

RECRUITING CHECKLIST SOPHOMORE

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.

Information

The first thing you should know as a sophomore in high school is the new NCAA recruiting rule regarding communication between athletes and coaches. Before June 15 of your sophomore year, there can't be ANY back- and-forth communication between the athlete or parent/guardian and a college coach. That doesn't mean you can't email coaches to tell them about yourself. It just means they can't email you back, nor can they text you or talk on the phone.

There are many things you can do at this stage of your high school career to increase your chances of getting a scholarship, including researching which schools will need your position in your grad year and which volleyball summer camps you'll want to attend. Be proactive. It may not seem like the finish line of your high school career is near, but it will be here sooner than you think.

Review the Arizona Sky Recruiting Guide for additional support and utilize your Sky coaches and Recruiting Director.

Follow the Freshman Year Checklist. Be sure you have completed those items if you're starting the recruiting process as a sophomore.

Maintenance

- Continue to monitor your GPA and academic standing.
- Continue to grow your volleyball IQ through clinics and lessons.
- Commit to a strength development program. [CLICK HERE](#) if you need a trusted facility that specializes in volleyball specific training.
- Maintain a presence on your social platforms.



ARIZONA SKY VOLLEYBALL ACADEMY

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August - December

- Continue to 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 your senior year.
- Revise the target list you have made of schools that interest you. Now that you've played another year and gotten older, you may have a better idea of the major/area of study you're interested in, so you can check the schools' websites to confirm they have what you're looking for. Also, reassess the area of the country and the conferences in each NCAA division to determine if you should look at other divisions for the level of play, size of school and academic reputation you want (NJCAA, NAIA, CLUB).
- Continue to email coaches on your target list. It's a good idea to check in every couple of weeks or so and let coaches know how you are doing on your volleyball team, in school, and with extracurriculars. Also, this makes it clear that you are still interested in their school and program. It will feel like you're talking to a rock because coaches can't respond during your sophomore year until June 15.
- Become a great teammate by being positive and exuding energy. Don't be an "eye-roller" or have bad body language when your teammates make a mistake. Be supportive. And be the type of player who bounces right back after a mistake. Coaches watch you in warm-ups and on the bench. They value a good attitude and good body language as much as good skills.



SKY

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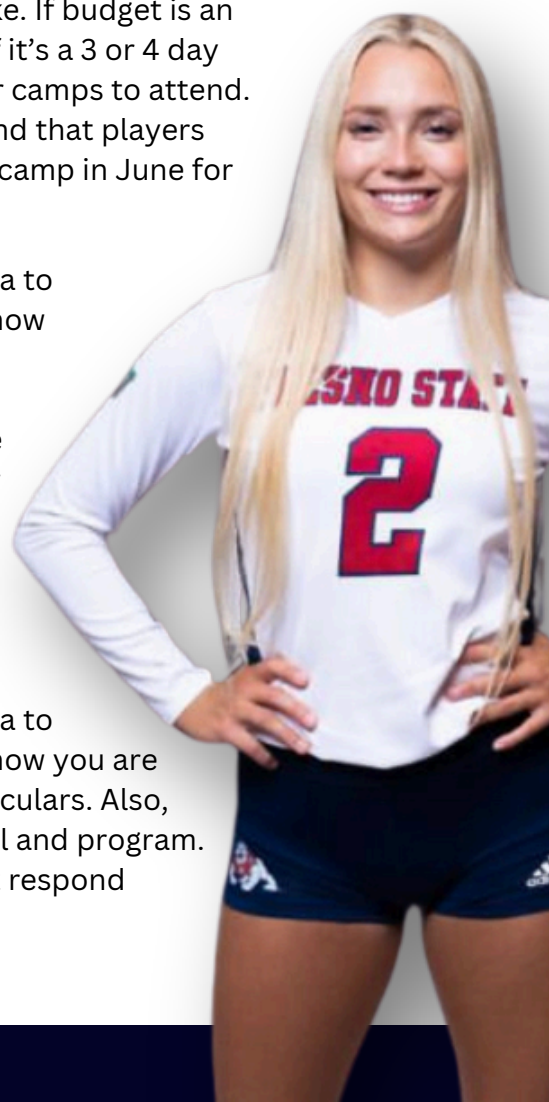
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January - February

- Plan to sign up for more volleyball camps. As a sophomore, camps and clinics are crucial. You should still target clinics and summer camps at schools where you want to play. Email the coaches in advance to let them know that you will be there. This is a great way to show them that you're serious about their program and to get a better feel for what their program is like. If budget is an issue, you don't necessarily have to go to the entire camp. If it's a 3 or 4 day camp, consider going for 2 days, especially if you have other camps to attend. The coaches can usually prorate the fee, and they understand that players often go to multiple camps. AZ SKY hosts a college coaches camp in June for 8th grade - 12th graders.
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March - April

- Continue to email coaches on your target list. It's a good idea to check in every couple of weeks or so and let coaches know how you are doing on your volleyball team, in school, and with extracurriculars. Also, this makes it clear that you are still interested in their school and program. It will feel like you're talking to a rock because coaches can't respond during your sophomore year until June 15.



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May

- The floodgates open June 15! Communication between players and coaches is open and can go back and forth (emailing, texting, phone calls) as of midnight on June 15. Communicate with coaches on June 15 or as soon as you can after June 15. You may hear right away from some coaches you've been contacting. Prepare before June 15 by knowing which coaches you'd like to call on your target list and having questions ready to ask. Also, be prepared to answer questions from them – if you get them on the phone or if they contact you. If you do not receive communication on this day, do not get discouraged, keep plugging away. This is just the START of communication not the END.

June - July

- Continue to email coaches on your target list. It's a good idea to check in every couple of weeks or so and let coaches know how you are doing on your volleyball team, in school, and with extracurriculars. Also, this makes it clear that you are still interested in their school and program. It will feel like you're talking to a rock because coaches can't respond during your sophomore year until June 15.



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If You Are Committed

- If offered, and accepted, after your verbal commitment, complete your NCAA eligibility profile. For student-athletes, this is a simple matter of clicking a button. Make sure to click committed on any recruiting platform you have as well (university athlete and sports recruits).
- Make a phone call or communication to the other schools that offered you a spot. This is respectful, and it's a nice gesture to tell them your decision over the phone rather than letting them find out on social media or through others. It lets them know that you're courteous and care. Remember, you may see them on the other side of the net during your college volleyball career.
- Announce your verbal commitment through your social media platforms, club platforms, prepvolleyball.com, triple crown, or any other platforms. This lets coaches and others know your plans and that you are no longer in the recruiting process.
- Reach out to your soon-to-be teammates on social media. Getting to know the players who you'll be going to battle with is a great way to begin forming a strong team bond.



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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.

