



CJV Recruiting Guide

As Carolina Juniors continues to maintain our commitment to our student athletes, we want to provide them with the best resources when it comes to College recruiting. What follows is a break down summary of the different areas of the recruiting process. If you have any questions about specific programs or more about the recruiting please contact our dedicated Recruiting Director. Our hope is that this can be a valuable resource and reference for you during the recruiting process.

CJV Recruiting Director



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CJV Alumni



CJV Recruiting Resources



Recruiting Guidance Checklist

(Where to start)

I have decided that I have a desire to play college volleyball.

I have read the NCAA Guide for the College Bound Student-Athlete

- I have had a conversation with my parents about my goal to play college volleyball.
- I have created my account on ConnectVolleyball
- I have looked at the website www.collegeboard.org to research schools that may be a good fit for me.
- I have contacted schools in which I have an interest.
- I have visited schools in which there is mutual interest.
- I have attended camp at schools where there is mutual interest.
- I have scheduled the SAT or ACT [soph year for some schools/junior year for others]
- I have registered with the NCAA Eligibility Center - junior/senior year

Checklist by Recruiting Class

Freshman	Sophomore	Junior	Senior
Create your recruiting profile	Review Freshman Checklist	Review the Sophomore Checklist	If you are Just Starting back track to previous checklists
Create recruiting Highlight videos or game film	Revise Target list that interests you	Positive mindset, work hard academically	Scan or ask about collegiate needs
Create a Target list of schools 15-30	Check Recruiting Needs for your Grad year at schools	Work through and update your target list	Apply for schools on your narrowed list and that you want to attend
Email College Coaches on your list (intro email)	Continue to email and update coaches on your list	Attend camps and speak to as many coaches as possible	Verbally Commit
Attend clinics and camps throughout the year	Focus on fine tuning Volleyball Skills to improve	Take unofficial (& official) visits starting August 1st of your Junior year.	Inform other schools that you are declining, make it a phone call. This is the respectful thing to do!
Focus on Academics	Be very conscious of attitude on and off the court, be a good teammate at all times	Start talking about Scholarships and what would be covered. Get the full picture and ask a lot of questions	Announce your verbal commitment
Begin Strength & Conditioning	Have a more focused list of camps	Ask where you are on their list for recruiting.	Plan your NLI signing
Check your social media. All Positive Content	JUNE 15th!!!! BE READY! Send a lot of communication preceding and proceeding this date	Gain as much information about the coach, program, girls, culture, etc. as possible from many sources	Reach out to future teammates
Have a conversation with your coach or Recruiting Director	Sit down with your Recruiting Director and plan	Register with the NCAA Eligibility Center	Sign your NLI
		SAT and ACT	Plan your summer training based on what your coach wants
		Continue to update and stay in contact with your coach and Recruiting Director	Continue to update and stay in contact with your coach and Recruiting Director

COVID – 19 era Recruiting

Contact Period between: February 18th and May 1st

Quiet Period between: May 1st and June 2nd

**** Quiet Period: During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time. ****

Live Streaming

During these times where travel may still be limited due to mandates or other medical reasons the option to live streaming practices and games has increased in popularity. Collegiate Coaches have sought out this option more and more as of late to stay connected and get the latest and most extensive film on athletes. When communicating with college coaches adding in this option for them is a very smart move and shows you are willing to work with them and the challenges, we are all facing.

**** Contact your coach or a CJV Recruiting Director to set this up if needed ****

Combines and Showcases

As more combines and showcases around the country begin to open back up and expand CJV highly suggests that each student athlete take a look at their list of schools. If any of the schools on this list have an option for one of these it is a great opportunity to get eyes on you.

General Tips for Student-Athletes and Parents

1. Assess potential school's competitive levels using their RPI; because there is such a wide range between the divisions and within this will help you better understand prospective programs. This can also help predict trends and trajectories for programs.

2. Understand that you are responsible for your own recruiting process, using third party resources can be a great help, however. Coaches, club directors, and recruiting coordinators can be a great help with guiding student-athletes and helping to communicate to coaches during dead periods. Ultimately however, the recruiting process is completely your responsibility, researching and contacting schools, visiting schools and making decisions. Too often families put their trust in a coach and then months later they find out nothing was done on behalf of the student-athlete. Often club and High School coaches have other full-time jobs and cannot give you the full attention you deserve and need for such a process.

3. Be realistic. With many student-athletes and their families sacrificing so much time, effort, and money for the sport of volleyball the dream for a full ride at a prestigious Division I school is easy to get caught up in. However, such a small percentage of high school student athletes make it to this point. Roughly 5.9% of female student-athletes will go on to compete in college volleyball at any level, with only 1.2% of these playing at the Division I level.

4. Seeking scholarship money from grants and other third-party organizations is always an advisable course of action on the financial side. With many Volleyball sitting behind football and basketball for the NCAA there are very limited scholarships coaches are able to award. Ultimately, we cannot forget only a college coach can determine whether or not you play for them.

Recruiting Terms to know

- **Contact:** Contact occurs any time a college coach says more than hello during a face-to-face contact with a college-bound student-athlete or his or her parents off the college's campus.



- **Contact Period:** During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.
- **Quiet Period:** During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.
- **Dead Period:** During a dead period, a college coach may not have face-to-face contact with college-bound student-athletes or their parents and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.
- **Official Visit:** The NCAA allows a recruit to make only five visits to Division I schools, limited to one per school. Official visits to DII and DIII schools are also limited to one per school, but there is no limit on total amount of visits. Schools may pay for a recruit's transportation to and from campus. However, they can only provide transportation for parents/guardians if they travel in the same car as the recruit. Flights and separate bus or train tickets may not be purchased for parents. Each official visit may be up to 48 hours long, or the span of one weekend. Recruits are provided up to three meals a day and their parents or guardians. As well as reasonable entertainment expenses including three tickets to home sports events.
- **Unofficial Visit:** Any visit by you and your parents to a college campus paid for by you or your parents. The only expenses a college-bound student athlete may receive from a college during an unofficial visit are three tickets to a home sports event. The only time you cannot talk with a coach during an unofficial visit is during a dead period.
- **Evaluation:** When a College coach observes a student-athlete practicing or competing.
- **National Letter of Intent (NLI):** A National Letter of Intent is signed by a college-bound student-athlete agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid for one academic year to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid. The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports. Signing a National Letter of Intent ends the recruiting process because participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools. A student-athlete who signs a National Letter of Intent but decides to attend another college may request a release from his or her contract with the school. If a student-athlete signs a National Letter of Intent with one school but attends a different school, he or she loses one full year of eligibility and must complete a full academic year at the new school before being eligible to compete.
- **FASFA:** Free Application for Federal Student-Aid is the form you fill out that determines your EFC. Colleges use this to calculate and award financial aid.
- **EFC:** Expected Family Contribution is the amount of money a college expects you to contribute to your education based on your FASFA information. Your EFC is the same for the year it's calculated in regardless of what school you are applying to. If a college costs \$35,000 and your EFC is \$15,000, your need is \$20,000.

Communication

Corresponding with Coaches

Email:

Majority of initial correspondence with collegiate coaches is through email. Collegiate coaches are consistently inundated with emails, sorting through these and prioritizing which ones to respond to and which ones to ignore is a constant task.

The Initial email to coaches is usually an introductory email, always put the student-athletes name in the subject line, allowing the coach to much easier search for your email or identify with it. This email should contain, but is not limited to, your graduation year, position(s), height, club or High School team, play schedule, and contact info. Another advisable addition would be to add contact information for coaches, club directors, and club recruiting coordinator. This is especially important if you are contacting during a dead period or prior to September 1st of your junior year.

A quick summary of why you are interested in the specific institution is advisable, make this brief and to the point, this shows that you, the student athlete, has put in effort into looking into the institution. Please review the recruiting calendar section for a breakdown of contact periods. Keep emails short and to the point, coaches do not want to have to sift through peripheral content to get to who you are and what you want.

An update email should be sent throughout your season and off season, this email does not have to be long or too formal. Keep it simple and personable with an updated schedule for upcoming tournaments and add in updates to your previous tournaments including highlights or game film.

Phone Calls:

Coaches want the student-athletes to do the talking and carry conversations not the parents/guardians. College coaches have been around the block and understand a prospective athlete may be nervous and will help them through the conversation. Prior to the call have questions written down as well as different points of interest that you may want to talk about. Do some research into the school academics, clubs, the athletic program, even the coaches. Show your interest in the institution outside of the athletics and find questions that could even stump the coach too!

Questions to ask:

“Academic resources” “Study abroad/internships”

“Athletic Training resources”

“Coaching philosophy and style School clubs” “Team time demands”

“Admissions requirements” “Scholarship renewals” “Financial aid and cost of attendance” “Degree programs”

“On-campus housing” “Strength Training” “Meal Plans”

Social Media

With social media being at the forefront of so many student-athletes everyday life college coaches are increasingly seeking out student-athletes social media profiles. Therefore, is incredibly advisable for student-athletes to be extremely careful what they post on their social media. Most collegiate institutions and their respected volleyball programs have strict code of conducts prospective recruits must adhere to. Players have unfortunately lost their scholarships, because of posts they have made after their commitment. It is extremely advisable to double check your social media profiles prior to the recruiting process.

Recently CJV has made a conscious effort to increase our social media presence and branding; from a recruiting standpoint, so should our athletes! With PressSports, Instagram, and Twitter, our interaction with athletes, families, and collegiate coaches has grown tremendously this season and will moving forward! We highly recommend all our athletes connect and interact with us on each of these social media platforms.

For Instagram, it has become very popular to create a Volleyball/Recruiting dedicated profile that highlight videos can be posted too; this can also be a good way to livestream games for Coaches or for family as well (BallerTV can be expensive). Tag us in your posts and use the #CJVRecruiting on all platforms. We highly encourage the use of Twitter as well for a Volleyball recruiting profile; it is very easy to get exposure to programs and coaches who follow CJV on the platform! A new addition to our social media prowess is a dedicated CJV Recruiting twitter page that features tips, advice, recruit highlights and shoutouts!

Well over 200 Collegiate Coaches and Programs follow us on Twitter, Instagram, and PressSports

Highlight Videos on Hudl



Recruiting videos

The two most common recruiting videos that are sent to collegiate coaches and recruiters:



The first is a skills video or more commonly called a “skill highlight video”, which is comprised of relevant skills clips for your position. It is advised that these videos do not contain music or flashy editing, a coach wants to get down to business and that can be distracting. The next is an unedited film of a match, generally around 10 minutes long that is continuous.

Include your name, position, graduation year, team and jersey number as the minimum information. You can add other details such as height, vertical 9 jump, block jump, GPA and contact information in the introduction as well or you can provide this information in a cover email or attach a player profile sheet to the coaches along with the video link.

It is suggested that a student-athlete send a combination of these two videos, unless specifically asked for one or the other. Another suggestion, when filming, it is best to be directly behind the court and not on the side and not following the specific student-athlete.

See QR Code for Tutorial Video playlist from Hudl on how to find key moments and make the highlight videos

General skills to consider for Videos

Outside Hitters:

Attacking – Serve receive and defensive transition to attack. Block transition to attack.
Passing and Defensive ball control
Blocking and Serving

Middle Blockers:

Attacking – Serve receive and block transition to attack. Blocking footwork and technique
Serving and Defense if applicable

Opposites:

Attacking – Block and defensive transition to attack. Blocking footwork and technique

Serving and passing if applicable

Setters:

Setting Technique – Show as many different set types as possible Serve receive and transition footwork to set
Serving Defense and Blocking if applicable

Liberos:

Serve receive passing and defensive transition and digging technique Setting technique
Serving

Academic Eligibility



Division I Academic Eligibility

To be eligible to compete in NCAA sports during your first year at a Division I school, you must graduate high school and meet ALL the following requirements:

- Complete 16 core courses:

- Four years of English
- Three years of math (Algebra 1 or higher)
- Two years of natural/physical science (including one year of lab science if your high

school offers it)- One additional year of English, math or natural/physical science

- Two years of social science
- Four additional years of English, math, natural/physical science, social science, foreign

language, comparative religion or philosophy

- Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin 11 your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
- Earn at least a 2.3 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

Division II Academic Eligibility

To be eligible to compete in NCAA sports during your first year at a Division II school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. You must graduate high school and meet ALL the following requirements:

- Complete 16 core courses:

- Three years of English.
- Two years of math (Algebra 1 or higher).
- Two years of natural or physical science (including one year of lab science if your high

school offers it).

- Three additional years of English, math or natural or physical science
- Two years of social science
- Four additional years of English, math, natural or physical science, social science,

foreign language, comparative religion or philosophy

- Earn at least a 2.2 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division II sliding scale, which balances your test score and core-course GPA. If you have a low-test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.



**Carolina Juniors
Volleyball**

*Any Additional information can be found at the NCAA Eligibility Center where a Student Athlete can create an account.