



# **NAVC**

# **RECRUITING GUIDE**

**We realize that there are a lot of variables in the recruiting process and it can sometimes get overwhelming. Therefore we have created the NAVC Recruiting Guide as a resource that will provide you support throughout your journey. Our NAVC Recruiting Guide is designed to help you create a plan of action, give you pieces to that action, and provide personal attention to your needs.**

Here are a few examples of what you can find in the Guide:

- 1. Copy of Form Letter to send to colleges**
- 2. Information on making a recruiting video**
- 3. Information on how to get you recruited**
- 4. Information on how to identify your Best Fit**
- 5. Questions to ask College Coaches**
- 6. A sample plan of action you can follow**

Please scroll through the rest of the page to view our information. We hope that this helps you in your efforts.

## **THE RECRUITING PROCESS BEGINS**

The recruiting process starts at different times for different players. Some due to ability level, some due to knowledge of the process, and others due to procrastination. No matter the reasons of when you get started below are a few guidelines for the process.

The process begins in one of two ways:

1. First a college coach identifies you as a potential prospect. This could happen by the coach seeing you play at a tournament, camp, recruiting website, or some type of volleyball event.
2. The second way is you identify a school that you have interest in and you begin making contact through filling out online forms, attending camp, sending letters, making phone calls to the coach, or sending a recruiting video. Again the process can begin upon entering high school or as late as your senior year. The average start is between the sophomore and junior year. Now that you have an idea of when and how the process begins lets get started on your plan of action.

**Step One: Create a Letter and Profile Sheet**

**This is a sample letter and can be modified to fit your style.**

1111 Peachtree Centre  
Elijay, GA 30000

January 10, 2015

Hello Coach,

My name is \_\_\_\_\_ and I am a right side hitter from \_\_\_\_\_, \_\_\_\_ graduating in the Class of 2017. My goal is to compete as a collegiate volleyball player at a strong academic institution. Therefore, I am very interested in the volleyball program at \_\_\_\_\_.

I am a junior at \_\_\_\_\_ High School in \_\_\_\_\_, \_\_\_\_\_. and I am 6'1". I played on the varsity volleyball team as a middle hitter and lettered in my sophomore and junior years. The team finished the season 22-7, 12-0 as 6A District 10 Champions. In addition, to being the team MVP, I was selected as the Fannin County Player of the Year 2015. I started as MH on the \_\_\_\_\_ Region Select High Performance Team that competed in Fort Lauderdale, FL. in 2015. I have played RH/OH for NAVC club teams for the past 2 years in Atlanta, GA coached by Racer X and Speed Racer. We recently won the Orlando Showcase tournament in Orlando!

My club season is underway and I play for \_\_\_\_\_. We recently won the Quest for Excellence tournament in the gold division. My uniform number is #11. In addition to our Region Schedule, we will be competing in the following tournaments and I hope you will be able to see me play at one of these events:

- Monument Classic -Richmond, VA January 17-19
- President Day Tourney – Dayton, OH February 14-15
- Mid-Atlantic Power League – Richmond, VA February 28 -March 1
- Mid-Atlantic Power League – Raleigh, NC March 14-15
- Big South Qualifier – Atlanta, GA April 3-5
- North East Qualifier – Baltimore, MD April 17-19
- Quest/MAPL – Greensboro, NC May 16-17
- Memorial Day Invitational – Chicago, IL May 23-25

I am enrolled in the Honors Program at \_\_\_\_\_ High School (1900 students) and rank 29 out of 454 in my class. I currently have a weighted GPA of 4.56 and a combined SAT score of 1920. In addition to sports and academics, I am a committed musician. I play the violin in the Alpharetta Symphony Youth Orchestra and take piano lessons as well. I am also active in youth group activities and mission projects with my church.

I am passionate about playing volleyball and look forward to hearing from you regarding your need for a RH in 2010.

You may contact me at:

futurevballplayer@bellsouth.net or (555) 555-5555 or at the address above.

Sincerely,



## Video Links

- Paste link here
- Paste link here
- To add more, press enter after this sentence.

## Athletic Accomplishments

- List Item Here
- List Item Here
- List Item Here
- To add more, press enter after this sentence.

## Academic Accomplishments

- List Item Here
- List Item Here
- List Item Here
- To add more, press enter after this sentence.

## Education

Your High School Name Here

High School Address Here

Un-weighted GPA: #.##

Weighted GPA: #.##

Class Rank: ##/###

ACT Score: ##

Combined SAT:

Critical Reading SAT Score:

Math SAT Score:

Writing SAT Score:

## Community Service

- List Item Here
- List Item Here
- To add more, press enter after this sentence.

## Tournament Schedule

Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location
Date	Title	Location

Your Name Here



Team Name Here

Position

#??

Class of 20??

NCAA ID

Address

City, State Zip Code

Phone: 717-555-1212

DOB: 12/12/0000

Height: 0'-0"

Dominant Hand: Right

Vertical: 8'-0"

Standing Reach: 8'-0"

Block Touch: 8'-0"

Approach Touch: 8'-0"

## Coach Contacts

High School Name Here

High School Coach: Coach's name here

Coach's phone number

Coach's email address

Club Team Name Here

Club Coach: Coach's name here

Coach's phone number

Coach's email address

Club Director: Craig LaFontaine

Recruiting Coordinator: Steve Wilcosky and

Bri Scott

WWW.NORTHATLANTAVOLEYBALL.COM

(404) 640-0650 |

- 4 - swilcosky.navc@gmail.com

As part of this step you can also go online and fill out the Prospects form on each college's website. After doing so you would want to follow up with the letter, profile, and skills video.

## **Step 2: Making of Skills Video**

- Use a tripod. If a coach opens up a video and it's shaking all over the place, they will most likely turn it off. This makes coaches dizzy! If a tripod is not available, you will need to have a stable platform that the camera can rest on without any movement.
- Do not follow the ball or the player around the court. Following the play seems like a good idea, but in doing so you are not capturing what is happening on the other side of the net or what your teammates are doing. Again, coaches need a full court perspective! Hit the record button once you have the full-court perspective and simply back away from the camera.
- If possible, set up your camera in the middle of the court behind the side of the court the player is on. When the player switches sides, so should the videographer. If you simply can't get behind the court (this can be difficult at large club tournaments or in small gyms) then off to the side on a 45 degree angle is the second, but less desirable angle to shoot from. For better player identification, zoom in as close as possible to the court; maintain the end line and the antennas as your guide. (Antennas should be shown).
- If you are shooting from a 45 degree angle, shoot from the corner the line judge is NOT standing on.
- Keep cheering (and outbursts) at a minimum. Most of the time coaches will watch video on mute, but if not they don't need to hear your commentary. Some cheering has been known to de-stabilize your tripod or mounted platform in certain situations.
- Raise the tripod high enough so you can see both sides of the net, if possible.
- Watch for flying balls! They somehow always seem to be attracted to expensive cameras!
- This is a suggestion, not a necessity - pause the filming to exclude down time including ball shagging, time outs, and time in-between games. Know that many coaches prefer to see action that is uninterrupted such as a player taken out for a reason. By editing, there is no guarantee the stoppage is simply for shagging. Timeouts are fine as long as the coach can see the call, but just know that some coaches like to see what a player's body language and attention is like during the timeout process, including how the player enters and leaves the huddle.
- Pick matches against the best competition you faced. This gives coaches the opportunity to evaluate you in comparison to other strong players.

## **THE PROCESS CONTINUES:**

Okay, so now you have started making contact with schools. You have done so via online prospect forms and followed that up with a letter of interest accompanied by your player profile and recruiting video. **SO NOW WHAT?**

We have a few recommendations for this part of the process.

### **1. Get in the gym and get better**

At this point your goal should be to get better. We recommend getting in the gym for lessons either small group or private sessions. Contact NAVC for open time slots. Go to extra training sessions I.E. VolleyU. Work hard at all of your skills. Watch film and be a student of the game. This will help you be a smarter player on the court. Every coach loves those kinds of players. Finally make sure you are in shape, working on your jumping ability, and developing increased speed and quickness.

### **2. Every so often follow up with a school**

Following up with a school can be intimidating. You are a young high school player and you are speaking with a college coach. What do you say? What do you ask? Below are a few questions that could help you in getting started: (We don't recommend asking all questions in one phone call) Remember Be Yourself.

#### **Questions for College Coach's**

1. How large is the school, what is the undergraduate enrollment?
2. Is the school in a safe environment/community?
3. How big is the city that the school resides in?
4. Do students go home on the weekends or do they hang around?
5. What are the strongest degree programs offered and which are the best academic departments?
6. If you know what you want to study ask if the institution carries that particular major? Ex. I want to be a teacher. Does your school have an education program? What is its ranking compared to other schools?
7. Do most of the students live on or off campus? Where do most of the players on the team live?
8. What is the student housing like?
9. Are most of the player's roommates with one another?
10. Is the school on quarters, semesters, or trimesters?
11. What was the team's conference and overall record this past season?
12. How many players do you carry on your roster? Do all players travel? (Ask the Second question if they carry a high number of players like 16 or more)
13. What training happens between seasons?
14. What time of day are the practices typically?
15. Do freshmen have study hall?
16. What are the training facilities like?
17. What style of play does your team play?
18. What are the goals for the team in the future?
19. How well does the team get along?
20. What is your coaching philosophy and demeanor in practice and matches?
21. What is the environment at your home matches? Expectations on match days?
22. How long have you coached at your school?
23. How many players at my position do you have on the roster?

Okay now that you have some questions lets move on to another way to work through the process.

### **3. Do your homework**

What we mean by do your homework is that you need to check up on the school and the program. You also need to look at other schools and programs. Perhaps your dream is to play Division I. You may be that player, but what if you blow out a knee or maybe there is a small school out there that is just right for you. Look at all levels. This includes NCAA DI, DII, DIII as well as JUCO and NAIA.

**DO YOUR HOMEWORK.** When doing your homework here are few things to look for:

A. Check out the Roster. What year are the players at your position? What is the typical size of the player for your position? What offense or defense do they play? What kind of coach do they have? What are the philosophies of the program? These are just a few questions. Below is our Best Fit Principle Guide. This will help you decide or narrow down what you are looking for.

### **BEST-FIT PRINCIPLE**

With over 1,012 institutions offering college-playing opportunities, we understand that identifying and choosing a college or university can be a difficult decision. There are many more factors than just volleyball to consider when going through the process. We advise players to look at nine different factors that take academics, athletics, and atmosphere into consideration when viewing potential college choices.

#### **Athletic Program Priorities**

1. Does the university support athletics?
2. Does the administration make an extra effort to promote athletics in the community?
3. Is there a school commitment to constantly improve resources and facilities to be amongst the top in the conference and/or the nation?

#### **Athletic Support Staff**

1. Does the school have athletes travel by bus or plane?
2. How much class will you miss?
3. Will tutors go on the road?
4. Are laptops provided?
5. Is study hall mandatory?
6. How are professors concerning makeup work?
7. Are there attendance policies?
8. What is the graduation rate amongst all athletes?
9. Is Summer School an option that the school will pay for?

#### **Volleyball Program Background**

1. How long has the staff been there?
2. Do they have a tendency to move around or stay put?
3. If they are a younger staff, how long before they move to a bigger job?
4. If they are struggling, potentially how long before they are fired?
5. If their skill allows, do younger players play quality minutes early?

**Volleyball Roster**

1. How many players return next year?
2. How many players are at my position(s)?
3. What are the recruiting tendencies of the staff?
4. Who are the players that are successful in their system?
5. Have they recruited any players in classes below mine?

**Coaching Staff Approach**

1. Does the staff yell and scream?
2. What is the demeanor of the coach during matches?
3. Do you want to play for a younger or a more established staff?
4. Does the gender of the coach matter?
5. Talk to a former or current player. Try to identify a player that was/is an impact player and one that spent/spends the majority of their time on the bench.

**Placement Rate**

1. Where have the graduates found jobs?
2. Are any prominent alumni based in your field of study?
3. What percentage of student athletes graduate?
4. Does the school have connections for possible summer internships?

**Potential Major**

1. Does the school have your intended major of study?
2. If not, is there a minor offered with a suitable major to replace it?
3. Will the required classes for your major interfere with possible practice times?
4. Is the academic department highly regarded in professional circles (i.e. Georgia – Terry school of Business & Journalism School or Georgia Tech Engineering School)
5. How many athletes are involved in the major that you are interested in?

**School/Town Demographics**

1. Do you want to attend a big (20,000 or more), medium (10,000 to 20,000), or a small (10,000 and under) school?
2. Do you want to attend a school where there are lots of affluent students, middle class students, or a combination of both?
3. How big is the campus? Is it a newer, more updated campus or a more traditional layout?
4. What are the living arrangements?
5. Do the athletes live together?
6. Are you allowed to live off-campus?

**School Location**

1. How far away would you prefer the school to be from your hometown?
2. Is geographic location (mountains/beach) a factor in your decision?
3. Would you prefer attending school in a small town that revolves around the school, a school in the suburbs, or a school in a major city?



All right we are almost through this part of the process. This next part is one of the most critical parts to the process.

#### **4. Take care of yourself off the court- Social Media**

By this we mean make sure you are keeping up your grades in the classroom. Volleyball will certainly help your chances of getting in to an institution however your grades will also help determine which schools you are eligible for and which ones you are not. Another area of importance is to work on your character. Places that can potentially show your character would be Facebook, Instagram, Twitter, Snapchat, etc. player coach relationships, your attitude on the court, during ref assignments, or perhaps while on a recruiting visit at the school. Outside of your character and grades we also recommend taking care of your body. Time off is a good thing and you should periodically schedule in down time. This will allow your body needed rest or recovery. Also with any minor or major aches and pains you need to attend to these issues with treatment. Maybe it is simple of icing down after practice or training or perhaps you need to visit a Physical Therapist or Chiropractor. Whatever the case make sure you take of your body. Finally we recommend a healthy lifestyle. You need calories to keep up with your schedule. Make sure you are eating regularly and make sure you are eating healthy.

#### **THE OFFERS ARE COMING, THE OFFERS ARE COMING!**

If you are working in this part of the process then you have done your job well. This means you have done well in selling college coaches on the idea that you would be a great fit for their program. Now the tide turns and they begin selling you on why you should attend their school. This part of the process contains only a few steps, but they can be quite confusing and can change at any moment.

Parts to the Process to be aware of:

1. Levels of Interest from a School
2. The offer has been made, what do I do with it?

## LEVELS OF INTEREST

In most situations you can tell what type of interest a college program has in you based on the level of contact they have with you. The levels are not fixed (every coach is different), but the basic idea is that the more personal contact and the amount of contact the coach has with you the more serious they are about wanting you in there program.

### Three Levels of Interest:

#### 1. You've been noticed

- a. Mailed you a questionnaire to fill out and return
- b. Mailed you a summer camp brochure/application
- c. Put you on the school's general mailing list

#### 2. They are interested (All of the above plus:)

- a. Called and spoke with your club coach/club director
- b. Emailing you occasionally
- c. Come to see you play specifically
- d. Mailed you a package with media guide, school information and other general goodies
- e. Sending you regular mail directly from the Athletic Department
- f. Invites you for an official or unofficial visit to the school

#### 3 Committed (All of the above plus:)

- a. Sends you text messages and/or instant message
- b. Emails you on a consistent basis
- c. Sets up regular phone calls for you to contact them
- d. Makes every effort to see you play on several occasions
- e. Talks with your coach's
- f. Concretely offers you a scholarship

\*\*These are not the only types of contacts and ways to identify the school's interest. As said above all programs are different.

### \*\*\*\*\*Important Information To Read\*\*\*\*\*

While a school may be showing interest in you in one of the above ways it does not mean that your job is done and you can quit working. Remember that the interest this school is showing you is the very same interest they are showing some other player on the other side of the country. There has been no official offer made from the school to you at this point. While they are very interested make sure you keep working hard on the first parts of the process.

Another part to this side of the process is making sure you visit the school of choice. You may have looked at the school online, seen them play on TV, talked with the coach, but have you seen the campus and gotten a feel for the school. You can visit a school in one of two ways. First you can visit the school unofficially. The second way to visit the school is on an official visit. If you are on an official visit then the school is definitely interested in you and will most likely be or has made an offer to you.

## **OFFICIAL VISITS IN THE RECRUITING PROCESS**

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

NCAA College/University official visits or recruiting trips are perhaps the best way for you to find out where you will best fit in, and where you want to attend school. The rules regarding official visits differ upon the school's division. For DI and DII official visits, the university can pay for your transportation and 48-hour stay.

The NCAA permits 5 official visits to DI and DII universities or schools after September 1st of your senior year.

- DIII does not offer athletic scholarships therefore they will most likely not offer any official visits.
- DII schools will rarely offer official visits to recruits. The funding simply does not allow that opportunity. Official visits to DII programs will be a school-by-school basis.
- These on campus visits are an opportunity to meet with the coach, the team, and the admissions/academic staff. The institution can pay for the athlete's airfare, accommodation, and one meal per day. They can also pay for one parent's accommodation but NOT their airfare. The visit usually takes place over a weekend and last up to but not exceeding 48 hours.
- If you are going to apply early, make sure you plan your trips as early as possible, to leave yourself enough time to make an informed decision.

### **The Visit**

The best plan is to come in early Friday and maybe sit in on some classes (must be given permission to do so). This also allows you to see the not only the academic process in person, but also see what the school is like on a weekend. It is okay to inform the coach of your preferences of what you would like to see about the school and the program.

1. Talk to professors and seek out the learning environment and size of classes
2. Eat at the schools cafeteria
3. Talk to the team members:
  - a. How do you balance academics and athletics?
  - b. What is the coach really like during games and practices?
  - c. Have the players improved since they have come to the school?
4. Talk to the Coach
  - a. What are the GPA and SAT score averages of the team?
  - b. What is the graduation rate?
  - c. Check out all athletic facilities and ask about the atmosphere of the matches.
  - d. What is the coaching philosophy and what should I expect coming in the fall?
5. Can you see yourself at this institution in the fall?
6. Be yourself!!!!!!!!!!!!

## **Unofficial Visits**

You maybe invited or on your own take an unofficial visit to a school that you are interested in. Do not be offended that they are not asking you to take an official visit. Some schools do not have the funding and prefer not to offer officials. Again it is a school-by-school basis. Unofficial visits can take place before your senior year. You can meet with coaches and players, but you are on your own dime for the weekend or days that you are on campus. This is a good idea to help narrow down choices and get a better feel about what you are looking for out of a school and volleyball program. During your unofficial visit a school may pay for one meal per day.

Okay so now the school is interested, you have made a visit, and the school now makes you an offer. A few questions come to mind. Do I have to accept it right away? How long do I have to accept the offer? Can they withdraw the offer? Below is some information to help you decipher the offer:

## **DECIPHERING THE OFFER**

When you have been given an offer from a college or university it means that they have verbally told you that they are offering you an athletic scholarship that will be available after you graduate from high school. The timing of when this offer is made can vary greatly from one school to another and from one player to another. There is no uniform standard that applies to everyone; however, there are some general guidelines shown below to help decipher the offer given:

### **1. Are you the #1 Recruit in the country?**

a. #1 recruits basically are given open-ended offers. They are players that everyone wants and will make big impacts immediately. Players like Micha Handcock, Jordan Burgess, and Megan Hodge come to mind.

### **2. Top Recruit**

a. This is a player that would help a lot of programs. The number of these types of players is large enough that the timeline is shorter than you might think. However the offer can extend depending on the needs of the offering program.

### **3. The Average Recruit**

a. This recruit is the average player and could lose the offer if another player accepts first. This means the school may have offered several players and it is on a first come first serve basis. This usually occurs late into the recruiting period.

## **Player Options**

1. You can wait and see if other offers arrive

2. Verbally accept the offer.

a. No player can sign with a school until the November signing period of their senior year. All players that commit prior to the senior year are verbal commitments. There is also a second signing period in April.

b. A verbal commitment is not binding in either direction. The school almost never pulls out of a verbal commitment. The more common action is a player pulling out of a verbal to the college or university.

3. Written Commitment

a. Can only take place in your senior year on or after the November signing period. Binding agreement as far as eligibility is concerned. If you decide not to attend the university that you have signed with you must sit out one year before you can play at a different institution.

## **THE END IS NEAR**

Sometimes especially if you are a player that is looking at DIII, NAIA, or even DII the process can continue late into your senior year. So if you fit in this category don't panic. The following is a solid game plan for you:

1. Make phone calls to schools
  - a. Throw out a big net. Use a good mixture of levels, sizes, and locations.
2. Send or re-send videos.(Perhaps an updated video.)
3. Prior to playing in a tournament call schools in that area to let them know your schedule. Get them to come and see you play.
  - a. After the tournament follow up with the coach to see what they are thinking
4. Utilize NAVC Staff to use contacts and for references

## **IMPORTANT ITEMS IN THE RECRUITING PROCESS**

### **THE NCAA ELGIBILITY CENTER**

Every player must register with the NCAA Eligibility Center. You can find further information on this through the NCAA Websites. The purpose for this part of the process is to make sure you are eligible to play at the institution you are going to attend. The Clearinghouse will need to see items such as SAT and ACT Scores, GPA, High School / College Credits earned, High School Transcripts.

Register with the NCAA Eligibility Center- [NCAA Eligibility Center](#)

This is the Eligibility Center for the NCAA, which certifies if you are eligible to play NCAA Athletics because of your academics. This site should answer any questions you may have about being or becoming eligible to play in college. As part of the process you will need to submit current transcripts, available ACT or SAT test scores, along with pay a fee for registering.

It is important that registration occur during your junior year, because you want to stay away from the build up of registrations that occur late in the senior year or the incoming freshman summer when there is a rush of registrations. Typically the NCAA gets swamped with documents/registrations for football players from big name programs and they will receive priority over volleyball players.

FYI - per NCAA rules, you can practice for a certain number of days without NCAA Eligibility Center Final Certification, but you cannot compete or travel.

\*\*A new component of the NCAA Eligibility is the Amateur Certification. The NCAA has removed the responsibility of determining a player's amateur status from member institutions (colleges/universities) - for USA athletes, this is merely a formality and you just answer a few simple questions. For International student athletes, you must be very careful and specific about how you answer the questions on the computer, mainly because of volleyball cultural differences.

**Dos and Don'ts**

Do: Go visit schools on your own dime. See the campus; see the team play, talk to the coach.

Don't: Accept any gifts such as meals, t-shirts, or anything else for that matter.

Do: Make phone calls to schools of interest

Don't: Talk to a coach when you see them at the gym. You cannot talk to a college coach outside of their campus.

Do: Encourage coaches to come watch you play, via phone call/e-mail. Also follow up with them if you happen to see them watching your court.

**TAKE A DEEP BREATH YOU ARE PLAYING IN COLLEGE****Summer before Freshmen Year**

Make sure that you train during the summer. Pre-season training in college can be really tough. You want to make sure you are lifting, running, working on endurance, and playing a lot of volleyball prior to stepping on campus for pre-season. I do not encourage you to attend camps. I do encourage you to work with a NAVC Coach through the summer that will help you prepare for what you are about to begin.

Congratulations. You have reached your goal. Work hard and enjoy the process. Now set new goals and reach new heights. Good luck and Congratulations.

## **SAMPLE GAME PLAN**

1. Create a Letter that you will send to prospective schools of interest
2. Fill out our Player Profile Sheet that you can attach to your letter and/or give out at tournaments
3. Make a skills video that includes game film. Post this on the NAVC Website, perhaps You Tube, and send off to prospective schools.
4. Follow up each of the above steps with phone calls to college coaches.
5. Prior to each tournament call the schools that could potentially attend the tournament and ask them to come and watch you play.
6. After the tournament follow up with them to see what they thought. It is a great thing to get feedback.
7. Keep training and keep working hard. Find ways to improve no matter how small or big of an improvement.
8. Do your homework and find your best fit.
9. Visit as many schools as you can or want to.
10. Evaluate yourself and get evaluated by coaches. This will help you figure out where you stand. This is a constant process that will help you shape your goals.
11. USE NAVC AND OTHER COACHES AS CONTACTS.
12. Register with NCAA Clearinghouse sometime early to mid Junior Year.  
DO NOT MESS AROUND WITH THIS PART.
13. Take care of your grades and physical health
14. Take your official visits. Even if you fall in love with one school. Go see the other schools.
15. Finally, STAY POSITIVE. When one door closes several others open. We have seen this happen time and time again.