



College Recruiting Checklist

With Help from Cassie Ronda

The most important thing to know about the recruiting process is that **you** must be responsible for doing most of the legwork if you want coaches to find you. Here is a checklist which can help guide you through the process.

- ✓ **Register for the NCAA Eligibility Center:** http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp or Google “NCAA Eligibility Center”

You must register here in order to be considered eligible to play at any NCAA institution, Division I-III. Create a new account and complete the registration process that follows.

- ✓ **Register for the NAIA Eligibility Center:** <http://www.playnaia.org/page/register.php>

You must register here in order to be considered eligible to play at any NAIA institution.

- ✓ **Sign up for University Athlete:** <http://universityathlete.com/>

The website gives a good description of its purpose. Basically, you create a profile which can be accessed by any coach on their smartphone when they see you at a tournament.

- ✓ **Sign up for the Rich Kern Recruiting Registry:** <http://www.recruitingregistry.com/>

This is another free service similar to University Athlete – take advantage of both!

- ✓ **Make your own player profile.** Create a Word document that includes

- One or two pictures of you (volleyball ones)
- Your height, weight, right- or left-handedness, standing reach, block jump reach, approach reach, graduating year, position, club and high school coaches names and phone numbers, your email address, volleyball awards you’ve earned, GPA, what tournaments you will be playing in this year...
- Save it – you’ll use it later.

- ✓ **Make a list.** Here comes the fun part! Get a piece of lined paper and number the lines 1-25 – this will be your list. Go to a computer and go to this site: http://www.a2zcolleges.com/Majors/Womens_Sports/Volleyball.html

Think about which states you would be willing to live in for school and click on them. If any school looks remotely interesting after clicking on it and glancing over its profile, add it to your list. For now, all you need to know is that each of these schools has a volleyball team. Your goal is to fill up all the spots on your list with possible schools – if you find more than 25 that you want to look into, that’s even better!

✓ **Do some research.** Now that you have your list of schools, it’s time to learn more about them. Don’t be overwhelmed by the size of your list – just pick 2 or 3 schools a day to research. At this point, it would be a good idea to **create a binder** in which you can put a page of information for each school. Go to each school’s official website and official athletic website and navigate through each looking for important information, such as:

- Majors (do they have yours?)
- Student body size (do you want small, medium, or large?)
- Location (would you prefer urban or suburban?)
- Volleyball coaches (be sure to write down their email addresses - you’ll need those later)
- How tall are most of the girls on their team? (How do you compare?)
- Which positions will the team need by the time you graduate? (Look for which players will be graduating the year you graduate from high school.)
- What division does the school play in? (NCAA D I-III or NAIA)
- What conference? (What other teams do they play/where would you get to travel?)
- Does the volleyball page have a recruiting questionnaire? (Most do – fill one out!)
- Think of what else you want to know about the school and/or volleyball team and find that out too!

✓ **Make contact.** Perhaps after doing further research on the schools from your list, some of them have lost your interest based on what you learned. That’s fine! Cross them off the list. For the schools you have left, it’s time to contact the volleyball coaches to let them know you’re interested. Pick a school, find the coaches’ email addresses, and draft an introductory email. (For this one, send it to all the coaches – head, first assistant, second assistant.) Tell them a bit about yourself, what grade you’re in, your position, why you’re interested in their school (be specific – this shows them that you have already done some research), which tournament you will be attending next... Be creative! This is your chance to let your personality show. Also let them know that you are registered with University Athlete and the Recruiting Registry, and attach your **player profile** that you created in Word. **Proofread** your email and send it off! Do this for all the remaining schools in your list.

- ✓ **Follow up.** It is your responsibility to keep in contact with your schools of interest. There are strict NCAA rules that limit how or how often coaches are allowed to contact you – they can't initiate conversations with you until you are a senior. So, keep sending email updates before and after every tournament, send video clips in the mail along with your player profile, set up a time to call the coach. (For phone calls, don't be nervous. Remember that it is the coach's job to make you feel comfortable on the phone, and they are skilled at this. Make a list of specific questions that you would like to ask them and have this in front of you while you make the phone call.) The main point is to **be persistent**. If you keep bugging coaches with purposeful emails and phone calls, they won't be able to forget about you!
- ✓ **Visits.** Once you start looking into going on unofficial visits (if you are a junior or younger) or official visits (if you are a senior), this means you have learned how to take ownership of your recruiting process, and you are capable of finding out anything you need/want to know. Great job and good luck!!

- Cassie