



# College Volleyball Recruiting Seminar – Key Takeaways

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For Players & Parents – True North Volleyball Club

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## Start Early & Be Proactive

- Recruiting is a **long-term process**, not something that starts junior year.
- Freshman and sophomore years should focus on **skill development, club competition, and film**.
- College coaches primarily evaluate athletes at **club tournaments**, not high school matches.
- Athletes should communicate with coaches **consistently** (about once a week).

## Know the Recruiting Rules (They Matter)

Recruiting rules vary by level:

- **NCAA Division I:**  
First contact begins June 15 after sophomore year; visits and off-campus contact start August 1 before junior year.
- **Division II:**  
More flexible; contact and offers can happen at any time.
- **Division III:**  
No strict contact limits; no athletic scholarships.
- **NAIA:**  
Very flexible recruiting rules; coaches can contact athletes at any time.
- **Junior College (JUCO):**  
Fast-paced, flexible recruiting; many athletes transfer after 1–2 years.

Understanding these differences helps families avoid confusion and unrealistic expectations.

## Camps & Visits Are Critical

- Camps are one of the **best ways to be evaluated**, especially once recruiting contact is allowed.
- **Unofficial Visits:** Paid for by the family, unlimited, and can happen almost anytime.
- **Official Visits:** Paid for by the school, limited to 48 hours, and require NCAA eligibility clearance.

Preparation matters: bring transcripts, test scores, questions, and be professional.



## Communication & First Impressions

- Emails should be **clear, personalized, and professional**.
- Always include: grad year, position, height, club team, schedule, and highlight links.
- Highlight videos should be **3–5 minutes max**, with the "grand finale" in the first 30-seconds.
- Coaches receive hundreds of emails: **follow up respectfully and stay organized**.

*\*\* Sample/Example Emails attached.*

## Parents Have a Role—but Not the Lead

### Parents should:

- Observe team culture, academics, housing, food, safety, and support services.
- Ask logistical and financial questions.
- Help with FAFSA, housing, and financial aid review.

### Parents should not:

- Lead recruiting conversations.
- Negotiate scholarships or playing time.
- Compare schools out loud during visits.

Coaches want to see athletes show **independence and maturity**.

## Register With Key Recruiting Platforms

### NCAA Eligibility Center (Required for NCAA Schools)

- All athletes interested in NCAA programs **must register** with the NCAA Eligibility Center.
- Registration is required to receive an **NCAA ID number**, which coaches need for official visits, scholarships, and competition eligibility.
- There is a **\$110 registration fee**. This is Option #1.
- Registration also includes submitting high school transcripts.
- **Register here:**  
<https://web3.ncaa.org/ecwr3/>

### University Athlete

- University Athlete is a recruiting platform widely used by college coaches.
- Athletes should create a complete profile including:
  - Height, weight, position, dominant hand
  - Club and high school information, coach contact information
  - Graduation year and GPA
  - Athlete contact information



- This platform allows coaches to **easily locate athletes at tournaments**, including what court they are playing on.
- A complete profile makes athletes **far easier to evaluate and recruit**.
- **Create a profile here:**  
<https://athlete.universityathlete.com/registration/initial-info>  
(Also available as an app)

### **Scholarships: Know the Reality**

- Volleyball scholarships are often **partial**, especially at NCAA levels.
- **Academic scholarships** are extremely important and more secure than athletic aid.
- Financial aid can include athletic, academic, federal, state, and third-party scholarships, many can be stacked.
- “Division I or bust” is a myth—there are **great fits at every level for everyone**.

### **Finding the Right Fit**

The best school is where an athlete fits **athletically, academically, and personally**:

- Playing opportunity and roster needs
- Academic major and support
- Team culture and coaching style
- Location and campus environment

There is a college volleyball home for every athlete willing to stay **open-minded and proactive**.

### **Final Advice**

- Trust the process.
- Ask questions.
- Advocate for yourself.
- Stay organized, realistic, and positive.

Recruiting is not about chasing a logo, it's about finding the **right opportunity to grow and succeed**.

### **Homework for our TNVBC Athletes:**

- Complete your University Athlete profiles asap
- Collect film throughout club tournament weekends
- Visit your career center at your local High Schools (possibly middle schools) and ask about local scholarships, FAFSA, etc.
- Go through your social media accounts and delete any FINSTA's (Fake instagrams) and receive/check your photos while asking yourself "would I be able to show this to the Director of TNVBC Angela and would she approve?", if you wouldn't want Coach Angela looking at this, then I highly suggest deleting it!