

RECRUITING CHECKLIST FRESHMAN

This is a general checklist designed to help you navigate your college recruiting journey. Be sure to utilize your Sky coaches and Recruiting Director if you have questions.

August - December

- Watch some local college matches. Seeing the level of play that you're aspiring to play at will give you an idea of where you're at as a player and where you need to be in your senior year.
- Create an email specifically for recruiting or make sure to streamline anything from social media, Sports Recruits, Hudl, and University Athlete to one email so you do not miss anything regarding your volleyball career. (recruiting, showcases, college coaches, etc)
- Become involved in fitness and strength development programs. It doesn't need to be extensive. Join the DRC if you are looking for a trusted facility that specializes in volleyball specific training by [CLICKING HERE](#).
- Give yourself a social media checkup. When college coaches mark you down on their watch list after receiving emails from you, you have begun the recruiting process with them and they will check your social media accounts. If they see things that shine a negative light – partying, inappropriate behavior, etc. – it can hurt your chances. Remember, coaches view posts with adult, grown-up eyes. They may stop recruiting you if they don't like what they see. Just be careful.
- Create your NCAA Eligibility Center profile by [CLICKING HERE](#). This will help track your academics and make sure you are on track to get accepted into the college of your choice. Keep your grades up. No mystery to this one. The better you do in school, the more options you'll have, especially with regard to merit-based or academic aid that many universities offer.



ARIZONA SKY VOLLEYBALL ACADEMY

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December

- Participate in volleyball lessons with good instructors. Arizona Sky has a great number of opportunities with coaches. We also have Master Skills classes on Saturdays for players - check the website for more information on this training. Lessons are a great way to improve your skill level outside of club practices. Check with your club coach to get more information on this!
- Create a University Athlete (UA) profile by [CLICKING HERE](#). Every college coach/recruiter will use it to track and find the court you're on at tournaments. Include your name, a picture, graduation year, contact info, your coach's contact info, recruiting director julia@azskyacademy.com 623-203-9175, parents' names and approach jump touch. It's good to post a highlight video, too.
- Update your Hudl profile. Include your name, a picture, graduation year, contact info, your coach's contact info, recruiting director julia@azskyacademy.com 623-203-9175, parents' names, and approach jump touch. It's good to post a highlight video to the cover page when you have one completed.
- Set up your Sports Recruits Page. Include your name, a picture, graduation year, contact info, your coach's contact info, recruiting director julia@azskyacademy.com 623-203-9175, parents' names, and approach jump touch. It's good to post a highlight video.
- Create a target list of 20-30 schools. They should be schools you are interested in attending academically and schools where you would like to play volleyball. Look at all divisions and conferences around the country that you think are at your level. (Ask your coach if you don't know). Don't count out any schools. It's early in the process, so you should be open to many possibilities. Use search tools like University Athlete and Sports Recruits for assistance.



SKY

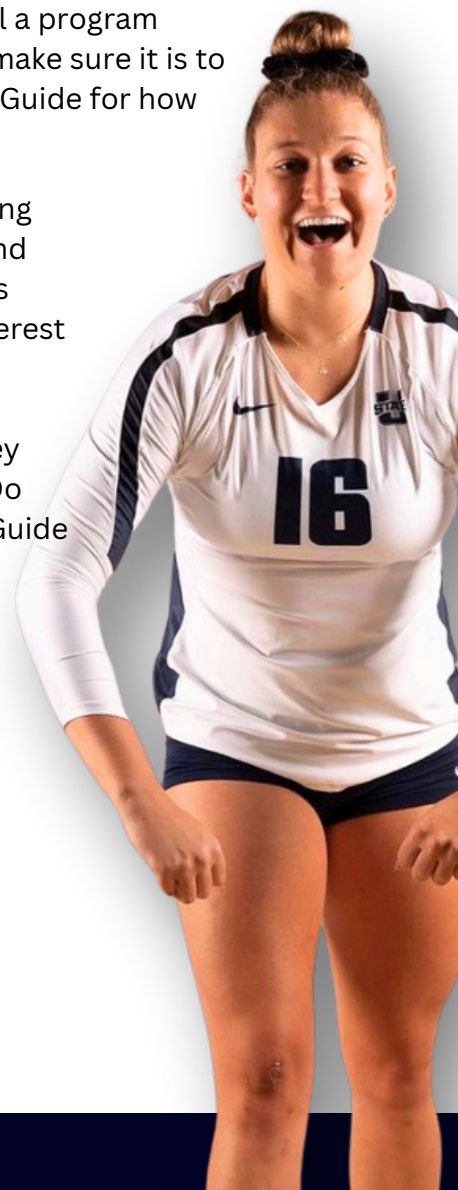


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January - February

- Make a recruiting video, but don't pay a lot of money for someone to make it for you. Using video from your phone or Hudl is the best way to cut clips together to make a 1-2 minute video of your highlights. You only need one until a program might ask for more as you get older. If you update your highlights make sure it is to show progress or growth. Refer back to the Arizona Sky Recruiting Guide for how to make a quick highlight.
- Email the college coaches on your target list. With the new recruiting rule, there is no back and forth communication between players and college coaches until June 15th after your sophomore year. But it's NEVER too early to introduce yourself and express your strong interest in attending their school and playing volleyball for their program. College coaches will definitely start watching you play, and if they know you're interested in their school and they like your video, they will mark you down and watch you during your freshman season. Do not send bulk emails to programs. See our Arizona Sky Recruiting Guide for more information on Emails.
- Sign up for spring and summer college volleyball clinics and camps at schools you're interested in. Clinics and camps are great for visibility and to get experience being coached by college coaches. The summer between your freshman and sophomore year is important to target specific schools on your list. Arizona Sky hosts a college coaches camp in June for graduating 8th grade - 12th graders.



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March - July

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Quick Tips

Don't get discouraged if your dream school isn't showing interest. First and foremost, you're playing volleyball to have fun. If you love the game and keep working hard, you'll give yourself a chance to play at the next level.

Remember, when a school says no, it's not just about you and it certainly doesn't mean you're not a good volleyball player. Maybe the school is already well stocked at your position. Whatever the reason, just keep playing and working hard and having fun. Chances are, you'll arrive at a destination that's right for you. All it takes is ONE great fit.

