

CHECKLIST:

\_\_\_\_ EMAIL [kevin@tampaunitedvolleyball.com](mailto:kevin@tampaunitedvolleyball.com) TO POST AN EMAIL ADDRESS ON YOUR ROSTER PAGE

\_\_\_\_ RESEARCH AND LIST

\_\_\_\_ BIO SHEET

\_\_\_\_ FIRST WAVE OF EMAILS

\_\_\_\_ VIDEO

\_\_\_\_ VISITS

## RECRUITING TIPS

- BE HONEST WITH YOURSELF AND MAKE A FEW “REACHES”
- USE VOLLEYBALL FOR YOUR EDUCATIONAL GOALS
- RESEARCH THE SCHOOLS, LOCATIONS, AND PROGRAMS CAREFULLY
- BE AGGRESSIVE
- LOOK FOR COLLEGES THAT NEED YOUR POSITION
- RETURN COMMUNICATION PROMPTLY AND BE ENTHUSIASTIC; THIS MAY BE YOUR FIRST REAL INTERVIEW; YOU ARE TRYING TO BE HIRED
- BE PREPARED TO HEAR NO; DO NOT LET IT GET YOU DOWN
- TRY TO PERSONALLY BE INVOLVED IN THE PROCESS AS MUCH AS POSSIBLE; DON’T FULLY DEPEND ON PARENTS
- KNOW THAT COACHES LIKE TO WATCH YOU WHEN YOU MESS UP, YOUR TEAMMATE MESSES UP, OR WHEN THE TEAM IS DOWN
- DO NOT FAIL TO PLAY A POINT TO THE WHISTLE; A FAILURE TO PURSUE MAY BE THE END OF A COLLEGE’S INTEREST
- ATTEND A COLLEGE’S CAMP IF YOU AND THE SCHOOL ARE SERIOUS
- UNDERSTAND FINANCIAL ABILITIES OF A GIVEN SCHOOL AND DECIDE WHAT YOU WOULD BE WILLING TO CONTRIBUTE
- RESEARCH AN ENTIRE CONFERENCE IF THE LEVEL FITS
- SEND BRIEF SKILLS TAPES; YOU MAY INCLUDE 15 CONSECUTIVE POINTS
- CHOOSE YOUR VISITS CAREFULLY; USE YOUR UNOFFICIALS
- FEEL FREE TO INVITE COACHES TO TRAINING SESSIONS
- COLLEGE’S HAVE MANY LINES IN THE WATER FOR EACH POSITION THEY ARE RECRUITING; YOU SHOULD TOO!
- DO **NOT** ASK YOUR CLUB COACH TO COACH DIFFERENTLY BECAUSE SOMEONE IS THERE TO SEE YOU
- YOU MUST BE COMFORTABLE WITH 3 THINGS: **THE CAMPUS** (YOU WILL BE GOING TO CLASS THERE EVERY DAY), **THE TEAM** (THEY WILL BE YOUR FIRST FRIENDS), AND **THE COACH** (THE COACH IS YOUR NEW BOSS PAYING YOU TO PLAY).

Step 1:

List 10-20 schools you will contact. (They all must have your course of study; choose schools of various levels.)

Step 2:

Prepare your bio sheet which includes the following: a little background info, playing aspirations, playing experience, physical data, current club team and schedule, ALL contact information for you as well as your coaches, and a picture.

Step 3:

Send personal emails to the schools on your list. Include your bio sheet.

Step 4:

Prepare one folder per school who contacts you back. Include all communication in these folders. It is your job to keep the communication going by providing updates concerning results, awards, etc.

Step 5:

Prepare your 8 min. skills video. Keep the original safe and have a few copies that are ready to be sent out. Send videos to all schools which have demonstrated positive communication or requested it. Attaching 15 consecutive points of game footage is fine. You may use any video production company or you may book a 30 minute private session with our video crew. It will cost \$50, and all money goes to the coaches assisting you. You will be given a mini DVD which you can make copies of or download to your computer.

Step 6:

Plan official visits and plan unofficial visits. Prior to this step, you should clearly understand their interest in you as well as the type of package they could offer. At this stage, you may be more direct with your questions.

*\*Repeat the process as needed.*

*\*Our club will assist you with your skills video only after you have completed steps 1-3.*

**My Video:** If you or your high school coach make it, make sure the camera focuses on you, not the flight of the ball. You have many college coaches in this club. We know what coaches look for. They usually do not even watch the full 8 minutes! They look for footwork, athleticism, armswing, and floor defense fundamentals. Game footage is especially useful for setters and liberos due to frequency of touches. Game footage also shows how you react to success and failure, your defensive attitude, and how you act as a teammate. **THE GOAL OF THE VIDEO IS MERELY TO CONVINC THEM TO COME SEE YOU PLAY.**

*Sample content:*

*OHS*

*intro: 1 minute*

*ballhandling: 1 minute*

*blocking movement and block jumps: 1 minute*

*hitting (sets of 3): 3 minutes*

*SR: 1 minute*

*defense (dig+run through): 1 minute*

*Serve: 1 minute*

*Setters*

*intro: 1 minute*

*setting triangles: 3 minutes*

*ballhandling: 1 minute*

*blocking movement and block jumps: 1 minute*

*dumping (sets of 3): 1 minute*

*defense (dig+run through): 1 minute*

*Serve: 1 minute*

*Liberos*

*intro: 1 minute*

*ballhandling: 2 minute*

*SR: 2 minute*

*defense (dig+run through): 3 minute*

*Serve: 1 minute*

\*Go to [ncaa.org](http://ncaa.org) and search schools by level, conference, region, etc.

### **SCHOOLS OF INTEREST**

COLLEGE:

COACH:

EMAIL:

PHONE:

1.

2.

3.

4.

5.

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7.

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20.

Bio Sheet

NAME  
POSITION/GRADUATION YEAR

Address  
Email  
Phone  
Mobile

Picture

Height  
Reach  
Approach Touch  
Block Touch  
R/L Handed

Recruiting Director  
Recruiting Director email  
Club Coach  
Club Coach email  
High School Coach  
High School Coach email

*Brief paragraphs on the following:*

- A. Experience: select teams, club, high school, camps
- B. Awards:
- C. Aspirations: athletic and academic

Upcoming Playing Schedule

*make copies*

**CONTACT SHEET**

DATE:

TO/FROM:

RE:

FOLLOW UP PLAN:

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