

# RECRUITING 101

This is an ***athlete-driven*** process with the focus on building a relationship with college coaches and their program!  
**Communication is the key to success!**

## 1. Recruiting Profile: (electronic resource or pdf)

- Complete all volleyball/academic info/contact info
- Upload profile pic (head shot that makes you easily identifiable to coaches)
- Add tournament schedule (high school or club)
- VIDEO - key component & mandatory - include links
- Complete FREE UA (University Athlete) Profile  
(note: college programs subscribe - do not click on anything that requires you to pay or asks if you are interested in finding out more about recruiting)

## 2. Determining the level you can play at in college

- Be honest with yourself - set realistic athletic goals
- Talk to your coaches - ask them where they see you playing
- Seek an independent evaluation if needed
- Focus on opportunities where you fit athletically - do your research
- Look at the rosters of your target schools - are you similar athletically?
- Watch match film or attend live to give you an accurate evaluation of how they recruit athletically

## 3. Communications: Sending introductory emails

- Set up an email account exclusively for recruiting correspondence.
  - example: suzyjohnson2023@gmail.com.
- Do your research on the coaching staff prior to sending your first email
  - Send to Recruiting Coordinator and copy Head Coach
- Introduce yourself (keep it brief: 1-2 paragraphs)
- Include your interest in finding out their needs
- Include info about what you are currently doing both academically and on your current club team/training/high school team
- Attach your PROFILE and MUST include video link - DO NOT SEND EMAILS without video link attached!
- ALWAYS 'copy' your Recruiting Coordinator or Designated Club Staff (based upon division you are targeting, they may not be able to respond to you)

## 4. DO the Research!

- Research the undergraduate programs - academics drive the search
- Research the coaches' bios, understand who they are and experience level
- Check out the current roster; how many in your position, where do they recruit, etc.
- Research student life on campus, is it in line with your expectations
- Is geographic location conducive to your family life

## 5. Academic Fit + Athletic Fit + Geographic Fit = Dream School