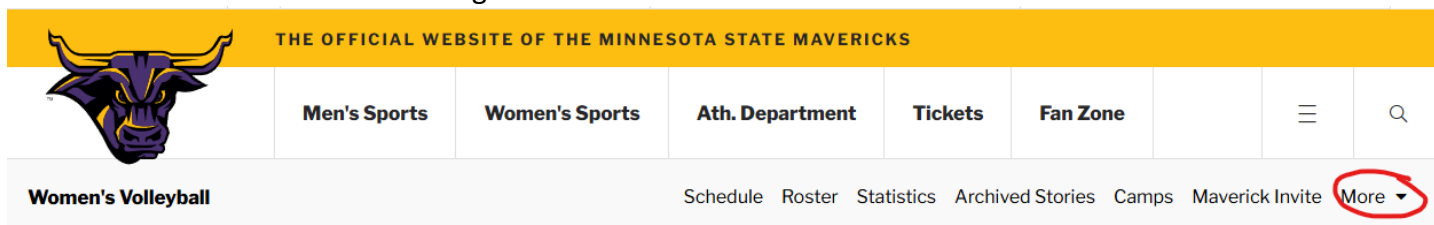


# College Recruitment Guide and Quick Tips

1. Determine if playing in college is a goal of yours that aligns with the experience you want and academics.
2. Research schools you are interested in and their programs - Most schools will have a page for their athletics with information and some even have recruitment forms.  
Example: <https://msumavericks.com/sports/womens-volleyball>  
click on more and then the recruiting tab.



This takes you to this questionnaire - <https://questionnaires.armssoftware.com/1fdb3185770d>

3. Create a recruiting profile for yourself. This is helpful as one place to keep all of your information like grad year, position, height, highlight videos, full game videos etc. Once you have one you can just send a link to your profile to coaches instead of trying to attach things in emails every time.

Below are some links to some example websites:

<https://www.ncsasports.org/>

<https://help.sportsrecruits.com/hc/en-us>

NOTE: Once you create a profile with sites like these you will get people reaching out “selling” you on recruitment help. You never need to pay to be recruited and paying these companies to “get you seen” does not increase chances. Do not pay for these profiles or their agents if you do not want to.

4. Reach out! – You have to take initiative to make it happen if you want to play at a certain school. Don’t be afraid to email them and talk to them in person at camps, tournaments etc. if you see them. They want to talk to you and are always looking for their next players.

Tips: Keep communication constant but brief – If someone can’t read your email in 3 minutes they might skip it. These coaches are getting a lot in their inbox so give them just the information they need.

Always put important information in the subject line of your emails.

Example: Jane Doe – 2026 Grad – Middle – 5’-11” – Wayzata High School - Recruitment

This way they can see your name, year you graduate, height, where you are from, and why you are emailing in a few seconds and can determine if your position is something they might be looking for in the year you would start. Test out your email. Some school emails will only allow emails from inside your organization. Do not use an email you rarely check or one that will not allow emails from outside your organization.

Once you have some communication started with a coach or recruiting coordinator, invite them to games you are playing in. These can be school games or even our tournaments. It is easier for coaches to come to club tournaments because they are not in their own coaching season during this time. You are always allowed to reach out to coaches; however, they cannot always reach out to you and make the first contact depending on old you are and what division they coach at. The link below explains this well.

<https://www.ncsasports.org/womens-volleyball/recruiting-rules-calendar>

5. Get seen – Outside of videos and trying to get a coach to come to your games, another good way to get seen is to attend camps that are specifically for recruitment. Many colleges will put on their own camps in the summer with the intent of spotting potential players. Some clubs will host numerous college coaches at once as well for a camp.

Below are some links to some examples of these. Some are for last year, but most would be doing this yearly.

<https://mnselect.com/club/girlscollegecamp>

<https://www.maverickvballcamps.com/>

<https://www.eventbrite.com/e/2025-northern-lights-1-recruiting-combine-tickets-1052902769527>

<https://www.gustavusvolleyballcamps.com/>

6. Don't get discouraged – There are many opportunities to play volleyball beyond high school if you want to! You might not be the right fit for a particular school and that is ok! You will be the right fit somewhere else! Each coach will have their own ethos and coaching philosophy and the most important thing to remember is that you need to set yourself up for success mentally while in school, but also for a future career in whatever that may be. You need to think at if the coach, program, and school are a good fit for you just as much as they are looking at you.

Lastly, there are many levels of volleyball to play in or be involved in some way.

Division 1

Division 2

Division 3

NAIA – Junior College

Club

Intramural

Coaching for local clubs or school teams

Things college coaches are looking for:

1. Mental toughness – What do you look like and how do you act when your team is losing by 10?
2. Leadership – Whether vocal or through body language, they want to see players who can lead their team in tough situations
3. Body language – When you make a mistake do you lose your cool or do you take a moment and reset?
4. Coachable – Do you look to your coach after a tough play? When a coach gives you a directive do you look them in the eyes, nod your head and then go do it?
5. Teamwork – Do you support your teammates and cheer even when not on the court? Do you get just as hyped when someone else scores a point as when you do? Do you back your teammates up when they make a mistake?
6. Grit – are you always hustling and working to win? Do you never give up on a play no matter how hard it might be to win it?

(Notice how most of these have nothing to do with how athletically gifted you are?)

- I have had coaches talk to me and tell me they look for things that are harder to teach. They watch you just as much when you are not playing the ball to see how you cover, move, and cheer on your teammates. They want to see that you know the game and can read other teams well and have that volleyball IQ. – Tip that it is ok to include these types of things in a highlight video! – Show yourself making a great pass but then also moving to cover your hitter, etc.