

ARIZONA SKY VOLLEYBALL ACADEMY

RECRUITING CHECKLIST JUNIOR

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

Just like with academics, junior year is the most important year for volleyball athletes who want to compete at the next level. As of June 15 after your sophomore year, you're allowed to communicate with coaches, offers are sometimes made and accepted, so the floodgates are open and you will likely be speaking/texting/emailing with multiple coaches. If you did not receive communication on this day, do not get discouraged, keep plugging away.

Also, the NCAA allows you to take both unofficial and official college visits after August 1 of your sophomore year, so this is a big priority for high school juniors.

Review the checklist to see what steps you should take to find a school that's a good fit for both volleyball and academics.

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

If you are just starting your recruiting process follow the Freshman and Sophomore Year Checklist. Be sure you have completed those items.



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Maintenance

- Keep consistent dialogue with colleges and have a goal of responding within 24hrs of receiving communication whether you want to go to the program or not.
- Continue to monitor your GPA and academic standing. For a student-athlete, your grades are an important consideration for coaches.
- Continue to grow in your volleyball IQ and knowledge
- Commit to a strength development program. [CLICK HERE](#) if you need a trusted facility that specializes in volleyball specific training.
- Update your social media presence, University Athlete, Hudl, Sports Recruits

Communication

Keep consistent dialogue with colleges and have a goal of responding within 24hrs of receiving communication whether you want to go to the program or not.

Stay in touch often, and learn as much as you can about the coaching staff, their philosophies and coaching style. Get to know them. Communication and learning is key. Talk to former players, if possible, to learn more about the coach and school. You will spend so much time with the coaches and your teammates, you will be miserable if it's not a good fit in that area! See the AZ SKY recruiting packet for more examples of what to ask.



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Communication

When talking to a school about a scholarship offer, clarify the different types and what is covered. For example, is it full, partial, walk-on? Does it cover tuition for a fifth year, summer school tuition, medical expenses? Are there need-based and merit-based options available? Know this before you attend summer camps and/or take unofficial visits to be sure it's OK for you and your family. Otherwise, you can gracefully pull out of camps and not visit because it's not a fit in that respect. This process can be expensive, so each visit or camp needs to make sense. Coaches understand.

Understand the timeline for when the schools on your list want to make a decision. Are they in a rush, in no hurry, have an offer out to another player and you're next on the list if she says no? If you have an offer on the table, your timeline speeds up, and they need to know that too.



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August - December

- Have a positive and strong mindset! Work hard in the classroom, on the court and in your recruiting process to find a great fit.
- Set yourself up for success. You did some preliminary work your freshman and sophomore years creating your target list and emailing coaches. Chances are some read your emails, watched your video, and, most likely, watched you play at tournaments...even though they couldn't communicate with you. If you're just starting the recruiting process now, it's ok.
- 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 in your senior year.
- Continue working through your target list. Revise the list you have made of schools that interest you. Based on your communication with programs at this point, 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).
- Take unofficial (and official) visits beginning August 1 before your junior year. Official visits (where the school pays) are usually later in the recruiting process, but unofficial visits are good to arrange with the coaches when there is interest on both sides. A great time to visit is during their fall college season or during spring practices. See if you can picture yourself there.



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August - December

- Register to take the SAT/ACT. Once you get your scores back, you need to send them to the NCAA Eligibility Center. Coaches who you are talking back and forth to during the recruiting process will probably want these scores too.
- Make sure you have registered with the NCAA Eligibility Center. You'll eventually need to provide transcripts and test scores (after you take the SAT or ACT).

December

- Connect with your Sky Coaches and Recruiting Director to express your level of interest in playing in college so they can be on the lookout to assist you in this process as well. Fill out the College Recruiting Intake Form by [CLICKING HERE](#).
- Attend spring and winter college clinics and showcases. Many schools hold clinics to have more opportunities to see players in action. There are also recruiting showcases, which can be good too (Triple Crown, Vegas Showcase, or West Coast Invite). If you're attending a college clinic, make sure it's at a school you're interested in. Email them before the clinic to let coaches know you will be there and are excited.



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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.
- Keep training and practicing after both your verbal commitment, but take care of any nagging injuries. Some recruits relax at this point, which is a bad idea. You should grind even harder and focus on getting ready to compete, especially if you want to challenge for playing time right away.



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Quick Tips

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. Chances are, you'll arrive at a destination that's right for you. All it takes is ONE great fit. Talk to your Club coaches and recruiting director if you need extra help in who to connect with here and to reevaluate your target schools.



SKY