

COLLEGE RECRUITING GUIDE

Northeast Volleyball Club supports our club athletes by providing general guidance and specific services throughout the college recruiting process. Our goal is to guide our athletes through their college recruiting journey and make it a positive experience for our athletes and families.





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Introduction

Northeast Volleyball Club supports our club athletes by providing general guidance and specific services throughout the college recruiting process. Our goal is to guide our athletes through their college recruiting journey and make it a positive experience for our athletes and families - *not to do the work for you*. We encourage our athletes to take control of their recruiting journey and put in the time in Grades 9-11 in order to have options in their junior and senior year.

For athletes in age groups U15 and up, Northeast will offer [individual meetings](#) with each player and their parents with our Recruiting Director. The goal of these meetings is to provide a clear path forward for our athletes and set up lines of communication with our directors to help them achieve their goals. *These meetings will be 30 minutes long with a specific purpose (or two) -, and we ask that the athletes or parents take notes and send a recap email with action steps to keep everyone on track.*

Director of Recruiting

Cat Dailey Minyard

(949)533-8032

recruiting@northeastvbc.com

[Link to Calendly set up 1-on-1 meetings](#)

To begin, these meetings will be 30 minutes long with a specific purpose (or two) - and we ask that the athletes/parents take notes and send a recap with action steps to keep everyone on track. Please take a look at “what to do ahead of time” in the Calendly link as well!

And don't forget - one of the most important things you can do to help your recruiting process is to **get 1% better every day on the courts and in the gym!**



First Things First!

Before you fully dive into the college recruiting process, there are a few key first steps to take to set yourself up for success:

1. We recommend making an email account specific to recruiting so college coaches can identify you easily - [NamePositionHSGradYear@gmail.com](#) (example: [CatMinyardOH2021@gmail.com](#). You can set up an “alias” in Gmail or other accounts so it goes to your Inbox). We recommend that parents have access to this account to ensure follow-up.
2. Update your University Athlete profile ASAP with a photo, jersey number, stats, academic information, personal info, etc. It’s also helpful to add a Youtube or Hudl link on the “Personal” section of your University Athlete profile so coaches can access that easily. You likely already have an account if you are on a USA Volleyball roster with our club, so you just need to [create an Athlete account](#). There are other sites you can create profiles on, but *University Athlete is the site that college coaches reference the most while at tournaments*. If you are looking at high academic schools, please make sure your academic info is included!
3. Start filming, or if your team has Hudl, start creating playlists from each tournament/event and compiling highlights. Make note of any *full matches* where you play well, as many coaches may want to watch a whole match once they get serious about recruiting you. This will be an ongoing part of the process, but better to start it now!
4. Start researching a couple of schools per week, and look at both the school AND the volleyball program. Youtube is a fantastic resource, as most schools have [archived matches](#) there, so you can see the level of play at each school.

Done with Steps 1-4? You’re off to a good start... now the real work starts!



Recruiting Year-by-Year Overview

Freshman Year: GET BETTER at volleyball, have fun, and focus on your academics! Take appropriate courses and get the best grades that you can. hard, have fun, work on conditioning and get good grades. Start *thinking* about the type of college experience you want - What size school? City or rural? Close to home? - and start roughing out a list, but don't stress. This is also a good time to ask your high school counselor for a list of your school's NCAA-approved courses to make sure you're on track (or check for your school's list of courses at eligibilitycenter.org). This would also be a good time to update your [University Athlete](#) profile. In terms of camps, this is a good time to go to local camps or just go to a camp to get better. If you do visit any local DI/DII schools this year, just note that you won't be able to meet with the volleyball coaches until Junior Year.

Sophomore Year: This year, starting making and updating a broad list of schools throughout the year, and continue to focus on your schoolwork. Cast a WIDE NET (range of different divisions, types of schools, conferences) and see where you get interest and momentum. Put together a highlight video and personalized email to coaches and start reaching out to coaches to get on their radar. Summer after sophomore year is also an important time to attend some summer camps at colleges you are interested in (sign up in the winter or early spring!). If there is any chance you will play Division I or Division II volleyball, you should also register with the NCAA Eligibility Center at eligibilitycenter.org.

Please note that June 15 AFTER Sophomore year is a key date - Division I schools can now reach out to you and have back-and-forth contact. Make sure coaches have your cell phone number before this date, so they can call or text you on June 15!

Look into winter or spring clinics at local schools or schools you are interested in - this is one way that coaches have gotten around the new recruiting rules, because younger players can visit the school and participate in a Winter/Spring clinic before Junior Year.

Junior Year: Time to start narrowing your search a bit and communicating often with college coaches often while keeping up academics (remember that DI/DII coaches can now have back-and-forth contact with you starting June 15 before this year). You may have attended some college camps after Sophomore Year, so keep an eye out for winter/spring clinics at the schools you're interested in as well. By



this point, you may have a good sense for the type of school and volleyball program you want. You may have a big list of 20-30 schools, or you may be down to 8-12 schools if you're further along. Keep in mind that the different divisions and conferences have different timelines as well (Division I is earliest, Division III is latest)! This will also be the time you'll prep for and take your SATs/ACTs, and check with your counselor to ensure you will graduate on time with the required number of NCAA-approved courses (for Division I/II prospects, your counselor will also need to upload your official transcript to eligibilitycenter.org at the end of the year).

Senior Year: Time to start making decisions! If you haven't yet, you will need to be pretty assertive this year with your recruiting process to understand your realistic chances and next steps. If you are looking at Division III schools, coaches will be making decisions in the fall/early winter depending on their timelines. If you are planning to play Division I or II, you likely already have your roster spot confirmed and you'll need to confirm your amateurism certification and have your counselor upload your final official transcript and proof of graduation to eligibilitycenter.org



Recruiting Calendars & Timeline

[NCAA Division I & II Recruiting Calendars \(updated with new rules\)](#)

FRESHMAN YEAR

- Research 2-3 schools per week
- Make a broad list of ~50 potential schools (look at athletics and academics)
- Gather film and make a highlight video
- Visit some local colleges and/or attend local summer camps
- Start to get on coaches radar by sending introduction emails with video

*NOTE: In grade 9-10, athletes can call OR email about **camps**, and coaches can reply (phone call OR email) about camps.*

SOPHOMORE YEAR

- Gather film and make highlight videos for each tournament
- Continue to research schools, and start to refine/narrow your list of schools
- Continue to reach out to coaches (more often) in preparation for June 15 date
- Fill out recruiting questionnaires
- Visit schools (you can observe a practice - have the director call to get schedule)
- For DIII, athletes can play in a winter/spring open gym (no coach)
- Attend college summer camps before junior year

KEY DATE: June 15 after Soph Year -
Back-and-forth contact allowed (DI/DII)

KEY DATE: August 1 after Soph Year -
Official and unofficial visits now allowed (DI/DII)

JUNIOR YEAR

- Make highlight videos for each tournament and send them out
- Continue to build relationships with coaches via calls and emails
- Narrow down your list and ask coaches where you stand (not on the first call!). *Parents can also ask this as you decide which camps to attend and where to visit.*
- Respond to EVERY coach!!
- Make your unofficial visits (unlimited) or official visits (only 5 allowed) and attend summer camps

SENIOR YEAR

- Continue to make official visits
- Apply to schools (and keep your academics up!)
- Sign and commit to a school and program!
- Find out summer workout schedule and get ready for fall preseason!



Sample Recruiting Templates

Email to Coach - Make sure you personalize these with the coach's name and the name of the school. Even better - add something about their season or social media to show you did your research! The template below is pretty standard - we recommend that you personalize it into your own words and so that your personality comes through - but make sure to include the important academic and athletic information and a link to your highlight video. You can attach your volleyball resume if you have one, but it's not required.

- [Recruiting Email Template \(for introduction\)](#)

PRO TIP: Send all emails from your PERSONAL email, not through NCSA or other recruiting sites, as those may get deleted by college coaches.

Highlight Video - Remember that your highlight video is the coach's first (and often second or third) chance to evaluate you. A great highlight video can get you on a coach's "watch list" and should hopefully entice a coach to see you live!

- [Sample Attacker Highlight Video / Sample Attacker Highlight Video](#)
- [Sample Setter Highlight Video](#)

Volleyball Resume - This is a good way to compile all your basic volleyball and academic stats in a one page format (with a photo). If you have an online profile, you can also direct coaches to that. Keep it to one page!

- [Sample Volleyball Resume](#)

Timeline - This is for your personal use. Some people use Google Sheets, some use pen and paper, but I would recommend figuring out some system that keeps you organized and on track with deadlines. You'll also want a college list to track which coaches you've reached out to and their feedback/camp dates/etc.

- [Sample Recruiting Timeline](#)



1-on-1 Meetings

Starting in 2020, Northeast will offer [1-on-1 meetings](#) with each player and their parents with Director Cat Dailey Minyard for high school age athletes. The goal of these meetings is to provide a clear path forward for our athletes and set up lines of communication with our directors to help them achieve their goals.

All 1-on-1 meetings should be scheduled using the meeting scheduler below and can be held at NEVBC or virtually on Google Hangouts.

Director of Recruiting - Cat Dailey Minyard

(949)533-8032

recruiting@northeastvbc.com

[Link to Calendly set up 1-on-1 meetings](#)

To begin, these meetings will be 30 minutes long with a specific purpose (or two) - and we ask that the athletes/parents take notes and send a recap with action steps to keep everyone on track. Please take a look at “what to do ahead of time” in the Calendly link as well!

30 Minutes - College List Review Session ▶

We will review your current college list and discuss additions and ideas. The goal of this meeting is to leave with an updated college list so you can reach out to ...

30 Minutes - Highlight Video / VB Resume Review Session ▶

We will review your current highlight video (or a playlist of clips on Hudl) and/or your VB Resume and discuss feedback. The goal of this meeting is to leave with a...

30 Minutes - College Timeline Review Session ▶

We will review your current college timeline and discuss changes and ideas. The goal of this meeting is to leave with an updated timeline and plan for your recruit...

15 Minutes - Summer Camp Schedule Review Session ▶

We will review your current summer schedule and discuss options and ideas - including individual college camps, multi-school camps/showcases, and training at NEVBC....



NEVBC Alumni & Commitments

Class of 2019

Lily Traum - Springfield College, MA (Division III, Upstate Collegiate Athletic Association)

Class of 2020

Mathilde Verbitsky - Dickinson College, PA (Division III, Centennial Conference)

Margaret Nolan - Central Connecticut State University, CT (Division I, Northeast Conference)

Caroline Boyd - Connecticut College, CT (Division III, NESCAC Conference)

Kat Henrich - St. Laurence College, NY (Division III, Liberty League)

Class of 2021

Emma Appleman - College of Charleston, SC (Division I, Colonial Athletic Association)



College Camps & Showcases

Camps and showcases are a great opportunity to play with and against different athletes and be coached by college coaches. However, good video and a relationship with the coach is the most important thing - merely showing up to a camp is not enough! Before attending any camp or showcases, definitely reach out to the coach(es) with video... and always follow up with a thank you after camp!

PRO TIP: Ask the coach if they're recruiting your position and if they're interested in you (or have your club coach/director ask) before booking the camp to ensure you're not wasting your time and money!

Once you are being heavily recruited by a specific school (or you know it is a top choice and both you/the coach have expressed interest), we recommend attending that school's specific Prospect Camp if you are can. This is an opportunity to play in their gym, be coached by them, and show your serious interest and intent.

USA Volleyball and Region High Performance tryouts are an opportunity to see where you stack up among your regional and national recruits at your age. College coaches sometimes attend, but these are not "showcases" or recruiting events.

College Camps & Multi-School Showcases - *Advance registration required*

- [Exact College Showcases](#) (various dates and locations)
- [Sunshine College Camp](#) (May 2020, California)
- [NYC Juniors High Academic Prospect Camp](#) (Date TBD, NYC)
- [T Street College Camp](#) (June 2020, California)
- [CollEDGE Camp](#) (July 2020, Connecticut and Pennsylvania)
- [Yale Volleyball Camp](#) (July/August 2020, New Haven, CT)
- Winter/Spring One-Day Clinics - Check each school's website for these!

USA Volleyball High Performance Tryouts - *Advance registration required*

- [USA Volleyball Junior National Team/High Performance Tryouts](#) (various dates and locations nationally, usually held the night before national qualifiers, such as the Boston tournament and Windy City)
- [USA Volleyball New England Region High Performance Tryouts](#) (various dates and locations in New England)



Financial Aid & Scholarships

NCAA Division I/II schools provide athletic scholarships to more than 150,000 student-athletes every year. Ivy League schools (Division I) and Division III schools do not offer athletics scholarships, only need-based or merit scholarships. Keep in mind that only a small (<2%) of high school volleyball athletes are awarded athletics scholarships to play in college.

- Division I scholarships may cover full tuition and fees, room and board, books, and other expenses related to attendance at the school. Division I schools may provide you with multi-year scholarships (4 year, 2 year, 1 year, etc). Additionally, Division I schools may pay for you to finish your bachelor's or master's degrees after you finish playing NCAA sports.
- Division II scholarships cover tuition and fees, room, board and school-related books and supplies. Most Division II athletics scholarships cover a *portion* of these costs, and many athletes also benefit from academic scholarships, NCAA financial aid programs such as the Student-Athlete Opportunity Fund, or need-based aid such as Federal Pell Grants.

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. In most cases, the head coach decides who receives a scholarship, the scholarship amount, and whether it will be renewed.



FAQs

When should I start the college recruiting process?

We recommend starting during your freshman year and ramping up your sophomore year, although you can find success starting later if you move fast.

How important are academics (grades and test scores) in the process?

Academics are as important as your volleyball skills. You'll need to be academically eligible and at a certain threshold to be considered for different schools.

Do I need a highlight video?

100% YES. College coaches use recruiting highlight videos to decide if they want to recruit an athlete. Coaches generally aren't discovering talent at games or tournaments. They come to these events with a specific list of recruits they want to make second and third evaluations of (they made their initial evaluations based on the highlight video). The video should be a maximum of 3-5 minutes. Start with your BEST plays first and make it easy to identify yourself.

When can I contact a college coach?

You are allowed to email a college coach anytime. Back and forth communication can happen starting June 15. *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 should I look for in a school?

As an athlete, you should consider the school first - make sure you would want to go there without volleyball from an educational, cultural, and social perspective. As an athlete, you also should consider the team, coach, and program to make sure athletically it's a good fit.

What is my club or high school coach's role in the recruiting process?

Some athletes assume that their coach will get them recruited to a college, but this is not the case. While your coach or director can be a resource for advice, tips, or references, they will not do the work for you. If you want to play in college, it is up to YOU!



How should I prepare for my first call with a college coach?

Make sure you write out your questions beforehand to make sure you're prepared and can take notes on the call. The more effectively you communicate with the coach, the easier it will be to figure out if you are on the same page and whether you connect with the coach.

What questions can I ask a coach on the phone?

Here are some sample questions.

- 1. What tournaments are you going to and where do you typically evaluate your recruits?* Coaches will look at videos first, but they will also have a list of tournaments, showcases, or summer camps where they evaluate athletes. If you know where a coach is going to be, you can try to be there too.
- 2. Do you have any camps, tournaments, or showcases you would recommend I attend?* This goes hand in hand with the previous question. If they tell you to go to a certain camp or showcase, it usually means they use that particular event as an evaluation tool for recruiting.
- 3. Can I meet with you if/when I make an unofficial visit to your school (after August 1 of Junior Year)?* Unofficial visits are a great way for you to meet coaches in person. If a coach doesn't seem interested in meeting you on an unofficial visit, this will tell you that they are not very interested in you as a recruit.
- 4. What are your positional needs for my class? How many spots/scholarships (DI only) or opportunities do you have in my class? Are you recruiting for my position?* This may let you know where you stand among your recruiting class. Coaches may not always disclose who they're recruiting and where you stand for your particular position, but it is worth asking. We definitely recommend asking this before booking camps to ensure you're not wasting time and money.
- 5. What is the best way for me to keep in touch with you and keep you updated on my progress?* This is a great question to ask, as coaches may have different ways of keeping in touch and you want to make it as convenient as possible for coaches to get your updates. Ask them what they prefer - text, email, etc. - and then be sure to follow through.



Important Terms

Contact: A contact happens any time a college coach says more than “hi!” during a face-to-face meeting with you or your parents *off 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/club, and write or telephone you or your parents (depending on what year you’re in)

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

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 (depending on your year). However, a college coach may not have face-to-face contact with you or your parents off 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 fulltime student at any college*. The clock continues, even if you redshirt, do not attend school, spend an academic year in residence because of transferring, or even go to school part-time in the middle of your college career.

Full-time student: Each school determines their full-time status. 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 with fewer than 12 credit hours in a term.

Institutional Request List: An Institutional Request List (IRL) is a list of prospective student-athletes who an NCAA Division I or II school is interested in recruiting. Previously, athletes could simply request a NCAA clearinghouse ID through the NCAA Eligibility Center, but now athletes must have a college coach place them on the IRL, which then informs the NCAA Eligibility Center that the school is interested in determining their eligibility. Athletes only need to have ONE college coach do this to be eligible at all schools.

Official commitment: When you officially commit to attend a Division I or II college, you sign a binding [National Letter of Intent \(NLI\)](#) and agree to attend that school for at least one academic year. Division III schools do not have binding commitments.



Official visit: During an official visit (5 allowed per athlete), the college can pay for transportation to/from the college, housing and meals for you and your parents/guardians, as well as some entertainment expenses including three tickets to a home sports game. Before a college may invite you on an official visit, you must give them your transcript and test scores (test 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 campus. The coach may *not* watch you play or visit your school. You and your parents may visit schools, and a coach may email you (depending on your year).

Red shirt: A Red Shirt is a student on a NCAA team who was kept out of competition for one year in order to prolong eligibility (see “five year clock” above!). Coaches may do this while a player is recovering from an injury or to help an athlete catch up in terms of learning or development - they can practice and train but not participate in any matches.

Recruited: If a college coach calls you more than once, contacts you off campus, pays for an official visit, 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 a *recruited athlete*.

Recruiting calendar: [NCAA schools limit recruiting to at times during the year](#). These are designed to give athletes and coaches a break at times and level the playing field.

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 sports participation. You use a term if you attend class as a full-time student or are enrolled part-time and compete on the team. You do not use a term if you go part time with NO competition or are not enrolled in school for a semester or quarter.

Two-year college: A school where students can earn an Associate’s degree in two years. These are also called community colleges or junior colleges.

Unofficial visit: Any visit by you and your parents to a college paid for by your family, not the school. 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 after August 1 of Junior Year for Division I/II. The only time you cannot talk with a coach during an unofficial visit is during a “dead period.”

Verbal commitment: A verbal commitment is when you verbally agree to play sports for a school before you sign a National Letter of Intent. This commitment is not officially binding on you OR the school and can happen 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.



NCAA Volleyball Recruiting Rule Changes

In May 2019, the NCAA passed new recruiting rule changes with the intent of slowing down the recruiting process (some athletes were getting offered scholarships in 8th and 9th grade). This has changed the recruiting timeline and communication process dramatically, giving athletes more time to figure out what they are looking for in a college and continue to develop their skills.

For D1 prospects, the recruiting floodgates will open June 15 after Sophomore Year, with back-and-forth contact with college coaches starting that day. Also, a big change happens on August 1 of an athlete's Junior Year, when they can begin recruiting conversations with coaches and go on official and unofficial visits. Recruits should try to have all their research done before those dates, so they can hit the ground running.

PRO TIP: The June 15 date does NOT mean you should wait until then to initiate contact. Just because coaches cannot reply to your email doesn't mean they aren't watching your video and putting you on their watchlists!

Here is a summary of changes for **Division I** Volleyball programs:

- College coach communication: The new rules **prevent back-and-forth communication between an athlete or parent/guardian and a DI college coach before June 15 of Sophomore Year**. This includes phone, text and/or email conversations.
 - Previously, coaches could not initiate contact with a recruit, but if an athlete called a coach, they could talk on the phone (this is no longer allowed).
- College camps and clinics: Athletes and college coaches cannot have any recruiting conversations during camps before August 1 of the athlete's Junior Year. Before this, it had become common for DI college coaches to extend verbal offers to top recruits during camps. *College coaches still use camps and clinics as an opportunity to evaluate and build a relationship with prospective recruits, even if they can't discuss recruiting or offers.*
- Official and Unofficial visits: Recruits can now take official or unofficial visits to Division I schools starting August 1 of their Junior Year. Athletes may visit schools at any time on their own. *Please note that you can (and*



should!) have your director call to find out if there's a practice if you visit a school before junior year, but you won't be allowed to have a meeting or contact with the coach.

- *Unofficial visits* are any campus visits paid for entirely by the recruit's family. Before the rule change, unofficial visits were an easy way for underclassmen to visit a college, meet with the coach and maybe get a verbal offer. However, now athletes cannot schedule unofficial visits with the coach or athletic department until August 1 of Junior Year. Before then, athletes should treat the visit just like any other prospective student.

NCAA Division I Volleyball Recruiting Rules

The most important date for DI volleyball prospects is June 15 after their sophomore year. At this point, almost all forms of communication and contact are allowed.

- Recruiting questionnaires, camp invites, NCAA materials and non-athletic publications: Allowed anytime
- Private back-and-forth correspondence (phone calls, emails, texts, instant messages, DMs): Starts June 15 after Sophomore Year
- Unofficial visits: Anytime after August 1 of Junior Year, unlimited
- Official visits: Anytime after August 1 of Junior Year (limited to 5)
- Off-campus contact: Starts June 15 after Sophomore Year

NCAA Division II Volleyball Recruiting Rules

The most important date in the Division II volleyball recruiting calendar is June 15 after sophomore year of high school. At this time all contact is permitted.

- Recruiting questionnaires, camp invites, NCAA materials and non-athletic publications: Allowed anytime
- Unofficial visits: Any time, unlimited
- Private back-and-forth correspondence (phone calls, emails, texts, instant messages, DMs): Starts June 15 after Sophomore Year
- Official visits: Anytime after August 1 of Junior Year
- Off-campus contact: Starts June 15 after Sophomore Year