

Gateway Region Volleyball College Recruiting Seminar “Managing the maze”





Presenters

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 - Formerly with Althoff Catholic High School



Caveat

- This document and presentation are for informational purposes only.
- All information are gleaned from various official web sites and publications.
- For official interpretations, please go directly to the institutions that are responsible for the rules.



Outline

- What does recruiting involve?
- Why would I want to be recruited?
- Myth Busters
- What are my chances?
- Recruiting Geography
- NCAA Clearinghouse
- Finding the right school
- Rules and contacts
- Number of scholarships
- Verbal commitment VS Signing
- Signing Period
- Order of Signing
- Things to do:
 - Web
 - Athletic Resume
 - Video on recruiting process
 - Skills video
- Second set of questions
- Visits
- Recruiting services
- Dates and deadlines
- Experiences from parents/players
- Questions and answers



What Does Getting Recruited Involve

- Everything you would do to pick a college, plus:
 - Look for the right level of athletics
 - Look for the right coaching fit
 - Look for the right school that offers you the right academics and athletics
 - Time and cost for visits, making tapes/DVDs, getting seen, contacting schools, making tough decisions.



Why would I want to be recruited?

- College scholarships.
- Opportunity to keep playing volleyball.
- Built in support network.
- Academic support.



Myth Busters

- **Myths**

- I got a letter from a school. I am on the top of their list.
- A scholarship runs for the entire length of the eligibility.
- Coaches only look at open teams at national tournaments.
- Coaches sit through every tape/DVD sent to them.
- I will play the same position I have always played.
- I have no shot if I don't play for a top team.

- **Truths**

- They may be interested or they may be just going through the motions.
- A scholarship runs for one year, renewable yearly.
- Some do look only at the top teams, some look at all teams.
- Coaches look at the skills, if they are still interested they keep watching.
- Coaches recruit for need, they will put you where they need you.
- Coaches look at athletics, not teams. Your job is harder but not impossible.



Scholarship Renewal

- If a student-athlete is receiving institutional financial aid based in any degree on athletic ability, the institution must notify the student in writing on or before July 1st whether the aid has been renewed or not renewed for the next academic year. This written notification comes from the institution's financial aid authority and not from the athletics dept.
- If the institution decides not to renew the aid, or is going to reduce the aid, the institution must notify the student-athlete in writing that he or she has the right to a hearing. This hearing is held before the institutional agency making the award.
- Keep in mind that the decision to renew or not renew the financial aid is left to the discretion of the institution, to be determined with its normal practices for students generally.



What are my chances?

- Schools that have a women's volleyball program:
 - Division I (12 Individual Scholarships Max): 317
 - Division II (8 Scholarships Max): 276
 - Division III (No athletic scholarships): 423
 - NAIA (12 Scholarships Max): 251
 - JC: (14 Scholarships Max only in DI and DII; DIII does not offer athletic scholarships)
Div. I: 104; Div. II: 114; Div. III: 81
 - Available at www.volleyball.org/college
- Approximately 9000 scholarships are available for women's volleyball at the collegiate level.



What are my chances?

- Schools that have a men's volleyball program:
 - Division I: 22
 - Division II: 13
 - Division III (No athletic scholarships): 47
 - NAIA: 20
 - NIRSA (Club): 300+
 - JC: 0



Local Schools

- **NCAA:**

- **Division I:**

- Bradley University
 - Chicago State University
 - DePaul University
 - Eastern Illinois University
 - Illinois State University
 - Indiana State University
 - Loyola- Chicago
 - Missouri State University
 - Northern Illinois University
 - **Saint Louis University**
 - Southeast Missouri State University
 - Southern Illinois University – Carbondale
 - Southern Illinois University - Edwardsville
 - University of Evansville
 - University of Missouri – Columbia & Kansas City
 - University of Illinois
 - University of Illinois - Chicago
 - Western Illinois University

- **Division II:**

- Drury University
 - Harding University
 - Lewis University
 - **Maryville University**
 - Missouri Southern State University
 - Missouri University of Science & Technology
 - Missouri Western State University
 - Northwest Missouri State University
 - Quincy University
 - Rockhurst University
 - Truman State University
 - Southwest Baptist University
 - University of Central Missouri
 - University of Illinois - Springfield
 - University of Missouri – St. Louis

- **Division III:**

- Blackburn College
 - Concordia University Chicago
 - Fontbonne University
 - Greenville College
 - Illinois College
 - MacMurray College
 - Milikin University
 - Principia
 - **Washington University**
 - Webster University
 - Westminster
 - Wheaton College
 - Plus several others



Local Schools

- NJCAA

- Division I:

- Jefferson College
 - Missouri State University – West Plains
 - **Mineral Area College**
 - Kaskaskia College
 - State Fair Community College

- Division II:

- Cottey College
 - Danville Area Community College
 - **East Central College**
 - Florissant Valley Community College
 - Illinois Central College
 - John A. Logan
 - John Wood Community College
 - Kaskaskia
 - Lewis and Clark Community College
 - Lincoln Land Community College
 - Longview Community College
 - Meramec Community College
 - Parkland College
 - Rend Lake College
 - Shawnee Community College
 - Southwestern Illinois College
 - Springfield College in Illinois

- NAIA

- Avila
 - Baker
 - Benedictine
 - Central Methodist
 - Columbia College
 - Culver-Stockton
 - Evangel
 - Hannibal-LaGrange
 - Harris Stowe
 - Lindenwood University
 - McKendree University
 - Missouri Baptist
 - Missouri Valley
 - Ozarks
 - Park
 - St. Louis Christian College
 - St. Louis College of Pharmacy
 - Stephens College
 - William Jewell
 - William Woods



Local Schools with Mens' Volleyball

- NCAA
 - Division I
 - Ball State University
 - Indiana University- Purdue University Fort Wayne
 - Loyola University
 - Division II
 - Lewis University
 - Quincy University
 - Division III
 - Carthage College
 - Fontbonne University
 - Milwaukee School of Engineering
 - List of all NCAA Men's Programs:
 - <http://www.ncaa.org/wps/ncaa?ContentID=225>
- NAIA
 - Cardinal Stritch University
 - Graceland University
 - Lindenwood University
 - Missouri Baptist University
 - Missouri Valley College
 - Park University
 - Saint Ambrose University



Recruiting Geography

- Division I schools have the most budget. But there are divisions within DI too. Some recruit nationally, most recruit regionally.
- Division II does regional recruiting mostly.
- Division III, NAIA, JC do mostly local recruiting, unless they get something to interest them, a tape, a phone call, an e-mail.
- Foreign recruiting is getting bigger.



NCAA Clearinghouse

- YOU NEED TO GET A CLEARINGHOUSE NUMBER IF YOU WISH TO BE RECRUITED.
- If you have already received a Personal Identification Number (PIN): Call the automated system at 319-339-3003. (You will also need your SS# number).
- If you do not have an assigned PIN:
 - Phone: 317-223-0700
 - Toll Free Number: 877-262-1492
 - FAX: 317-968-5100
 - Web: www.ncaaclearinghouse.net
 - Mail:
 - NCAA Eligibility Center
 - PO Box 7136
 - Indianapolis, IN 46207

All prospective student-athletes intending to enroll in an NCAA Division I or II institution for the first time on or after August 1, 2007 must complete the NCAA Amateurism Certification questionnaire.



Finding the Right School

The First set of Questions

- Academics: Do they have what you want in a school?
- How close is it to home?
- How big of a school is it?
- What kind of volleyball program?
- How much time do I want to spend on volleyball?
- How much financial aid do I get? How much do I need?
- How much academic help do I get?
- Narrow schools down, ideally down to 15, but not critical
 - 20% dream schools
 - 20% “locks”
 - 60% average schools



NCAA Rules

- You become a “prospective student-athlete” when you start ninth-grade classes. Before the ninth grade, you are a prospective student-athlete if a college gives you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.
- You become a “recruited prospective student-athlete” if any coach or booster or representative approaches you (or any member of your family) about enrolling and participating in athletics at that college. Activities by coaches or boosters that cause you to become a recruited prospective student-athlete are:
 - Providing you with an official visit
 - Place more than one telephone call to you or any other member of your family; or
 - Visiting you or any other member of your family anywhere other than the college campus.



Contact Rules

Division I

- **No alumni, boosters or representatives of a college's athletics interests can be involved in your recruiting. There can be no phone calls or letters from boosters.**
- **Junior Year:** No personalized letters from Coaches, faculty or students until **September 1st of your Junior Year.**
- **Senior Year:** No phone calls to you until **July 1st AFTER your Junior Year.** One phone call a week thereafter. Unlimited calls to you (or your parents or legal guardians) may be made if it is:
 - During the 5 days immediately before your official visit by the college you will be visiting;
 - On the day of a coach's off-campus contact with you by that coach; and
 - On the initial date for signing the National Letter of Intent in your sport through 2 days after the initial signing date.
- **Off Campus: NO CONTACT** until after July 1st of the end of your Junior Year. 3 Contacts only. Can come to HS practice once a week. Must be prearranged with HS coach.
 - *If on campus you can initiate contact.*
- **Evaluations:** 7 evaluations. 3 of the 7 can be off campus. Multi day tournaments are 1 evaluation. Unlimited after you sign a letter of intent.



Contact Rules

Division II

- Coaches can accept collect calls or make an 800 number be made available to you to call.
- No more than 4 evaluations off campus. A multi-day tournament is 1 evaluation. Evaluations are unlimited after you sign a letter of intent.
- They can put you through a tryout while you are on campus.



Contact Rules

Division III

- An athletics department staff member, alumni or representative of a college's athletics interests (boosters or reps) may contact you in person off the college campus after your Junior year of HS. NO limit on the number of contacts or the period when they may occur.
- You may not tryout for a Division III college's athletics team. A tryout is any physical activity (e.g. practice session or test) conducted by or arranged on behalf of a college, at which you display your ability.
- You can visit a college campus any time at your own expense. You may receive 3 complimentary admissions to a game on that campus; a tour of off-campus practice and competition sites in your sport and other college facilities within 30 miles of the campus; a meal in the college's on-campus student dining facilities; and house, if it is available to all visiting prospective students.



Contact Rules

NAIA

- Tryouts: Allowed only if it is on campus.
- No other rules



Women's Scholarships

- NCAA Division I: 12 Scholarships Max
- NCAA Division II: 8 Scholarships Max
- NCAA Division III: No scholarships
- NAIA: 12 Scholarships Max
- JC: 14 Scholarships Max (only DI and DII)



Verbal Commitment vs. Signing

- Verbal Commitment means nothing until you sign.
- Can not verbally commit until you are offered a scholarship.
- Signing National Letter of Intent is by both the athlete and the parent.
- With the National Letter of Intent Organization.
- Letter of Intent is legally binding.



Signing Dates

- National Letter of Intent Dates
 - Early Signing Period
 - November 11 – November 18, 2009
 - Regular Signing Period
 - April 14 – August 1, 2010



Order of Signing

- NOT the rule, just general trends
 - Top 25 DI Schools
 - Middle of the road DI schools
 - Bottom DI's, DII's
 - DIII's, NAIA's and JCs
 - Early signing: top schools, perfect matches
 - Late signing: everyone else



Things to Do

- Look for schools, use guidance office, coaches, internet.
- Send letters and sports resume to schools.
 - Probing for interest,
 - Asking about academics
 - Asking for forms,
 - Asking for info about the coach, team, etc
 - Send club info to coaches, playing schedule, etc
 - Stay in contact with schools, make sure they know you are interested
 - As the interested schools about coming to visit. Any time, unofficial.
 - Make arrangements to make tapes/DVDs/You Tube Clips.



Using the Web

- Find out about academic departments and programs.
- Search education web sites for school rankings.
- Find out about the general background of coaches, players, and administrators.
- Archival data on the team's record, the coach's record at the school.
- News release about the team.
- Team's prominence on the campus.
- # of scholarships coming open at your position your Freshman year.
- Statistics of the players already at the school.
- Team's schedule.



Sample of Web Sites

- NCAA Info site: www.ncaa.org
- NAIA web site: www.naia.org
- Jr. College web site: www.njcaa.org
- College Volleyball Update: www.cvu.com
- Recruiting Registry Info:
<http://www.recruitingregistry.com/>
- Volleyball Worldwide (Listing of schools with a website for all divisions): www.volleyball.org
- National Letter of Intent: www.national-letter.org
- AVCA: www.avca.org



Athletic Resume

- Personal Info:
 - Name
 - Contact Info
 - Website
 - E-mail address
- Academic Info
 - GPA
 - Class Rank/Class Total
 - High School
 - Courses taken to meet eligibility
 - Probable Major
 - ACT/SAT Scores
- Volleyball Info:
 - Height, weight
 - Standing reach, approach jump, block jump
 - Positions played
 - Uniform number (HS/Club)
 - Dominant hand
 - Playing history, HS, & club
 - Present club team
 - NCAA Clearinghouse number
- Honors
 - Academics
 - Athletics
- References



DVDs/Tapes

- Read an intro of yourself, including name, year of graduation, high school, position, club team. Don't forget to thank the coaches in advance.
- Show best skill first. Worst skill last.
- Coaches are looking for proper fundamental mechanics.
- Setters: Show mechanics first then use another shot to show where the set goes. Same thing for serving and hitting.
- Blocking: Show foot movement, show hand positions.
- Hitting: Show approach, arm swing, variety of shot. Hit against a block if possible. Hit off of a consistent setter.
- Passing: Show platform, feet, stance
- Defense: Emergency recover move, hustle
- **DO NOT SEND IN A TOTALLY CHOREOGRAPHED DVD/TAPE!
MAKE SURE THAT THE TAPE SHOWS YOU REACTING TO
DIFFICULT SITUATIONS.**



DVDs/Tapes

- No more than 8-10 minutes
- Cover all six skills: Passing, setting, hitting, serving, blocking, defense
- Be loud and assertive
- Include game footage at the end of the skills DVD/tape if you want.
- Game footage:
 - Identify yourself by jersey number or spot shadow
 - Make sure the camera is on a tripod or make sure the camera is stable.
- The first 1-2 minutes is critical, this is where you hook them.
- Pick camera shots where they can see your mechanics.
- Make 1 DVD/tape and send copies to schools **only if they request it.**



Strategy

- Coaches are on their best behavior when recruiting. Be alert! Find out all you can about them.
- Coaches recruit a lot of kids for every scholarship open. They have an A list and a B list. Find out where you are on their list for the 1 scholarship.
- You need to do the same, have a list. Magic Number is 5. That is how many official visits you can make for DI school.
- Be honest with the coaches.



How do You know they are serious?

- They want to come sell you the school.
 - Official home visit. This is their chance to sell you on them and their way of gauging your interest.
- They offer you an official campus visit.
 - You may not be alone. They may bring in 5 players vying for the same spot on the team the same weekend.



Official Visits DI and DII

- May not exceed 48 hours.
- School may pay for transportation between your home (or high school) and the campus.
- Meals, lodging and complimentary admissions to campus athletics events for you and parents. A coach may only accompany you on your official visit if the transportation is by car and it all happens within the 48-hour period. Meals provided to you (and/or your parents) on an official visit may be provided either on or off the institution's campus.
- The complimentary admissions is only in the facility's general seating area. A student host may help you (and your family) become acquainted with campus life. The host may spend \$30 per day to cover all costs of entertaining you (and your parents, legal guardians or spouse); however, the money can't be used to purchase souvenirs such as t-shirts or other college mementos. Additionally, during a campus visit, the school may provide you with a student-athlete handbook.



Official Visits Division III

- Meals, lodging and complimentary admissions to campus athletics events. All meals provided to you (and/or your parents) on an official visit must occur in an on-campus dining facility that the college's students normally use. If dining facilities are closed, the college is permitted to take you off-campus for meals.
- \$20 limit on hosts spending.



What to do on a Campus Visit?

- Sit in on a class
- Talk to a dean or professor about your major field
- Tour the campus
- Stay overnight with team members
- Meet with the coach
- Possible meeting with financial aid office (if not offered a full ride)
- Possible meeting with the Admissions Office counselor, if you think you need to make an impression to enhance your chances for acceptance.



Core Courses

DIVISION I 16 Core-Course Rule

16 Core Courses:

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule

14 Core Courses:

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.



Eligibility

NAIA

- National Association of Intercollegiate Athletics:
 - 1200 Grand Blvd
 - Kansas City, MO 64106
 - Phone: (816) 595-8000
 - FAX: (816) 595-8200
- An entering freshman student **MUST** be a graduate of an accredited high school or be accepted as a regular student in good standing as defined by the enrolling institution.
 - An entering freshman student must meet two of the three entry level requirements:
 - A minimum score of 18 on the Enhanced ACT or 860 on the SAT (for tests taken on or after April 1, 1995).
NOTE: In order to meet the requirement of Article V, Section C, item 2, paragraph a above, an entering freshman taking the SAT as of March 1, 2005 must achieve a score of 860 or higher on the **Critical Reading and Math** sections.
 - An overall high school grade point average of 2.000 or higher on a 4.000 scale.
 - Graduate in the upper half of the student's high school graduating class.



Second Set of Questions

- Have a firm idea of where you can play and focus on those schools.
- Have a list ready concerning:
 - Volleyball: Team Chemistry, coaches, administration, training, schedules, offense, defense.
 - Academic: Major, support, curriculum, environment, job placement, graduate schools, etc,
 - Social: People, dorms, peers, city, size of campus
 - Location: Geography, close to home
- Narrow down to 5 choices for official visits. Same mix as before. Use coaches feedback as well.
- Ask the questions during official visit to campus and official home visit.
- People to talk to: Coaches, administrators, professors, present players, present students.



Recruiting Services

- Only engage recruiting services that are free or low cost.
- They can not deliver a scholarship to you. You still have to work to present yourself.
- Avoid services that promise you a scholarship.
- Most coaches won't pay attention to them, unless the schools paid for the service.



Things to Consider For Final Selection

- Quality of the academic program . . . Placement success upon graduation.
- Internship possibilities.
- Tutoring or mentoring programs that are available.
- “Personality” of the campus:
 - Professor-student interaction
 - Student-student interaction
 - Does the community “accept” the University
- Class size
- Size of the institution
- Distance from home
- Proximity to metropolitan area
- Financial aid and how it’s packaged
- What GPA must be maintained to keep scholarship (if receiving one)
- How you fit in the VB program
- Did you like the team when you visited
- Do you seem to have similar goals and philosophies
- Returning players and positions
- Quality of the program
- How well you get along with the coaching staff
- Cohesiveness/chemistry of the team
- Will the volleyball program meet your needs



Questions to ask the Coach

- What do you see as my role
- What position are you recruiting me for
- Philosophy of the program
- Training rules
- What if I'm struggling academically
- Can I miss a practice to study for an exam
- Are there resources available to assist me if I fall behind
- Academic success of the team
- How much traveling
- How many classes will I miss
- Will I be penalized if I miss classes
- What if a professor says I should stay rather than travel on a particular date
- Any additional "costs" to play, fundraising, etc
- Off season training
- Past players and the recognition they have received
- If I receive an athletic scholarship, will it be renewed annually
- Make sure the coach knows your level of interest



Final Points

- Make your decision as early as possible – as long as you have all of the info
- You need to make a decision. The longer you wait, the fewer the possibilities that remain.
- Be realistic when being recruited. Not everyone can play for Penn State
- Just because you get a letter from a coach/program doesn't mean they have a keen interest in you. Most coaches send out hundreds of letters each year . . . Some just as a courtesy.
- Things are in your hands, it's up to you to make things happen!



Important Dates

- **ACT Test Dates**

- February 6, 2010
- April 10, 2010
- June 12, 2010
- September 11, 2010
- October 23, 2010
- December 11, 2010
- February 12, 2011
- April 9, 2011
- June 11, 2011
- <http://www.actstudent.org/regist/dates.html>

- **SAT Test Dates**

- March 13, 2010
- May 1, 2010
- June 5, 2010

- **National Letter of Intent Dates**

- Early Signing Period
 - November 11 – November 18, 2009
- Regular Signing Period
 - April 14 – August 1, 2010



Panel Q&A

- Anne Kordes, St. Louis University
- Kyle Walton, St. Louis University
- Bob Crank, Maryville University
- Rich Luenemann, Washington University
- Ron Young, Lindenwood University
- Brad Bruns, East Central College
- Scott Roberts, Sports Medicine & Training Center
- Steve Mueth, Gateway Region Executive Board



Panel Q&A

