

NWJRS ELITE RECRUITING PACKET



We realize that there are a lot of variables in the recruiting process and it can also sometimes get overwhelming. We have created the *NWJRS ELITE* Recruiting Packet as a resource that will provide you support throughout the process. This packet is designed to help you create a plan of action, give you the pieces you need to put the plan into action, and provide personal attention to your needs.

Here are a few examples of what you can find in the Packet:

1. Copy of Form Letter to send to colleges
2. Information on making a recruiting video
3. Information on how to get yourself recruited
4. Information on how to identify your Best Fit
5. Questions to ask College Coaches
6. A sample plan of action you can follow

Please scroll through the rest of the page to view our information. We hope that this helps you in your efforts and good luck.

THE RECRUITING PROCESS BEGINS

The recruiting process starts at different times for different players. Some due to ability level, some due to knowledge of the process, and others due to procrastination. No matter the reasons of when you get started below are a few guidelines for the process. The process begins in one of two ways:

1. First a college coach identifies you as a potential prospect. This could happen by the coach seeing you play at a tournament, camp, recruiting website, or some type of volleyball event.
2. The second way is you identify a school that you have interest in and you begin making contact through filling out online forms, attending camp, sending letters, making phone calls to the coach, or sending a recruiting video.

The recruiting process is a long drawn-out process and requires a lot of time and energy by both the recruit and the recruiter. The following are tips from a former Division 1 Head Coach on how to be successful in your recruiting endeavors.

DREAM

1. What do you want to accomplish as an athlete?
 - A. Do you want to earn all-league honors?
 - B. Do you want to play collegiate volleyball?
 - C. Do you want to play collegiate volleyball on an athletic scholarship?
2. Dream about what you want to accomplish and what type of athlete you want to be.
3. Just remember a “dream without a plan is just a wish.”

PLAN

1. Have a specific plan for how to accomplish what you want.
2. Underachieving a dream is usually the result of not having a plan.
3. Just remember “failing to plan is planning to fail.”

ACTION

1. Set achievable goals and act on them.
2. If you’re unwilling to dream, plan or take action, you will not accomplish your goal.
3. Just remember “dreams – action = fantasy and dreams + action = reality.”

PERSISTENT

1. Be realistic, but don’t let anyone tell you, you can’t accomplish your dreams.
2. It’s not important that the plan and action you take is perfect, but it is important to be persistent.
Keep getting up and taking action on anew plan and keep trying.
3. Levels of play: NCAA Division I, II, III: NAIA: Junior College.

RECRUITING

1. Academics
 - A. You can be the most talented athlete in the world, but if you are not eligible you’ll forfeit scholarship opportunities.
 - B. Take the responsibility to know collegiate admission and eligibility requirements.
 - C. See your high school counselor and know the rules.
 - D. Apply to the NCAA Clearinghouse.
2. Recruitable athlete
 - A. When are you considered a recruitable athlete? High school freshman!
 - B. When should you start the recruiting process? High school freshman!
 - C. If you don’t start the process as a high school freshman is it too late? NO
3. Marketing yourself
 - A. Solicited vs. unsolicited.
 - B. Solicited talented athletes sell themselves and are easy to recruit.
 - C. YOU are the most important person in the recruiting process, not he college coach.
There are a lot of opportunities available, but YOU have to be prepared to find them.
Don’t wait for the college coaches to come to you.
 - D. So you have an unsolicited attitude. Be aggressive, market yourself, and give yourself the best opportunities to earn scholarships.
 - E. Be realistic about he level you can play and who you’re sending letters to. Stanford, UCLA, North Carolina, and Duke will probably write back to you, but may not actually be interested in you.
 - F. I can guarantee you this; every college coach is always recruiting and consistently looks for players to join their program. But some coaches recruit aggressively and some recruit conveniently.
4. Recruiting process
 - A. Recruiting is the most important aspect of every college coaches job, and winning will follow the success a coach has recruiting.
 - B. Freshman year
 - 1) Dream. Plan.
 - 2) Ask yourself questions.
 - 3) Start setting up a plan.
 - C. Sophomore year
 - 1) Action

- 2) In the beginning of your sophomore year, write personalized letters (Dear Coach Miranda vs. Dear Coach) to inform coaches about who you are.
- 3) One of your goals should be to establish a relationship with the college coach.
- 4) Send the college coach a playing schedule and ask them to come and watch you play.
- 5) Ask the college coach to send you information about the academic institution and volleyball program.
- 6) College coaches will put your name on a recruiting list, and probably start sending you informational letters if they are organized. If they are unorganized they won't put you on their list, won't send you letters, and most importantly you don't want to play there anyway.
- 7) After your sophomore season, send an updated personalized letter summarizing your season with a video tape. It doesn't matter if the video tape is edited or unedited, but it does matter if you identify yourself on the tape by uniform color, number, or position on the floor.

D. Junior year

- 1) ***Most important evaluation year by the college coach.***
- 2) Keep establishing a relationship with updated personalized letters.
- 3) In the beginning of your junior year, college coaches begin prioritizing players on their recruiting list.
- 4) In the middle of your junior year, college coaches narrow down their recruiting list.
- 5) Towards the end of your junior year, college coaches have finalized their recruiting list, and begin setting up home visits and start offering scholarships.
- 6) NCAA rules prohibit coaches from calling you until July 1st following your junior year, but you can call a coach anytime.
- 7) Don't feel bad about calling a coach. Be aggressive and ask them how many players are they recruiting in this class? What positions are they recruiting? How many players are they recruiting for that position? Where am I on your recruiting list? What are my chances of earning an athletic scholarship?

E. Senior year

- 1) Persistent!!!
- 2) Keep working on your plan by continuing to establish a relationship.
- 3) Keep writing personalized letters and making phone calls.
- 4) Some athletes commit at the end of their junior year, commit the summer before their senior year, commit in the beginning of their senior year, or some commit at the end of their senior year.
- 5) Don't panic just be persistent.
- 6) If you're not offered a scholarship, hold onto your dream. Walk-on and earn a scholarship.

Again the process can begin upon entering high school or as late as your senior year. The average start is between the Sophomore and Junior Year.

Now that you have an idea of when and how the process begins let's get started on your plan of action.

Step One: Create a Letter and Profile Sheet

This is a sample letter and can be modified to fit your style.

15821 NE 8th St.
Bellevue, WA 98008

January 10, 2010

Hello Coach,

My name is _____ and I am an outside hitter from _____, ____ graduating in the Class of 2011. My goal is to compete as a collegiate volleyball player at a strong academic institution. Therefore, I am very interested in the volleyball program at _____.

I am a junior at _____ High School in _____, _____ and I am 6'1". I played on the varsity volleyball team as an outside hitter and lettered in my sophomore and junior years. The team finished the season 22-7,12-0 as Wesco South Champions. In addition, to being the team MVP, I was selected on the All-Wesco Conference First Team. I have played MB/OH for Northwest Juniors Elite Volleyball Club teams for the past 2 years in Edmonds, WA coached by _____ and _____.

My club season is underway and I play for NW Juniors 17 Elite Black. We recently finished in the Gold Division of our Region's Power League opening event. My uniform number is #11. In addition to our Region Schedule, we will be competing in the following tournaments and I hope you will be able to see me play at one of these events:

- MLK Invitational – Kirkland, WA – January 17-18
- Puget Sound Region Power League – February 7
- Las Vegas Invitational, U17 Division – Las Vegas, NV – February 13-15
- Puget Sound Region Power League – March 7
- Pacific Northwest Qualifier – Spokane, WA – March 26-28
- Puget Sound Region Power League – April 3
- Lone Star Classic Qualifier – Dallas, TX – April 16-18
- Puget Sound Region Championship Tournament – May 8
- Emerald City Classic – Seattle, WA May 29-31

I am enrolled in the Honors Program at _____ High School (1900 students) and rank 29 out of 454 in my class. I currently have a GPA of 3.86 and a combined SAT score of 1920. In addition to sports and academics, I am a committed musician. I play the violin in the Seattle Symphony Youth Orchestra and take piano lessons as well. I am also active in youth group activities and mission projects with my church.

I am passionate about playing volleyball and look forward to hearing from you regarding your need for an OH in 2011. You may contact me at: futurevballplayer@verizon.net or (555) 555-5555 or at the address above.

Sincerely,

Sign Here or write your name

Step Two: Fill out Player Profile Sheet

Prospective Player Profile																					
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Personal Information		
Home Address:		
Phone Number:	Cell:	Home:
Email Address:		
Mother's Name:		
Father's Name:		
Sibling Names (Age):		

Academic Information			
High School:			
Graduation Year:	GPA:	SAT:	ACT:
HS Coach Name:		Contact Number:	
HS Coach Email:		NCAA Clearinghouse Registered: Yes No	
Desired Major(s):			
Honors & AP Classes:			
Activities & Clubs:			

Athletic Details			
Height:	Weight:	Dominant Hand:	Vertical:
Position(s):			
Standing Reach:	Blocking Reach:	Approach Reach:	

Club Information	
Club Name:	Club Location
Team Name:	Coaches Name:
Coaches Phone:	Coaches Email:
Practice Location(s):	
Practice Schedule: http://www.nwjuniors.com/Practices_Home.htm	
Tournament Schedule: http://www.nwjuniors.com/Elite/17_ELITE_B_SCH.pdf	

Awards & Honors

As Part of Step 2, you can also go online and fill out the Prospects form on each college's website. After doing so you will want to follow up with the letter, profile, and skills video. Also, please fill out the form and send to our club recruiting coordinator (tony@volleyballnw.com) so that we can link it to your name on the roster page.

Step 3: Making of Skills Video

The process of making a skills video can be intimidating. However it is actually quite simple. At NWJRS ELITE there are a couple of ways that we can help you in this process. First at your location you can have your coach and/or our Recruiting Coordinator come in and put you through the various skills. You should show the skills needed at your position. So for example if you were a setter you should show you setting, moving in from different rotations and from defense. You should also show defensive skills such as digging, blocking, emergency plays, etc... Each player should show serving. Partner these skills with game footage and you got yourself a video.

The second way NWJRS ELITE can help is by posting links to your video on our website. We will link it up on the roster page so that college recruiters can go there and view your video.

The Video Process:

You will need to make arrangements to secure a video camera for your shoot. Once you decide to make your video then you will need to schedule an appointment with NWJRS ELITE in order to shoot the skills portion. This could perhaps be done on an off weekend, off day, or prior to several practices. **Check with our recruiting coordinator to see what you options may be.**

The video could take several days to complete. Consistency is the key. Once you have your skills portion you will need to add game footage. You can retrieve video that you or someone from your team shot. Give the film to the person editing your video.

Cost of the Video:

The cost to make a video can range from \$200 to \$800. It all depends on what you feel that you need. I will say that all the fancy stuff is not needed. Most coaches will look at a video for a minute or two before moving on. Get the good stuff in early to help catch the coach's eye.

THE PROCESS CONTINUES

Now you have started making contact with schools. You have done so via online prospect forms and followed that up with a letter of interest accompanied by your player profile and recruiting video. SO NOW WHAT?

Here are a few recommendations for this part of the process.

1. Get in the gym and get better. At this point your goal should be to get better. We recommend getting in the gym for individual lessons -- either small group or private sessions. You should take advantage of our club-offered tutoring sessions and come prepared to work. Work hard at all of your skills. Watch film and be a student of the game. This will help you be a smarter player on the court.

Every coach loves those kinds of players. Finally make sure you are in shape, working on you jumping ability, core strength, and develop increased speed and quickness.

2. Every so often follow up with a school. Following up with a school can be intimidating. You are a young high school player and you are speaking with a college coach. What do you say? What do you ask? Below are a few questions that could help you in getting started. We don't recommend asking all questions in one phone call. ***Remember to be yourself.***

Questions for College Coach's

1. How large is the school, what is the undergraduate enrollment?
2. Is the school in a safe environment/community?
3. How big is the city that the school resides in?
4. Do students go home on the weekends or do they hang around?
5. What are the strongest degree programs offered and which are the best academic departments?
6. If you know what you want to study ask if the institution carries that particular major. For Example, I want to be a teacher. Does your school have an education program? What is its ranking compared to other schools?
7. Do most of the students live on or off campus? Where do most of the players on the team live?
8. What is the student housing like?
9. Are most of the player's roommates with one another?
10. Is the school on quarters, semesters, or trimesters?
11. What was the team's conference and overall record this past season?
12. How many players do you carry on your roster? Do all players travel? (Ask the second question if they carry a high number of players like 16 or more)
13. What training happens between seasons?
14. What time of day are the practices typically?
15. Do freshmen have study hall?
16. What are the training facilities like?
17. What style of play does your team play?
18. What are the goals for the team in the future?
19. How well does the team get along?
20. What is your coaching philosophy and demeanor in practice and matches?
21. What is the environment at your home matches? Expectations on match days?
22. How long have you coached at your school?
23. How many players at my position do you have on the roster?

Okay now that you have some questions lets move on to another way to work through the process.

3. Do your homework

What we mean by do your homework is that you need to check up on the school and the program. You also need to look at other schools and programs. Perhaps your dream is to play Division I. You may be that player, but what if you blow out a knee or maybe there is a small school out there that is just right for you. Look at all levels. This includes NCAA DI, DII, DIII

as well as Community Colleges and NAIA. We have these resources available for you in regards to Northwest area schools. Please check our website for additional details. **DO YOUR HOMEWORK.** When doing your homework here are few things to look for:

- Check out the Roster. What year are the players at your position? What is the typical size of the player for your position?
- What offense or defense do they play?
- What kind of coach do they have? What are the philosophies of the program?

These are just a few questions. Below is our Best Fit Principle Guide. This will help you decide or narrow down what you are looking for.

BEST-FIT PRINCIPLE

With over 1,012 institutions offering college-playing opportunities, we understand that identifying and choosing a college or university can be a difficult decision. There are many more factors than just volleyball to consider when going through the process. We advise players to look at nine different factors that take academics, athletics, and atmosphere into consideration when viewing potential college choices.

Athletic Program Priorities

1. Does the university support athletics?
2. Does the administration make an extra effort to promote athletics in the community?
3. Is there a school commitment to constantly improve resources and facilities to be amongst the top in the conference and/or the nation?

Athletic Support Staff

1. Does the school have athletes travel by bus or plane?
2. How much class will you miss?
3. Will tutors go on the road?
4. Are laptops provided?
5. Is study hall mandatory?
6. How are professors concerning makeup work?
7. Are there attendance policies?
8. What is the graduation rate amongst all athletes?
9. Is Summer School an option that the school will pay for?

Volleyball Program Background

1. How long has the staff been there?
2. Do they have a tendency to move around or stay put?
3. If they are a younger staff, how long before they move to a bigger job?
4. If they are struggling, potentially how long before they are fired?
5. If their skill allows, do younger players play quality minutes early?

Volleyball Roster

1. How many players return next year?
2. How many players are at my position(s)?
3. What are the recruiting tendencies of the staff?
4. Who are the players that are successful in their system?
5. Have they recruited any players in classes below mine?

Coaching Staff Approach

1. Does the staff yell and scream?
2. What is the demeanor of the coach during matches?
3. Do you want to play for a younger or a more established staff?
4. Does the gender of the coach matter?
5. Talk to a former or current player. Try to identify a player that was/is an impact player and one that spent/spends the majority of their time on the bench.

Placement Rate

1. Where have the graduates found jobs?
2. Are any prominent alumni based in your field of study?
3. What percentage of student athletes graduate?
4. Does the school have connections for possible summer internships?

Potential Major

1. Does the school have your intended major of study?
2. If not, is there a minor offered with a suitable major to replace it?
3. Will the required classes for your major interfere with possible practice times?
4. Is the academic department highly regarded in professional circles?
5. How many athletes are involved in the major that you are interested in?

School/Town Demographics

1. Do you want to attend a big (20,000 or more), medium (10,000 to 20,000), or a small (10,000 and under) school?
2. Do you want to attend a school where there are lots of affluent students, middle class students, or a combination of both?
3. How big is the campus? Is it a newer, more updated campus or a more traditional layout?
4. What are the living arrangements?
5. Do the athletes live together?
6. Are you allowed to live off-campus?

School Location

1. How far away would you prefer the school to be from your hometown?
2. Is geographic location (mountains/beach) a factor in your decision?
 - Would you prefer attending school...
 - a. in a small town that revolves around the school
 - b. in the suburbs,
 - c. or in a major city?

We are almost through this part of the process. This next part is one of the most critical parts to the process.

4. Take care of yourself off the court

By this we mean make sure you are keeping up your grades in the classroom. Volleyball will certainly help your chances of getting in to an institution however your grades will also help determine which schools you are eligible for and which ones you are not. Another area of importance is to work on your character. Places that can potentially show your character would be Facebook, player coach relationships, your attitude on the court, during ref assignments, or perhaps while on a recruiting visit at the school. Outside of your character and grades we also recommend taking care of your body. Time off is a good thing and you should periodically schedule in down time. This will allow your body needed rest or recovery. Also with any minor or major aches and pains you need to attend to these issues with treatment. Maybe it is simple of icing down after practice or training or perhaps you need to visit a Physical Therapist or Chiropractor. Whatever the case make sure you take of your body. Finally we recommend a healthy lifestyle. You need calories to keep up with your schedule. Make sure you are eating regularly and make sure you are eating healthy.

THE OFFERS ARE COMING!

If you are working in this part of the process then you have done your job well. This means you have done well in selling college coaches on the idea that you would be a great fit for their program. Now the tide turns and they begin selling you on why you should attend their school. This part of the process contains only a few steps, but they can be quite confusing and can change at any moment.

Parts to the process to be aware of:

1. Levels of interest from a school
2. The offer has been made, what do I do with it?

LEVELS OF INTEREST

In most situations you can tell what type of interest a college program has in you based on the level of contact they have with you. The levels are not fixed (every coach is different), but the basic idea is that the more personal contact and the amount of contact the coach has with you the more serious they are about wanting you in there program.

Three Levels of Interest:

1. You've been noticed
 - a. Mailed you a questionnaire to fill out and return
 - b. Mailed you a summer camp brochure/application
 - c. Put you on the school's general mailing list
2. They are interested (All of the above plus:)
 - a. Called and spoke with your club coach/club director
 - b. Emailing you occasionally
 - c. Come to see you play specifically

- d. Mailed you a package with media guide, school information and other general goodies
 - e. Sending you regular mail directly from the Athletic Department
 - f. Invites you for an official or unofficial visit to the school
3. Committed (All of the above plus:)
- a. Sends you text messages and/or instant message
 - b. Emails you on a consistent basis
 - c. Sets up regular phone calls for you to contact them
 - d. Makes every effort to see you play on several occasions
 - e. Talks with your coaches
 - f. Concretely offers you a scholarship

**These are not the only types of contacts and ways to identify the school's interest. As said above all programs are different.

*****Important Information To Read*****

While a school may be showing interest in you in one of the above ways it does not mean that your job is done and you can quit working. Remember that the interest this school is showing you is the very same interest they are showing some other player on the other side of the country. There has been no official offer made from the school to you at this point. While they are very interested make sure you keep working hard on the first parts of the process.

Another part to this side of the process is making sure you visit the school of choice. You may have looked at the school online, seen them play on TV, talked with the coach, but have you seen the campus and gotten a feel for the school? You can visit a school in one of two ways. First you can visit the school unofficially. The second way to visit the school is on an official visit. If you are on an official visit then the school is definitely interested in you and will most likely offer a scholarship if they have not already done so.

OFFICIAL VISITS IN THE RECRUITING PROCESS

What is an official visit?

NCAA College/University official visits or recruiting trips are perhaps the best way for you to find out where you will best fit in, and where you want to attend school. The rules regarding official visits differ upon the school's division.

- For DI and DII official visits, the university can pay for your transportation and 48-hour stay.
- The NCAA permits 5 official visits to DI and DII universities or schools after September 1st of your senior year.
- DIII does not offer athletic scholarships therefore they will most likely not offer any official visits.
- DII schools will rarely offer official visits to recruits. The funding simply does not allow that opportunity. Official visits to DII programs will be a school-by school basis.

- These on campus visits are an opportunity to meet with the coach, the team, and the admissions/academic staff. The institution can pay for the athlete's airfare, accommodation, and one meal per day. They can also pay for one parent's accommodation but NOT their airfare. The visit usually takes place over a weekend and last up to but not exceeding 48 hours.
- For NWAACC Schools, visiting recruits may be eligible to receive meals and lodging not to exceed state per diem. Expenses shall be limited to the equivalent of only one day (24 hour period). Visiting recruits' expenses for meals or lodging may be paid by the college's booster club; however, recruits will pay their own transportation expenses.
- If you are going to apply early, make sure you plan your trips as early as possible, to leave yourself enough time to make an informed decision.

The Visit

The best plan is to come in early Friday and maybe sit in on some classes (must be given permission to do so). This also allows you to see the not only the academic process in person, but also see what the school is like on a weekend. It is okay to inform the coach of your preferences of what you would like to see about the school and the program.

1. Talk to professors and seek out the learning environment and size of classes
2. Eat at the schools cafeteria
3. Talk to the team members:
 - a. How do you balance academics and athletics?
 - b. What is the coach really like during games and practices?
 - c. Have the players improved since they have come to the school?
3. Talk to the Coach
 - a. What are the GPA and SAT score averages of the team?
 - b. What is the graduation rate?
 - c. Check out all athletic facilities and ask about the atmosphere of the matches.
 - d. What is the coaching philosophy and what should I expect coming in the fall?
4. Can you see yourself at this institution in the fall?
5. Be yourself!!!!!!!!!!!!

Unofficial Visits

You maybe invited or on your own take an unofficial visit to a school that you are interested in. Do not be offended that they are not asking you to take an official visit. Some schools do not have the funding and prefer not to offer official visits. Again it is a school-by-school basis. Unofficial visits can take place before your senior year. You can meet with coaches and players, but you are on your own dime for the weekend or days that you are on campus. This is a good idea to help narrow down choices and get a better feel about what you are looking for out of a school and volleyball program. During your unofficial visit a school may pay for one meal per day. Ok, so now the school is interested, you have made a visit, and the school now makes you an offer. A few questions come to mind. Do I have to accept it right away? How long do I have to accept the offer? Can they withdraw the offer? Below is some information to help you decipher the offer:

DECIPHERING THE OFFER

WHAT CAN THEY OFFER?

Below are the amounts that each college level-division can offer in athletic aid. These are maximum amounts, and the actual amount each college can offer is dependent upon their college's athletic budget.

NCAA:

- Division 1 Colleges have a maximum of 12 "full-ride" scholarships available.
- Division 2 Colleges have a maximum of 8 "full-ride" scholarships available.
- Division 3 Colleges have no athletic aid.

NAIA:

The NAIA is a college sports governing organization, kind of like the NCAA. NAIA colleges have to comply with rules similar to those in the NCAA. Generally speaking, rules pertaining to NAIA athletic scholarships are less stringent than those that apply to NCAA scholarships. NAIA scholarship athletes receive an average of \$7,000 of financial aid. Here are the 5 most important things to know when you try to lock down your NAIA scholarships (as opposed to NCAA scholarships):

1. **No Clearinghouse** - The NAIA currently has no clearinghouse like the NCAA Eligibility Center. However, they will have a similar method in place beginning the Fall of 2011. That said, there are NAIA eligibility requirements: (1) you must have graduated from high school; and (2) meet two of the following three: have an ACT test score of at least 18 or an SAT of at least 860, have a GPA of at least 2.0, and finish in the top half of your graduating class.
2. **Limited number of scholarships** - As with the NCAA, teams are only allowed a certain number of NAIA scholarships, for volleyball, that number is 8 (similar to NCAA Division II).
3. **Full funding** - Just because a team is allowed to have, say 8 scholarships, doesn't mean that the college necessarily has the money to fund them. That team may actually only have 6 scholarships.
4. **What counts as an athletic scholarship** - Any money you get from the school, including athletic grants or scholarships, academic scholarships, leadership or performance awards, outside scholarships administered by the institution, and tuition waivers are considered athletic scholarships.
5. **What doesn't count as an athletic scholarship** - NAIA scholarships that aren't considered athletic aid are, scholarships "that are not funded, controlled, or allocated in any significant way by the institution." These include federal loans and Pell grants.

NWAACC (Community College):

Washington Community Colleges may fund tuition Grants-in-Aid through scholarship up to 40% of state tuition per quarter. Upon State Board authorization, colleges may provide an additional 25% tuition waiver. If waivers are approved, total Grant-in-Aid will not exceed 65% of official State Board annual established rate of tuition per quarter. Out of state students from contiguous

states who are given an out of state waiver may only receive the additional amount of money that results in them paying the same tuition amount as Washington residents. No out of state student shall receive more than the maximum benefits of an in state student.

Institutional Employment – A term time job may be provided with net earnings of \$1000. The Employment level will be determined by the colleges and the hourly pay will be commensurate with existing campus pay scales. The total amount of earnings available to a specific sport will not exceed the total dollar amount determined when factoring the number of Grants-in-Aid by \$1000. Example: Volleyball – 8 Grants-in-Aid x \$1000 = \$8000. NWAACC grants-in-aid may be offered or given only to students from Washington, Oregon, Montana, Alaska, British Columbia, California, Idaho, Nevada and Hawaii.

WHAT DOES THE OFFER MEAN?

When you have been given an offer from a college or university it means that they have verbally told you that they are offering you an athletic scholarship that will be available after you graduate from high school. The timing of when this offer is made can vary greatly from one school to another and from one player to another. There is no uniform standard that applies to everyone; however, there are some general guidelines shown below to help decipher the offer given:

1. Are you the #1 Recruit in the country?
 - #1 recruits basically are given open-ended offers. They are players that everyone wants and will make big impacts immediately. Players like Alix Klineman, Sarah Pavin, and Megan Hodge come to mind.
2. Top Recruit
 - This is a player that would help a lot of programs. The number of these types of players is large enough that the timeline is shorter than you might think. However the offer can extend depending on the needs of the offering program.
3. The Average Recruit
 - This recruit is the average player and could lose the offer if another player accepts first. This means the school may have offered several players and it is on a first come first serve basis. This usually occurs late into the recruiting period.

Player Options

1. You can wait and see if other offers arrive
2. Verbally accept the offer.
 - a. No player can sign with a school until the November signing period of their senior year. All players that commit prior to the senior year are verbal commitments. There is also a second signing period in April.
 - b. A verbal commitment is not binding in either direction. The school almost never pulls out of a verbal commitment. The more common action is a player pulling out of a verbal to the college or university.
3. Written Commitment
 - a. Can only take place in your senior year on or after the November signing period.
 - b. Binding agreement as far as eligibility is concerned. If you decide not to attend the university that you have signed with you must sit out one year before you can play at a different institution (see Kendall Munoz, 2009 Commitment to BYU, then opted to attend UW. She had to sit out her freshman year – the 2009 season – and has 3 years remaining at the UW.)

THE END IS NEAR

Sometimes especially if you are a player that is looking at DIII, NAIA, or even DII the process can continue late into your senior year. So if you fit in this category don't panic. The following is a solid game plan for you:

1. Make phone calls to schools
 - Throw out a big net. A good mixture of levels, sizes, and locations.
2. Send or re-send videos. Perhaps an updated video.
3. Prior to playing in a tournament call schools in that area to let them know your schedule. Get them to come see you play.
 - After the tournament follow up with the coach to see what they are thinking
4. Utilize your Recruiting Coordinator and Club Resources and even High School Coach to use contacts and for references

IMPORTANT ITEMS IN THE RECRUITING PROCESS

The NCAA CLEARINGHOUSE

Every player must register with the NCAA Clearinghouse. You can find further information on this through the NCAA Websites (links are on our club website). The purpose for this part of the process is to make sure you are eligible to play at the institution you are going to attend. The Clearinghouse will need to see items such as SAT and ACT Scores, GPA, High School / College Credits earned, High School Transcripts.

Dos and Don'ts

Do: Go visit schools on your own dime. See the campus; see the team play, talk to the coach.

Don't: Accept any gifts such as meals, t-shirts, or anything else for that matter.

Do: Make phone calls to schools of interest

Don't: Talk to a coach when you see them at the gym. You cannot talk to a college coach outside of their campus.

Do: Encourage coaches to come watch you play, via phone call/e-mail. Also follow up with them if you happen to see them watching your court.

YOU HAVE EARNED A SCHOLARSHIP... NOW WHAT?

Summer before Freshmen Year

Make sure that you train during the summer. Pre-season training in college can be really tough. You want to make sure you are lifting, running, working on endurance, and playing a lot of volleyball prior to stepping on campus for pre-season. We do not encourage you to attend camps. We do encourage you to work with a Coach through the summer that will help you prepare for what you are about to begin. Congratulations. You have reached your goal. Work hard and enjoy the process. Now set new goals and reach new heights. Good luck and Congratulations.

SAMPLE GAME PLAN

1. Create a Letter that you will send to prospective schools of interest
2. Fill out our Player Profile Sheet that you can attach to your letter and/or give out at tournaments (this is the profile we will post to the website)
3. Make a skills video that includes game film. Post this on *You Tube*, and we will put a link to your video on the roster page. You should also send it off to prospective schools. Many players have also had success creating their own personal websites with updates and videos.
4. Follow up each of the above steps with phone calls to college coaches.
5. Prior to each tournament call the schools that could potentially attend the tournament and ask them to watch you play. Once you get the schedule, you should email the coach or recruiting coordinator (often an assistant coach) and let them know what court you play on, what time, and remind them of your jersey number.
6. After the tournament follow up with them to see what they thought. It is a great thing to get feedback.
7. Keep training and keep working hard. Find ways to improve no matter how small or big of an improvement.
8. Do your homework on the colleges that you are interested and find your best fit.
9. Visit as many schools as you can or want to.
10. Evaluate yourself and get evaluated by coaches. This will help you figure out where you stand. This is a constant process that will help you shape your goals.
11. Register with NCAA Clearinghouse sometime early to mid Junior Year. **DO NOT MESS AROUND WITH THIS PART.**
12. Take care of your grades and physical health
13. Take your official visits. Even if you fall in love with one school. Go see the other schools.
14. Finally, **STAY POSITIVE.** When one door closes several others open. Keep your options open.