

College Recruiting 101



Presented by GCVC

Grace Buchholtz

GCVC Recruiting Coordinator

- Club volleyball in Colorado 2013-18
(CO Momentum VBC, Colorado Juniors)
- Augustana University Volleyball 2018-22
- Kairos Elite Volleyball Coach 2019-2023
- Minnesota Select VBC Coach 2023-2024



NCAA Recruiting Facts (2024)

Division I

Division I schools generally have the biggest student bodies, manage the largest athletics budgets and offer the highest number of athletics scholarships.

PARTICIPATION

204,000

Student-Athletes

355

Active Schools

ATHLETICS SCHOLARSHIPS

59%

of athletes receive athletics aid.

ACADEMICS

2023 Graduation
Success Rate



OTHER STATS

8,883

Median Undergraduate
Enrollment

19

Average Number
of Teams per School

1 in 23

Students Who Are Athletes

26*

Division I National
Championships

Division II

Division II schools provide growth opportunities through academic achievement, learning in high-level athletics competition and a focus on service to the community.

PARTICIPATION

133,000

Student-Athletes

293

Active Schools

ATHLETICS SCHOLARSHIPS

64%

of athletes receive athletics aid.

ACADEMICS

2023 Academic
Success Rate



OTHER STATS

2,169

Median Undergraduate
Enrollment

17

Average Number
of Teams per School

1 in 7

Students Who Are Athletes

25*

Division II National
Championships

Division III

Division III schools offer participation in a competitive athletics environment that pushes college athletes to excel on the field and build upon their potential by tackling new challenges across campus.

PARTICIPATION

202,000

Student-Athletes

425

Active Schools

FINANCIAL AID

80%

of athletes receive nonathletics aid.

ACADEMICS

2023 Academic
Success Rate



OTHER STATS

1,617

Median Undergraduate
Enrollment

19

Average Number
of Teams per School

1 in 5

Students Who Are Athletes

28*

Division III National
Championships



**Want to
play NCAA
sports?**

Visit [ncaa.org/
playcollegesports](https://ncaa.org/playcollegesports)

 **DIVISION I**

Academic Standards

 **DIVISION II**
**MAKE IT
YOURS**

Academic Standards

 **DIVISION III**
RECOVER | DEVELOP | DEDICATE

Amateurism Standards

HIGH SCHOOL
PARTICIPANTS

NCAA
PARTICIPANTS

OVERALL % HS TO
NCAA

% HS TO NCAA
DIVISION I

% HS TO NCAA
DIVISION II

% HS TO NCAA
DIVISION III

452,808

17,780

3.9%

1.2%

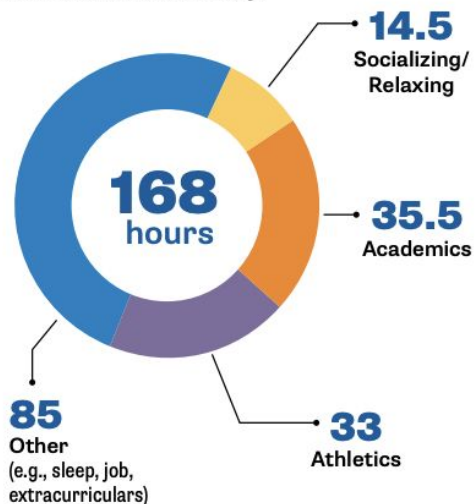
1.1%

1.6%

Time spent on activities per week

(numbers listed in hours)

*Medians collected from the 2015 NCAA GOALS study.

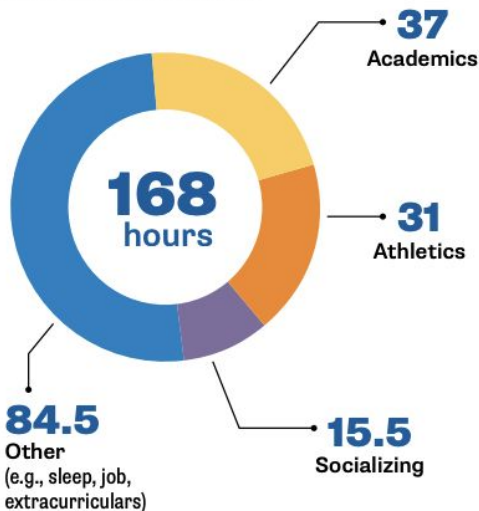


DI

Time spent on activities per week

(numbers listed in hours)

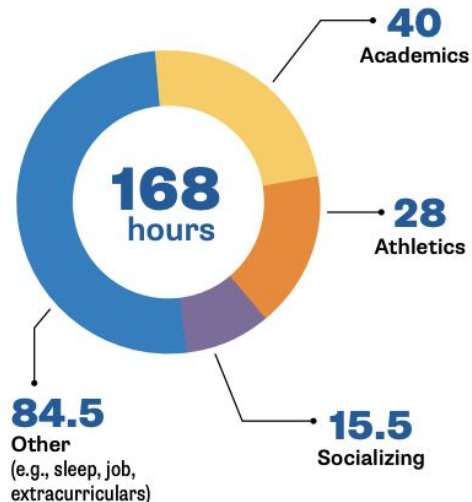
*Median figures, collected from the 2019 NCAA GOALS study.



DII

Time spent on activities per week

(numbers listed in hours)



DIII

	Skill	College Average	80th Percentile of College Athletes
Division 1 <ul style="list-style-type: none"> Average height of college volleyball player: 6'0" Average height range: 53% of players 6'0" and over Club experience: Open-level playing experience 	Standing reach	7'9"	7'10.5"
	Attack jump	9'1"	9'5"
	Vertical jump	19.9"	22.6"
Division 2 <ul style="list-style-type: none"> Average volleyball player height: 5'10" Average height range: 19.8% of athletes are 6'0" and taller; 61% of athletes are between 5'9" and 5'11" Club experience: National-level experience; open level preferred 	Block jump	9'1"	9'5"
Division 3 <ul style="list-style-type: none"> Average volleyball player height: 5'9" Average height range: 58.4% of players are between 5'8" to 5'10" Club experience: National and regional club level experience 			
NAIA <ul style="list-style-type: none"> Average volleyball player height: 5'10" Average height range: 55.7% of athletes are between 5'8" and 5'10" Club experience: National-level experience; open level preferred 			

College Outside Hitter Statistics

*National Averages
collected by AVCA

NCAA Scholarship Facts (2024)

Number of women’s volleyball scholarships by division level

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

NUMBER OF WOMEN’S VOLLEYBALL SCHOLARSHIPS BY DIVISION LEVEL

Division Level	Number of Teams	Total Athletes in Division	Current Average Team Size	2025-26 Roster Limit*	Current Scholarship Limit	2025-26 Scholarship Limit*
D1	334	6,036	18.1	18	12	18
D2	295	5,434	18.4	N/A	8	N/A
D3	424	7,512	17.7	N/A	N/A	N/A
NAIA	217	3,859	18	N/A	8	N/A
JUCO	313	3,921	13	N/A	–	N/A

*If proposed NCAA settlement is approved

NCAA Division 1 eligibility requirements

For high-school athletes graduating in 2022 or 2023 and enrolling in college full-time in 2022-23 or 2023-24:

- Graduate high school
- Complete 16 core courses using pass/fail grades (see below for a full breakdown of core course requirements)
- Earn a core course GPA of 2.3 or higher
- Receive final certification on your amateurism status via the [NCAA Eligibility Center](#)
- No longer required to take the ACT or SAT

NCAA Academic Eligibility

***Ask your
home school
counselor for
more info**

NCAA Division 2 eligibility requirements

For high-school athletes graduating in 2021 or 2022 and enrolling in college full-time in 2022-23 or 2023-24:

- Graduate high school
- Complete 16 core courses using pass/fail grades (see below for a full breakdown of core course requirements)
- Earn a core course GPA of 2.2 or higher
- Receive final certification on your amateurism status via the NCAA Eligibility Center
- No longer required to take the ACT or SAT

General Recruiting Rules

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

General Recruiting Rules

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.

General Recruiting Timeline

Definitions:

- **Quiet Period:** coaches may not have face-to-face contact with recruits off the college campus, such as at an athlete's school, or at an athlete's games and tournaments. In other words, the coach can only talk to recruits on the coach's campus or through any other approved electronic means of communication.
- **Contact Period:** During this time, coaches can email, text, call, direct message and contact athletes and their parents through any NCAA-approved method.
- **Dead Period:** coaches may not have any in-person contact with recruits or their families. Coaches can still keep in touch with recruits via phone, email, social media and other approved electronic means of communication.

- January 17th-March 2nd: **Contact Period**
- Monday-Thursday March 3rd-April 10th: **Quiet Period**
 - (weekends during this time: contact period)
- April 11th-30th: **Contact Period**
- May 1st-29th: **Quiet Period**
- May 30th-July 31st: **Contact Period**

****Dead periods** are typically in November and December**

Age-Specific Timelines

***Sooner rather than later: Complete NCAA and/or NAIA academic eligibility requirements and send the appropriate documentation to those organizations ([NCAA Clearinghouse](#))**

Freshmen (class of 2028)

- Make a list of your potential schools;** Research schools and create a target list of 20–30 colleges and universities to reach out to
- Register with [University Athlete](#)
- Make a highlight video; Your video does not have to be professional quality, it just needs to reflect your ability and should be around **3-8 minutes**.
- Send an introductory email to the college coach, including your recruiting video and key stats, like vertical jump, height and club team name.
- Before each tournament, send college coaches your volleyball resume and video to motivate them to come see you.**

Sophomores (class of 2027)

- Register with University Athlete
- Update your highlight video
- Narrow down your list of schools due to athlete preference and coaches interest/recruiting needs
- Before each tournament, send college coaches your volleyball resume and video to motivate them to come see you.**
- Contact coaches at targeted schools and **respond to all coach communications; Don't be afraid to pick up the phone and call! (June 15 after sophomore year)**
- Continue to follow up with the coaches.
- Attend tournaments and camps that will get you in front of the coaches you're interested in**

Age-Specific Timelines

***Sooner rather than later: Complete NCAA and/or NAIA academic eligibility requirements and send the appropriate documentation to those organizations ([NCAA Clearinghouse](#))**

Juniors (class of 2026)

-Attend tournaments and camps that will get you in front of the coaches you're interested in

-Continue to follow up with the coaches.

-Go on unofficial visits to college campuses and meet with coaches in person

-Go on official visits to college campuses

-Complete NCAA and/or NAIA academic eligibility requirements and send the appropriate documentation to those organizations ([NCAA Clearinghouse](#))

-Start receiving offers and determining how much financial aid is needed to attend each school that offered a roster spot

Seniors (class of 2025)

-Go on official visits to college campuses

-Complete NCAA and/or NAIA academic eligibility requirements and send the appropriate documentation to those organizations

-Start receiving offers and determining how much financial aid is needed to attend each school that offered a roster spot

-Choose your favorite university and commit! Work with the coach on scholarship details and if they have a National Letter of Intent (or an equivalent) that needs to be signed

Next Steps

****Register with University athlete if you have not done so already****

1. Create a list of things you want in a college
2. Research colleges that fit your needs
 - Make a list of at least 20 schools that would be a good fit
3. Create highlight videos
4. Start contacting coaches early and often!

Mock Email Example

Hi Coach _____,

My name is Grace Buchholtz and I am greatly interested in playing for you and your volleyball program at _____ University. I am a 6'0" sophomore outside hitter/defensive specialist from Columbus, OH interested in studying Kinesiology. I hope to become a certified athletic trainer someday!

I wanted to introduce myself as we are gearing up for a fun and busy club season. I currently play for Coach _____ (add coaches email) at Greater Columbus Volleyball Club (GCVC) on 16 Silver and wear jersey #12. Here is my most recent highlight video: (insert link)

I had a very successful high school season this Fall, as I earned a varsity letter as a sophomore. Although we did not achieve our goal of becoming state champions, we competed hard every night and got better as the season progressed. I was grateful for the opportunity to play at the varsity level and will work hard to earn a starting position next Fall. Here is a highlight reel from this past Fall: (insert link)

^ADD YOUR OWN HIGH SCHOOL STATS AND EXPERIENCE

I have been playing volleyball for several years now and have absolutely fallen in love with the sport. I am passionate, disciplined, determined, and I believe I can and will succeed at the next level. I will continue to send you my club schedule as our season progresses and hope to see you at some of my tournaments this year! I sincerely look forward to hearing from you and learning more about your program! Go _____ (school's mascot)!

If you would like to learn more about me from the GCVC staff, please contact our club's recruiting coordinator Grace Buchholtz at gcvcrecruiting@gmail.com.

Sincerely,

Grace Buchholtz

6'0" Outside/Defensive Specialist, Class of 2027

GCVC 16 Silver #12 ←(Link your schedule here)

Hudl Overview



Use Hudl to:

- View team and individual stats from the club season
- Create a highlight reel to send to coaches
- Use the College Library tool to view a school's information and scholarship opportunities

If you do not have access to your Hudl account, please contact me to re-send the activation link*

The screenshot shows the Hudl College Library interface. At the top is a dark navigation bar with "Home" and "Explore" links, an "Upload" button, and a user profile for "Andrea Baylin". Below this is a secondary navigation bar with tabs for "18 Silver", "Video", "Reports", "Exchanges", "Team", "Highlights", and "NEW Recruiting". The main content area is titled "Recruiting" and features a sidebar with "College Search" and "Settings". The central part of the screen displays the profile for "Southeast Missouri State University". This profile includes contact information (website, address, phone), college type ("Not Reported"), accepted exam status ("Not Reported"), athletic association ("Not Reported"), and campus housing costs. The "PROFILE" section shows a "Medium" size and "8,929 Undergraduate Students". The "STUDENT BODY" section features a donut chart for gender distribution: 40% Male and 60% Female. The "ADMISSIONS" section shows an "ACCEPTANCE RATE" of "Somewhat Selective: Up to 85%" and a note about freshmen SAT/ACT scores. The "LOCATION" section includes a map of the university's location. On the right, a list of "Athletic Programs" is shown, each with a "Scholarship(s) Available" status. At the bottom right, there is a "Message" button for Julie Yankus and a chat icon.

What EVERY PLAYER Can Do...

Check out this [video](#) from Coach Geno Auriemma and this [video](#) from Coach Kara Lawson

-Self-evaluation and reflection

-Be mindful of the way you interact at tournaments

-BODY LANGUAGE, BODY LANGUAGE, BODY LANGUAGE!

-Be proactive

Q & A



References



[NCSA Sports](#)

[NCAA Volleyball](#)

[NCAA Clearinghouse](#)

[College Recruiting Tips](#)