



DOWNINGTOWN EAST VOLLEYBALL RECRUITING TIPS

If you are thinking about being an intercollegiate student-athlete, here are some important steps you need to take.

- 1. Do you know what you want to do after college? Probably not—but that's OK. You will be a STUDENT-athlete—make sure the college/university offers the major you want to study. Do your homework now and investigate careers on the internet.** If you like technology, find out what kinds of jobs might interest you in that field; media/film production, business, education, etc.
- 2. In your sophomore year, create a target list of schools.** Make sure you start with a wide range of schools, and as you get older/further along in the process, you can narrow it down. Consider: academics/major, location of school, coach, playing time, scholarships available
- 3. Get the email addresses and phone #s for all the coaches on your list.** Send each coach your resume – professional resume with detailed statistics on your past seasons – if you have them. Include your high school transcripts, test scores, and your GPA. Create a high quality highlight video and put it online. Include a link to that video as part of your resume. Make sure it's easy to identify you on the video (your #; circle; arrow).
- 4. Start the communication with the coaches.** Call the coaches to express your interest in their school. Respond to every coach that replies to your email. Call the coach yourself—not your parents. Be prepared and have questions ready to ask. Take notes. You will NOT be bothering the coach. They are looking for student-athletes who are interested in their school.
- 5. Most student-athletes are not “discovered”.** There are too many good players out there. In the beginning of the club season, give each coach your tournament/practice schedule. Make it as simple as possible to locate you. Tell them what court you're on and your schedule. Remember, coaches are competing to get the student-athlete—so if they know you are interested in their school, they will come to watch you. Coaches will have a list of girls who contacted them who they plan on seeing—make sure you're on many coaches' lists.
- 6. Know the NCAA and NAIA Rules and Regulations.** Read the NCAA and NAIA Guide for the College Bound Student-Athlete. Know the rules that apply to you based on your year in high school. Know how coaches can contact you and how you can contact coaches.
- 7. Know the Academic Requirements to be eligible.** Register with the NCAA and NAIA Eligibility Centers to be cleared for athletic scholarships.

<http://www.ncaa.org/student-athletes/future/educational-resources>

- 8. Please feel free to use the Downingtown East coaching staff for references and/or help.**