official visits count as contacts.

A recruit is defined as a high school-aged student-athlete. However, letters (except for one intro letter) can begin Junior Year. Top recruits will get an intro letter to attend camp or visit campus on an unofficial visit. Phone calls can begin July 1 of Senior Year, with a one call exception in March of junior year, as of now.

Official/Unofficial visits—an official visit is one paid for by the school. A recruit gets 5 of these and they are documented. An official visit can happen once Senior Year begins. Most visits are happening before senior year, however—at least for the D1 and D2 schools.

What can you do?

Update UA profile

Send e-mails to coaches (you should e-mail at least 100 schools if you are seriously marketing yourself).

Attend a D2 or NAIA tryout, as rules permit a tryout. D2 timeframe is spring, NAIA is whenever.

Attend a recruiting combine. Team Indiana, KIVA, Munciana, Premier all have these. There is also one the night before the Bluegrass PreQualifier. These combines can be attended by freshman and up, but the smaller school coaches are generally there, and they are watching juniors and seniors.

Improve your jump! Coaches want the best athletes possible, and the higher the vertical, the more angles of shots a hitter can achieve versus an athletic block. The block becomes more and more of a factor as players age. Increasing vertical is easier said than done. Squats, lunges, and sprints all help. One does not have to hire a trainer for results, but inform yourself about plyometrics and lifts.

Should you hire a recruiting service?? I would say no. They are expensive and you can do what they do. Market yourself by e-mailing tons of programs. Let them know of your interest. Let them know your playing schedule or practice schedule. Send them a recruiting video or a link to one.

We do videos here for players with FlipBox Productions. They do a great job. Dan Wanstrath is also doing videos. You could do your own, too! It doesn't have to be glossy! You can always send game footage. It would be smart to film games, or get together as parents and decide who will film.

A recruiting skills film should be done before coaches go out to the qualifiers and big tournaments. Use it as a teaser for the coach to come to your court and watch.

*Coaches are looking for height, verticality, pace of hitting, and general skills—probably in that order! Ball control can be practiced thousands of times, but how high a player touches is mostly God-given. That being said, don't be surprised that the player hitting the back wall is being recruited—if she is high, and has a live arm, the control can be mastered in most cases. Also, the libero/DS players will be recruited on a later time frame. There is a scarcity of good athletes who are very tall—they get recruited first. There are more players of average height in the talent pool, and getting separation in evaluations takes more time. Exceptional DS players who can get on defensive lists will likely be recruited earlier. It is likely that DS players will still be unsigned well into senior year, however. So don't panic, and stay the course if your daughter wants to play college volleyball.

In my experience as a coach, HAPPINESS is the most important thing for your family. Players who sit the bench for 3 years in college are not happy. If you are overly enamored with large volleyball programs, there is danger that your daughter will get over-recruited. Make sure that your daughter will impact the program early in her career—that ensures a happier volleyball experience.

The list of reasons to pick a school should be academic fit, size, location, then volleyball. If someone gets hurt or disenchanted with volleyball, hopefully the school is still a good fit. There is an epidemic of transferring at the higher levels. Sally is used to being the stud player, and now she is second or third string. She will look elsewhere to play. It is not a horrible thing, but it can be tough, so choose wisely!