



## College Recruiting Short Term Checklist

### Researching Schools:

- Dream List 20+ Schools
- Location / Major / Program

### Eligibility:

- Update NCAA Eligibility Profile
- Required Classes / Grades and GPA

### Highlight Video:

- 2 Min Video / Highlight Film
- Make a University Athlete Account

### Make First Contact:

- Email Coaches

### NOTES:

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## Recruiting Plan:

<b>Grade</b>	<b>Expectation</b>
Freshman	Start planning now: take the right courses and work hard to earn the best grades possible. Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes. Or, find your high school's list of NCAA-approved courses at <a href="http://eligibilitycenter.org">eligibilitycenter.org</a> . Indoor players need to create a University Athlete account at <a href="http://universityathlete.com">universityathlete.com</a> .
Sophomore	Register with the NCAA Eligibility Center at <a href="http://eligibilitycenter.org">eligibilitycenter.org</a> . If you fall behind on courses, do not take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs that you can take.
Junior	Check with your counselor to make sure you will graduate on time with the required number of NCAA-approved courses. Take the ACT or SAT and submit your scores to the NCAA using code 9999. At the end of the year, ask your counselor to send or upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, you will need to submit an official transcript for each school. Make sure you are on track to graduate on time with your class.
Senior	Complete your final NCAA courses as you prepare for graduation. Take the ACT or SAT again, if necessary, and submit your scores to the NCAA using code 9999. Request your final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees) in your NCAA Eligibility Center account at <a href="http://eligibilitycenter.org">eligibilitycenter.org</a> . After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center. Only students on an NCAA Division I or II request list will receive a certification.

# Volleyball Recruiting Timeline

## Freshman

- Research 2-3 schools per week
- Create a list of 100 prospective schools, consider both athletics and academics
- Film highlights tape
- Send introduction letters to coaches
- Make college coaches familiar with you by sending emails throughout your season

## Sophomore

- Film your highlights tape
- Narrow your list of schools
- Attend summer camps with the goals of honoring your skills and to gain exposure
- Continue to research prospective schools
- Continue to build relationships with coaches by emailing them
- Fill out questionnaires

## Junior

- Film your highlights tape
- Follow-up with coaches you contacted in a TIMELY manner
- Find camps to join
- June 15 - send and receive calls and emails from prospective coaches
- Ask coaches where you stand on their recruits list
- Respond to EVERY coach
- Make official visits – only 5 allowed
- Narrow down your prospective schools list

## Senior

- Continue to make official visits
- Apply to schools – applications
- Sign and Commit to a school and program (signing period in April)
- Find out summer workout schedule
- Get ready for an experience of a lifetime

## **DIVISION I, II, & III ACADEMIC STANDARDS**

To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate from high school and meet ALL the following requirements:

Complete a total of 16 NCAA core courses in the following areas: 4 years of English

- + 3 years of math (Algebra 1 or higher)
- + 2 years of natural/physical science (including one year of lab science if offered)
- + 2 years of social science
- + 1 additional year of English, math or natural/physical science
- + 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses complete to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement.

### *NCAA Division II Academic Eligibility requirements*

To be eligible to compete in NCAA sports during your first year at a Division II school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. You must graduate high school and meet ALL the following requirements:

Complete a total of 16 core courses:

- + 3 years of English
- + 2 years of math (Algebra 1 or higher)
- + 2 years of natural/physical science (including one year of lab science if offered)
- + 2 years of social science
- + 3 additional years of English, math or natural/physical science
- + 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

Earn at least a 2.200 GPA in your core courses

### *NCAA Division III Academic Eligibility requirements*

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts athletics and academics and focus on regional in-season and conference play.

While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions and eligibility standards. You can visit [NCAA.org/d3](http://NCAA.org/d3) or contact the Division III school you are planning to attend.

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

**ACADEMIC REDSHIRT**

## IMPORTANT TERMS

**Celebratory Standardized Signing Form (a form used by Division III institutions):** a standard NCAA provided, non binding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.

**Contact:** A contact happens any time a college coach says more than hello during a face-to-face meeting with you or your parents off the college's campus.

**Contact period:** During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete or visit your high school and write or telephone you or your parents.

**Dead period:** A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and/or call you or your parents during this time.

**Evaluation:** An evaluation happens when a college coach observes you during practice or a competition.

**Evaluation period:** During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college's campus during an evaluation period.

**Financial aid (scholarship):** Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need or academic achievement.

**Five-year clock:** If you play at a Division I school, you have five-calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, if you do not attend school or even if you go part time during your college career.

**Full-time student:** Each school determines what full-time status means. Typically, you are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.

**Grey shirt:** Athlete waits an extra semester to become a full-time student and part of the team.  
**International student:** An international student is any student who is enrolled in a secondary school outside the United States.

**Institutional Request List:** An Institutional Request List (IRL) is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of activating a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school's interest in having an academic certification decision for the student-athlete.

**Official commitment:** When you officially commit to attend a Division I or II college, you sign a National Letter of Intent, and agree to attend that school for one academic year.

**Official visit:** During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (Division I allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and ACT, SAT or PLAN score (test scores are required for Division I only) and register with the NCAA Eligibility Center.

**Quiet period:** During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or call you or your parents during this time.

**Red shirt:** A Red Shirt Freshman is a student on an NCAA college sports team who was kept out of competition for a year in order to prolong his or her eligibility. Usually this is done to allow the student to be a "part" of the team in terms of learning, healing from injury, and/or conditioning, but not a participant in any of the contests/games/meets/etc.

**Recruited:** If a college coach calls you more than once, contacts you off campus, pays your expenses to visit the campus, or in Divisions I and II, issues you a National Letter of Intent or a written offer of financial aid, you are considered to be recruited.

**Recruiting calendar:** NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

**Season of competition:** Generally, NCAA rules say that any competition in a season — regardless of the amount of time — counts as having played a season in that sport. If you play any time during a season, regardless of how long you played, it counts as having played for an entire season in that sport. Your season of competition starts when you spend one second in competition on the field, court, gym or track.

**Ten-semester/15-quarter clock:** If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.

**Two-year college:** A school where students can earn an Associate of Arts (AA) degree, an Associate of Science (AS) degree or an Associate of Applied Science degree within two years. Some people call these schools community colleges or junior colleges.

**Unofficial visit:** Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

**Verbal commitment:** A verbal commitment happens when you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school and can be made at any time.

**Walk-on or Preferred Walk-on:** Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.

## **Scholarships**

NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships. Only about 2 percent of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books, and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room, board and course-related books and supplies. Most student-athletes who receive athletics scholarships receive an amount covering a portion of these costs. Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and need-based aid such as Federal Pell Grants. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, you should contact your NCAA school's financial aid office and athletics department for help.

Division I schools may provide you with multiyear scholarships. Additionally, Division I schools may pay for you to finish your bachelor's or master's degrees after you finish playing NCAA sports. NCAA rules require you to be registered with the NCAA Eligibility Center in order to be recruited, to go on an official visit, to receive an offer of financial aid or to sign a National Letter of Intent, but it is not required for you to receive an academic evaluation before any of these. If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 and provide an opportunity for you to appeal. In most cases, the head coach decides who receives a scholarship, the scholarship amount and whether it will be renewed.

## **National Letter of Intent**

A National Letter of Intent (NLI) is signed by you agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid for a minimum of one academic year to you as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools. If you sign an NLI but decide to attend another college, you may request a release from your contract with the school. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about NLI, visit the website [national-letter.org](http://national-letter.org). Do walk-ons sign a NLI?

If you are not going to be receiving an athletic scholarship (only available at NAIA, NCAA DI and DII schools) then you technically don't have to sign anything on signing day. Non-scholarship athletes do not need to sign an NLI, but that doesn't mean they shouldn't have something there to celebrate their achievement.

## FAQs

### **When should I start the recruiting process?**

Best to start during your freshman year.

### **How important are grades and test scores?**

Important, as good as your statistics in volleyball.

### **What is an official and unofficial visit?**

Official is where the visit is paid for by the team or athletic department. Unofficial is where you visit the college at your own expense.

### **What should I look for in a potential college?**

As an athlete you have more to think about when considering what school you might want to attend than a normal student. You need to consider the normal things like the educational and social opportunities, but also does the athletic program fit what you are looking for. Here are some of the questions I use when helping athletes.

### **When can I contact a college coach?**

You are allowed to email a college coach at any time. You can only call them or receive a call after June 15 before your junior year. NCAA rules restrict when and how a coach can respond to you; but that doesn't mean you shouldn't be reaching out to coaches as soon as you identify that school as one you are interested in.

## **What questions can I ask when calling a coach for the first time?**

To help you prepare for your first contact with a coach it's always a good idea to write out your questions ahead of time so that way you can make sure you cover all your bases and you can easily take notes. The more you communicate with the coach, the easier it will be to figure out if you are both on the same page. Is there a connection between you and the coach? Do you feel comfortable? Is this someone you can imagine playing for? When you make first contact with them, you'll want to make sure you walk away knowing the answers to these questions.

1. **Can I meet with you if I make an unofficial visit?** Unofficial visits are vital to coaches. This is a great way for them to meet you in person before your senior year. If a coach doesn't seem interested in meeting you while you're on an unofficial visit, this might be very telling and will let you know that they are not interested in you as a recruit.
2. **Where do you typically evaluate your recruits?** Coaches normally look at videos, but they always have particular tournaments, meets, showcases, or camps where they evaluate athletes. If you have a clearer picture of where a coach is going to be, then you can make your schedule available to be at those events as well.
3. **Do you have any camps, tournaments, or showcases you recommend I attend?** This question sits hand in hand with the previous question you should ask. If they tell you to go to a certain camp or showcase, it not only means they use that particular event as an evaluation tool, but the athletes that go to those particular events are the caliber of athletes that they are looking for. This will give you a great gauge of where to be and how good you need to be.
4. **How is your recruiting class looking for your graduation year?** This will allow you to know where you stand among your recruiting class. Coaches may not disclose who they're recruiting and the depth that they're recruiting for your particular position, but you will have a clearer picture of what to expect during your recruiting year.
5. **What is the best way for you to update them on your progress?** You will want to make it as convenient as possible for coaches to get your updates. They all have preferred methods, and you'll want to make sure you know what their preference is.
6. **What does it take to earn a scholarship from your program?** Make sure you ask the coach up front what they are looking for in a recruit both academically and athletically. This will tell you right off the bat if you are a good fit for their program or where you will need to improve in order to line up with the rest of the team.
7. **What are good academic goals for your university?** This will allow you to make sure that you are on target to qualify for the university on an academic level. Many times students meet or exceed athletic requirements for a program, but are denied recruitment because they don't meet the academic qualifications for the university. Asking a coach what the academic requirements are, will let you know if you are even able to be recruited by them.
8. **What is my coach's role in recruiting?** Many high school athletes assume that their high school or club coach will get them recruited to a college athletic program. Most of the time, this is not the case. While your coach is a terrific resource when it comes to advice and tips for recruiting, they will not do the work for you. If your goal is to get recruited to play in college, it is up to you, not your coach.
9. **Do I need a recruiting highlight video?** College coaches use recruiting highlight videos to decide if they want to pursue and recruit an athlete. Despite what you might think, coaches aren't discovering talent when they attend games or tournaments. They come to these events with a specific list of recruits they want to make second and third evaluations of; they make their initial evaluations on the athletes highlight or skills tape. The video should be a maximum of 2 minutes. Start with your best plays first and make it easy to identify yourself.