

WORLD

CLASS



**INFORMATION AND
RESOURCES FOR
INDIVIDUALS
LOOKING TO REACH
THE NEXT LEVEL IN
THEIR VOLLEYBALL
CAREER**

The logo features the text "VOLT VOLLEYBALL" in a large, bold, black sans-serif font. Below it, the word "RECRUITING" is written in a smaller, white sans-serif font, with each letter separated by a small gap. The text is contained within a pink rectangular box with a thin black border. The background of the entire image is a dark grey with a faint, repeating pattern of a volleyball.

VOLT VOLLEYBALL

R E C R U I T I N G

TABLE OF CONTENTS

Page 1: **Learn about the different division levels**

Page 2-3: **2022-2023 NCAA Recruiting Calendar**

Page 4: **Coaches Contact**

Page 5: **Recruiting Rules**

Page 6: **Volleyball Scholarship Requirements**

Page 7-8: **Time For Recruiting**

Page 9: **Helpful Tips For The Recruiting Process**

Page 10: **Action Steps**

Page 11: **What's Important To You**

Page 12: **Colleges with Women's Volleyball programs in North Dakota**

Page 13: **Number of women's volleyball scholarships by division**

Page 14: **Next Steps**

Page 15: **Helpful Resources**

Learn about the different division levels

- **NCAA Division I**—This is the highest level of college athletics and, thus, the most competitive. D1 schools typically have large budgets, expensive facilities, and the student-athletes are expected to train and travel extensively.
- **NCAA Division II**—While still a competitive division, D2 athletes are provided more balance in their lives, as training and competition aren't as intense. Scholarships are also offered at this level.
- **NCAA Division III**—No athletic scholarships are offered for D3 student-athletes, but there are many other forms of financial aid. The competition levels are still very high, but practice sessions are shorter, and there's more of an academic focus.
- **NAIA**—A much smaller community than the NCAA—with a little over 250 schools—NAIA is a great option for student-athletes who love their sport but are looking for a smaller or private college, or a specific major.
- **NJCAA**—Junior college (JUCO) is a good option for the student-athlete looking to get a sense of what college athletics are like at a two-year institution before transferring to a four-year college. Many student-athletes compete at the JUCO level because they are working on their NCAA eligibility or are trying to save money before transferring to a four-year college.

2022-23 NCAA RECRUITING CALENDAR

Division I Women's Volleyball



See NCAA Division I Bylaw 13.17.11 for Women's Volleyball Calendar Formula.

Aug. 1, 2022-July 31, 2023

Aug. 1-31, 2022

QUIET PERIOD

Sept. 1 through Nov. 30,
except as noted below:

CONTACT PERIOD

Recruiting periods defined

QUIET PERIOD

A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

• Nov. 7-10

DEAD PERIOD

DEAD PERIOD

A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus.

Dec. 1 through Feb. 16, 2023,
except as noted below:

QUIET PERIOD

EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

• Coaches attending the American Volleyball Coaches Association annual awards banquet may have incidental contact with two-year college prospective student-athletes being honored at the banquet, provided no recruiting conversation occurs. (See NCAA Bylaw 13.02.5.5.1.)

• **Dec. 15-18:** Thursday of the NCAA Division I Women's Volleyball Championship through the Sunday immediately following the championship. An institution's authorized coaching staff members (see Bylaw 11.7.6) may evaluate on only one day and may attend only one event on that day during this period. Such an event shall occur within a 30-mile radius of the site of the championship. Coaches from the same institution who attend such an event shall attend the same event on the same day. Coaches shall not attend events that occur at the same time that any intercollegiate competition in conjunction with the NCAA championship occurs.

EVALUATION PERIOD

CONTACT PERIOD

A contact period is that period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

Feb. 17 through July 31, except as noted below:

CONTACT PERIOD

• May 1-June 1

QUIET PERIOD

2022-23 NCAA RECRUITING CALENDAR

Division I Women's Volleyball

QUIET PERIOD
DEAD PERIOD
EVALUATION PERIOD
CONTACT PERIOD

AUG 2022

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COACHES CONTACT

When can college volleyball coaches contact you?

- NCAA Division 1 and Division 2 volleyball coaches can contact athletes starting June 15 after an athlete's sophomore year of high school. This includes extending verbal offers, electronic communications (such as emails, texts, instant messages, etc.) and phone calls are acceptable at this time.

NCAA volleyball recruiting rule changed in 2019

- Effective May 1, 2019, the NCAA passed new recruiting rule changed intended to slow down the trend of coaches offering scholarships to athletes as young as 7th and 8th grade. While the impact of these rules on the volleyball recruiting timeline is still unknown, the intent is to give athletes a little more time to figure out what they are looking for in a college and develop their skills before they get bombarded with scholarship offers.
- Here's a quick breakdown of the changes, which are in effect for all Division 1 college volleyball teams:

College coach communication

- The new rules prevent any communication between a student-athlete or parent/guardian and a DI college coach before June 15 after sophomore year. Communication with a coach includes any verbal offer, phone, text and/or email conversations between a student-athlete or parent/guardian and a DI college coach. Previously, coaches were prohibited from initiating contact with a recruit, but if an athlete called a coach, they could speak on the phone. That is no longer allowed. There is zero off-campus communication allowed between a coach and a recruit before June 15 after an athlete's sophomore year.

College camps and clinics:

- Recruits and college coaches are not allowed to have any recruiting conversations during camps prior to June 15 after sophomore year of high school. Previously, there weren't any official rules that prevented coaches from talking about recruiting to underclassmen during camps. In fact, it had become common practice for college coaches to extend verbal scholarship offers to top recruits during their camps. Despite this change, coaches still use camps and clinics as an opportunity to evaluate and start communicating with prospective recruits.

Official and Unofficial visits:

- Recruits can now take official or unofficial visits starting August 1 before their junior year of high school. Previously, official and unofficial visits weren't permitted until September 1 of the athlete's junior year of high school, so this rule is actually bumping them up! Quick refresher: 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 campus, meet with the coach and get an early verbal offer. However, if athletes want to take unofficial visits now, they cannot schedule them with the coach or athletic department until August 1 before junior year. Before that time, they should treat the unofficial visit just like any other student would. If the recruit happens to bump into the coach on campus, they can't have any recruiting conversations at that time. It's difficult to predict the impact of these changes on volleyball recruiting. While these changes limit when recruiting conversations begin, they actually allow college coaches and athletes to start communicating earlier. For D1 prospects, the recruiting floodgates will open June 15 after sophomore year, with verbal offers and contact with college coaches starting on the same day. A big shift will come on August 1 before an athlete's junior year, when they can begin official and unofficial visits.

- Recruits should have all their research and groundwork done before June 15 after their sophomore year so they can hit the ground running when that day comes.

NCAA Division 1 volleyball recruiting rules

- The NCAA Division 1 volleyball recruiting rules restrict when and how D1 volleyball coaches can actively start communicating with prospects. The most important date for D1 volleyball players is June 15 after their sophomore year. At this point, coaches can extend verbal offers and are allowed almost all forms of communication.
- **Recruiting questionnaires, camp invites, NCAA materials and non-athletic publications:** Any time
- **Verbal Scholarship Offers:** June 15 after sophomore year
- **Private correspondence (phone calls, emails, texts, instant messages, DMs, faxes):** June 15 after sophomore year
- **Official and unofficial visits:** August 1 before junior year
- **Off-campus contact:** August 1 before junior year

NCAA Division 2 volleyball recruiting rules

- The most important date in the NCAA Division 2 volleyball recruiting rules is June 15 after sophomore year of high school. At this time all contact is permitted.
- **Recruiting questionnaires, camp brochures and non-athletic publications:** Any time
- **Unofficial visits:** Any time, unlimited
- **Verbal Scholarship Offers:** June 15 after sophomore year
- **Private correspondence (phone calls, emails, texts, instant messages, DMs, faxes):** June 15 after sophomore year
- **Official visits:** June 15 before junior year
- **In-person, off-campus contact:** June 15 before junior year

NCAA Division 3 volleyball recruiting rules

- D3 volleyball colleges have the most relaxed NCAA recruiting rules of all the division levels. Most contact is allowed at any time and recruits are only restricted in when they can start taking official visits and have off-campus contact with coaches.
- **Recruiting materials:** Athletes can receive recruiting materials at any time.
- **Phone calls and electronic communications:** There is no limit on when college coaches can call or digitally message athletes.
- **Unofficial visits:** Any time, unlimited
- **Off-campus contact:** After the athlete's sophomore year, college coaches may begin to conduct off-campus contact.
- **Official visits:** Athletes can begin taking official visits after January 1 of their junior year.

NAIA volleyball recruiting rules

- The NAIA gives a lot of freedom to its coaches in the recruiting process, and it does not restrict when or how coaches can reach out to high school athletes. Though there are fewer rules, NAIA coaches do tend to start the recruiting process a little later than NCAA Division 1 or Division 2 coaches.

VOLLEYBALL SCHOLARSHIP REQUIREMENTS

ACADEMICS

- Athletes must meet both athletic and academic criteria in order to get a volleyball scholarship. The athletic criteria are largely up to the volleyball program at each individual school
- The [NCAA Eligibility Center](#) has specific academic requirements that athletes must meet to be eligible to compete at either the [NCAA](#) Division 1 or Division 2 levels. We've included the Division 1 requirements below. A good rule of thumb is that if an athlete meets or exceeds the D1 requirements, they will be eligible at the D2 level as well. However, always bear in mind that each individual school has its own set of admissions requirements that athletes will also have to meet.
- The athlete must graduate from high school.
- They must complete 16 [core courses](#) and receive a [minimum GPA of 2.3](#) in those courses. The core course requirements are as follows: four years of English; three years of math (Algebra 1 or higher); two years of natural or physical science; two years of social science; one extra year of English, math or science; and four years of religion, philosophy, foreign language or additional years of any of the categories above.
- Athletes need to complete 10 of their 16 core courses before junior year of high school.
- Athletes must take the SAT or ACT.

TIMELINE FOR RECRUITING

• Note: The timeline indicated below is common, but there are always exceptions to the rule. In some cases college recruiting activity will start earlier or even later depending on the athlete and the level of desired play at the collegiate level.

FRESHMAN YEAR AND EARLIER:

- Attend local/regional camps
- Become familiar with colleges in the area
- Watch different collegiate levels of volleyball
- Play as much volleyball as possible, FUNDAMENTALS, FUNDAMENTALS, FUNDAMENTALS

SOPHOMORE YEAR:

Once your Club season has begun, work with your family to think of colleges you may be interested in.

- Send an introductory letter or email to the coaches of those schools
- Don't stress out about this, just get on the radar of as many schools you are interested in as possible.
- Attend local/regional camps
- Compete in highly competitive tournaments
- Play as much volleyball as possible, FUNDAMENTALS, FUNDAMENTALS, FUNDAMENTALS

JUNIOR YEAR:

This is a key year in the college search process. As a player, this will be your last serious opportunity to develop and take your game to the next level before key times in the recruiting process.

- Before you attend any club tournaments reach out to all colleges on your list with your Crossfire schedule.
- Before an individual tournament, let the coach know you will be playing and when. Make sure you have a video you can send to coaches (see file about videos)
- Try to rank the schools that are already on your list and evaluate whether you want to add new schools to your list. (see "what's Important list")
- Be aware of the colleges who are showing interest in you and ask tough questions to see how serious their interest is.
- In the early spring, plan to visit any schools that are high on your list and are showing serious interest. For any schools near the top of your list, try to do an overnight visit before the college school year ends. While summer visits can be informative, they won't give you the information you need about the team because the players will probably not be on campus. Division 1 programs have a quiet period around the holidays, so be sure to reach out to them early so you are on their radar in January.

SENIOR YEAR:

The fall of your senior year is a time to seriously evaluate where you stand with the schools on your list.

o By this point, you should already have been in touch with the schools you are interested in, have sent them video, and visited.

o If you haven't done these things, don't panic - do it now.

o Make sure you understand the college's timeline for when they expect you to commit, when they need to submit lists to admissions or their athletic departments. Ask direct questions and find out those answers as well as whether the schools are still interested in you and how many athletes they are recruiting at your position.

o If you are contacted by a new school, or become interested in one, don't worry - just get on the ball now.

o You need to ask tough questions and not be afraid of seeming too forward. This is a major life decision for you and you need to advocate for yourself. Ask your coach for help and follow the advice in this guide.

Helpful Do's and Don'ts in the Recruiting Process

Do's:

- -Email specifically to the coach by name. Even if you send essentially the same email to many coaches, take the time to use the actual name.
- Google yourself. What do people find when they type your name? What about when they type your name and the word "volleyball"?
- Mention your academic/career interests, if you know. This will help the coach respond to you with specific information about their school. If a coach is interested, he/she may want to promote their school by sending you info about programs you didn't know about at their school that the coach thinks would be attractive to you.
- Don't be afraid to ask pointed questions. This is important because some coaches have a hard time telling recruits no. Ask: • "How many players are you recruiting in my year?" • "Are you recruiting [my position] in my year?" • "Do you see me as an immediate impact player on the team?"
- Be direct and follow up if you get a non-specific answer. You are not being too forward to ask. If a coach tells you that you are in their top 5, that means you are #5. If you were #3, the coach would say so.

Don'ts:

- Don't wait for colleges to contact you! If you are interested, get in touch with them and give them a reason to care.
- Don't worry about being too forward, assertive, or appearing too interested. The more interested you seem in a school, the more the coach will want to learn about you and the more they will try to see you play.
- Don't let your parent do all the talking. Your parent is perfectly entitled to ask lots of questions, and they should definitely do that, but you need to be the one doing most of the talking
- Asking and answering questions. It is totally appropriate for parents to have their own meetings/phone calls with coaches, but keep yourself in the loop.
- Don't come on an overnight visit looking to party and experience a wild nightlife. You definitely want to know what makes the school tick and what kids do for fun, but you want to meet the team and find out if that's a place you want to live for 4 years. Talk to people and ask questions.

VOLT VOLLEYBALL

R E C R U I T I N G

TAKE ACTION

- Send an introductory email to the college coach, including your recruiting video and key stats, like vertical jump, height and club team name.
- Follow up with a call to the coach, mentioning the introductory email.
- Respond to all correspondence from coaches, including recruiting letters, emails, social media direct messages and more.
- Continue to follow up with the coaches, sending them updated stats and new highlight videos, inviting them to watch you compete or congratulating them on a recent win.
- Attend tournaments that will get you noticed.
- Keep editing your recruiting video footage
- Be proactive when communicating with schools/coaches
- **Go on unofficial and official college visits.**
- Take your ACT
- **Stay on top of your academic eligibility.**
- NCAA Eligibility Center → <https://web3.ncaa.org/ecwr3/>

WITY (What's Important To You) List: This is a great way to get started figuring out where you want to attend college and WHY. You should look over this list and rank YOUR TOP 5 to get an idea of where to start looking...

_____ Large school

_____ Medium school

_____ Small-sized school

_____ Catholic/Religious school

_____ In your region

_____ Very close to home

_____ Far, far away

_____ Near a beach

_____ On the beach

_____ Playing time right away

_____ Winning program

_____ Relationship with the coach

_____ Female coach

_____ Male coach

_____ School with my major

_____ Full ride scholarship

_____ Partial scholarship

_____ Good team chemistry

_____ Nice locker room

_____ Sororities

_____ Good fan base for volleyball

_____ Division I

_____ Division II















_____ Division III

_____ My parent(s) college

_____ College where I can play 2 spo

_____ OTHER: _____

Colleges with Women's Volleyball programs in North Dakota

Colleges	City	Division
 Bismarck State College	Bismarck	NJCAA
 Dakota College at Bottineau	Bottineau	NJCAA
 Dickinson State University	Dickinson	NAIA
 Lake Region State College	Devils Lake	NJCAA
 Mayville State University	Mayville	NAIA
 Minot State University	Minot	NCAA DII
 North Dakota State College of Science	Wahpeton	NJCAA
 North Dakota State University	Fargo	NCAA DI
 Trinity Bible College	Ellendale	NCCAA
 University of Jamestown	Jamestown	NAIA
 University of Mary	Bismarck	NCAA DII
 University of North Dakota	Grand Forks	NCAA DI
 Valley City State University	Valley City	NAIA
 Williston State College	Williston	NJCAA

NUMBER OF WOMEN'S VOLLEYBALL SCHOLARSHIPS BY DIVISION

Division Level	Number of Teams	Total Athletes in Division	Average Team Size	Scholarships Limit Per Team	Scholarship Limit Type
D1	334	5,406	16	12	Headcount
D2	298	4,861	16	8	Equivalency
D3	437	6,971	16	N/A	N/A
NAIA	220	3,859	18	8	Equivalency
JUCO	313	3,921	13	–	Equivalency
Other 2-year schools	1,802	1,679	13	–	Equivalency

Next Steps?

- Research different colleges/universities
- Take the survey (on page ____)
- Find local camps to attend
- Reach out to people who have played at the collegiate level, ask them questions
- Reach out to people who have attended the college you are interested in

Interested in scheduling a meeting to talk about your volleyball future? Scan this QR code and we will reach out to you via email to schedule a meeting.



RESOURCES/HELPFUL LINKS

- [RECRUITING VIDEO TO HELP YOU GET NOTICED](#)
- [NCAA RECRUITING RULES](#)
- [NCSA Women's Volleyball Recruiting Guide](#)
- Begin researching local camps to attend
- [North Dakota Colleges/Universities](#)
- <https://sportsrecruits.com/athletic-scholarships/womens-volleyball/north-dakota>
- [NCAA Approved Courses: What Are the NCAA Core Courses?](#)
- [NCAA Eligibility Center](#)

Website details/Hadley Notes

- Click this button to schedule a recruiting meeting
- Determining if you want to be a big fish in a pond or a little fish in a big pond

HELPFUL LINKS

- Local camps to attend
- Determining if you want to be a big fish in a pond or a little fish in a big pond