

WAVE
VOLLEYBALL



RECRUITING
PACKET

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WAVE ATHLETE SERVICES

MISSION STATEMENT

WAVE supports the unique needs of each athlete by providing strategic services in the areas of student athlete-development, athlete services, and recruiting experience. WAVE guides their athletes to a point where they can take control of their recruiting path. It is our mission to prepare our athletes to have the most comfortable and positive recruiting experience.

For age groups 16 and up, WAVE will provide individual meetings with each player and their parents with Director Kevin Hodge and Madie Smith. These meetings will create an environment where players can have clear communication with our staff to help them achieve their future goals.

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ACADEMIC GRADE EXPECTATIONS

PLAN

GRADE 9

Start planning now: take the right courses and work hard to earn the best grades possible. Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes. Or, find your high school's list of NCAA-approved courses at eligibilitycenter.org. Indoor players need to create a **University Athlete** account at universityathlete.com.

REGISTER

GRADE 10

Register with the NCAA Eligibility Center at eligibilitycenter.org. If you fall behind on courses, do not take short cuts to catch up. Ask your counselor for help with finding approved courses or programs that you can take.

STUDY

GRADE 11

Check with your counselor to make sure you will graduate on time with the required number of NCAA-approved courses. Take the **ACT** or **SAT** and submit your scores to the NCAA using code **9999**. At the end of the year, ask your counselor to send or upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, you will need to submit an official transcript for each school. Make sure you are on track to graduate on time with your class.

GRADUATE

GRADE 12

Complete your final NCAA courses as you prepare for graduation. Take the **ACT** or **SAT** again, if necessary, and submit your scores to the NCAA using code **9999**. Request your final amateurism certification beginning *April 1 (for fall enrollees)* or *October 1 (for spring enrollees)* in your NCAA Eligibility Center account at eligibilitycenter.org. After your graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center. Only students on an NCAA Division I or II request list will receive a certification.

“As a college-bound student-athlete, you are responsible for your eligibility – that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a difficult first step, but the benefits of being a student-athlete are worth the effort.”

Volleyball Recruiting Timeline

GRADE 9

- Research 2-3 schools per week
- Create a list of 100 prospective schools, consider both athletics and academics
- Film highlights tape
- Send introduction letters to coaches
- Go on unofficial visits to colleges
- Build relationships with coaches by making phone calls, send emails

GRADE 10

- Film your highlights tape
- Narrow your list of schools
- Attend summer camps with the goals of honoring your skills and to gain exposure
- Continue to research prospective schools
- Continue to build relationships with coaches
- Fill out questionnaires
- Make unofficial visits

GRADE 11

- Film your highlights tape
- Follow-up with coaches you contacted in a **TIMELY** manner
- Find camps to join
- Continue to call and email coaches
- Ask coaches where you stand on their recruits list
- Respond to **EVERY** coach
- Make official visits – only 5 allowed
- Narrow down your prospective schools list

GRADE 12

- Continue to make official visits
- Apply to schools – applications
- Sign and Commit to a school and program (signing period in April)
- Find out summer workout schedule
- Get ready for an experience of a lifetime

DIVISION I, II, & III ACADEMIC STANDARDS

NCAA Eligibility Scale

NCAA Division I Academic Eligibility requirements

Division I schools require you to meet academic standards for NCAA core courses, core-course GPA and test scores.

To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate from high school and meet ALL the following requirements:

- Complete a total of 16 NCAA core courses in the following areas:
 - 4 years of English
 - + 3 years of math (Algebra 1 or higher)
 - + 2 years of natural/physical science (including one year of lab science if offered)
 - + 2 years of social science
 - + 1 additional year of English, math or natural/physical science
 - + 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses complete to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement.
- Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division 1 sliding scale

If you plan to attend a Division I school, you must complete 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you must still meet core-courses requirements

NCAA Division II Academic Eligibility requirements

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course GPA and test scores. The standards are changing for students initially enroll full time at a Division II school **on or after Aug. 1, 2018**.

If you Enroll BEFORE Aug. 1, 2018

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate from high school and meet ALL the following requirements:

- Complete a total of 16 core courses in the following 3 areas: 3 years of English
 - + 2 years of math (Algebra 1 or higher)
 - +2 years of natural/physical science (including one year of lab science if offered)
 - +2 years of social science
 - +3 additional years of English, math or natural/physical science
 - +4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a 2.000 GPA in your core courses
- Earn an SAT combined score of 820 or an ACT sum score of 68. SAT scores earned during or after March 2016 will be evaluated based on concordance tables established by the College Board

If you Enroll AFTER Aug. 1, 2018

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate from high school and meet ALL the following requirements:

- 3 years of English
 - +2 years of math (Algebra 1 or higher)
 - +2 years of natural/physical science (including year of lab science if offered)
 - +2 years of social science
 - +3 additional years of English, math or natural or physical science
 - +4 additional years of English, math, natural, or physical science, social science, foreign language, comparative religion or philosophy
- Earn an SAT combined score or ACT sum score that matches your core-course GPA minimum (2.200) on the Division II competition sliding scale

2018 Division II Competition Sliding Scale

Use for Division II beginning Aug. 1, 2018

Core GPA	SAT Verbal + Math ONLY	ACT
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

2018 Division II Partial Qualifier Sliding Scale

Use for Division II beginning Aug. 1, 2018

Core GPA	SAT Verbal + Math ONLY	ACT
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

NCAA Division III Academic Eligibility requirements

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts athletics and academics and focus on regional in-season and conference play.

While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions and eligibility standards. You can visit NCAA.org/d3 or contact the Division III school you are planning to attend.

IMPORTANT *TERMS*

Celebratory Standardized Signing Form (a form used by Division III institutions): a standard NCAA provided, nonbinding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.

Contact: A contact happens any time a college coach says more than hello during a face-to-face meeting with you or your parents off the college's campus.

Contact period: During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete or visit your high school and write or telephone you or your parents.

Dead period: A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and/or call you or your parents during this time.

Evaluation: An evaluation happens when a college coach observes you during practice or a competition.

Evaluation period: During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college's campus during an evaluation period.

Financial aid (scholarship): Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need or academic achievement.

Five-year clock: If you play at a Division I school, you have five-calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, if you do not attend school or even if you go part time during your college career.

Full-time student: Each school determines what full-time status means. Typically, you are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.

Grey shirt: Athlete waits an extra semester to become a full-time student and part of the team.

International student: An international student is any student who is enrolled in a secondary school outside the United States.

Institutional Request List: An Institutional Request List (IRL) is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of activating a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school's interest in having an academic certification decision for the student-athlete.

Official commitment: When you officially commit to attend a Division I or II college, you sign a National Letter of Intent, agree to attend that school for one academic year.

Official visit: During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (Division I allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and ACT, SAT or PLAN score (test scores are required for Division I only) and register with the NCAA Eligibility Center.

Quiet period: During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or call you or your parents during this time.

Red shirt: A Red Shirt Freshman is a student on an NCAA college sports team who was kept out of competition for a year in order to prolong his or her eligibility. Usually this is done to allow the student to be a "part" of the team in terms of learning, healing from injury, and/or conditioning, but not a participant in any of the contests/games/meets/etc.

Recruited: If a college coach calls you more than once, contacts you off campus, pays your expenses to visit the campus, or in Divisions I and II, issues you a National Letter of Intent or a written offer of financial aid, you are considered to be recruited.

Recruiting calendar: NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

Season of competition: Generally, NCAA rules say that any competition in a season — regardless of the amount of time — counts as having played a season in that sport. If you

play any time during a season, regardless of how long you played, it counts as having played for an entire season in that sport. Your season of competition starts when you spend one second in competition on the field, court, gym or track.

Ten-semester/15-quarter clock: If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.

Two-year college: A school where students can earn an Associate of Arts (AA) degree, an Associate of Science (AS) degree or an Associate of Applied Science degree within two years. Some people call these schools community colleges or junior colleges.

Unofficial visit: Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment: A verbal commitment happens when you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school and can be made at any time.

Walk-on or Preferred Walk-on: Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.



Dear future college...

Subject Line: Name / Class / Club

Dear Coach's name (Head), (Assistant), and (Assistant),

I am currently a **(grade)** at **(High School)** in **(City)**, California. My initial research sets the realization that I would be a great asset to the **(College)** women's volleyball program! I am reaching out to share with you my player profile and upcoming club schedule.

Below are some brief details about me as a player and a student. I have also included the contact information for my coaches and staff at WAVE Volleyball Club if you would like to further discuss my interest and abilities. You can review my skills and high school highlight video here: **(attach link)**

Personal Player Details:

Height:

Position:

Club & Team: WAVE Volleyball Club, Uniform #__

Approach Jump: __ / **Reach:** __ / **Dominant Hand:** __

Student Details:

High School:

Graduation Date:

GPA:

Test Scores:

Current Club Coach Contact Info:

Head Coach: Name, email, telephone number

Assistant Coach: Name, email, telephone number

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Tournament schedule: (List tournaments with dates)

Thank you for your time and the opportunity. I look forward to hearing from you!

Scholarships

NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about 2 percent of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books, and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room, board and course-related books and supplies. Most student-athletes who receive athletics scholarships receive an amount covering a portion of these costs. Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and need-based aid such as Federal Pell Grants. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, you should contact your NCAA school's financial aid office and athletics department for help.

Division I schools may provide you with multiyear scholarships. Additionally, Division I schools may pay for you to finish your bachelor's or master's degrees after you finish playing NCAA sports. NCAA rules require you to be registered with the NCAA Eligibility Center in order to be recruited, to go on an official visit, to receive an offer of financial aid or to sign a National Letter of Intent, but it is not required for you to receive an academic evaluation before any of these.

If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 and provide an opportunity for you to appeal. In most cases, the head coach decides who receives a scholarship, the scholarship amount and whether it will be renewed. Contact the NCAA school you hope to attend for more detailed information about NCAA financial aid rules.

National Letter of Intent

A National Letter of Intent (NLI) is signed by you agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid for a minimum of one academic year to you as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.

If you sign an NLI but decide to attend another college, you may request a release from your contract with the school. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about NLI, visit the website at national-letter.org.

Do walk-ons sign a NLI?

If you are not going to be receiving an athletic scholarship (only available at NAIA, NCAA DI and DII schools) then you technically don't have to sign anything on signing day. Non-scholarship athletes do not need to sign an NLI, but that doesn't mean they shouldn't have something there to celebrate their achievement.



ALUMNI Where are they now?

2005

Jade Machado (UCLA)
Morgan Hartley (Dartmouth)
Courtney Hall (YALE)
Taylor Groess (Saint Mary's College)
Lauren Engle (Hofstra)
Jonny Beaumont (BYU)

2007

Julia Wehsener (Azusa Pacific)
Caitlin Saxton (Rutgers)
Erin Noonan (NYU)
Jazmin Machado (UCLA)
Kelsey Johnson (Dartmouth)
Kelly Huston (Saint Mary's College)
Margot Demere (UConn)
Annie (Beaumont) McGinty (BYU)

2009

Whitney Wilkerson (Long Beach State)
Lydia Rudnick (Princeton)
Taylor Johnson (SMU)
Carolyn Hillgren (USC)
Katie Fuller (USC)
Jennifer Devries (SMU)

2010

Nikki Chu (Princeton)
Lexi Williamson (Santa Clara)
Jenny Woolway (UC Davis)
Hannah Townsend (UCSB)
Kelly Reeves (UCLA indoor & beach)
Kendall Polan (YALE indoor, U of A beach)
Sydney Macgregor (Bucknell)
Natalie Loos (Saint Mary's College)
Alyse Hensley (LMU)
Natalie Hagglund (USC)
Lauren Gagnard (Chapman University)

Katie Dutchman (Northwestern)

2011

Lexi Wilhelm (Oregon State)
Jaci Schork (Biola)
Maddie Rudnick (YALE)
Karsta Lowe (UCLA)
Kyle Gilbert (Stanford)
Lauren Birks (Stanford)
Alexa Armstrong (Northeastern)
Jordan Checkal (ASU)
Tiffany Petersen (Mesa State College)

2012

Molly Witzmann (UMass)
Jac Williamson (Regis)
Kate Sylakowski (Naval Academy)
Kendall Peterkin (Princeton)
Karlee Fuller (YALE)
Ryan Farley (Williams College)
Nicole Kessler (Cal Poly Slo indoor & beach)
Karly Drolson (UCLA indoor & beach)
Gigi Cresto (Santa Clara)
Morgan Cormier (North Carolina State)
Blair Boyer (UMass)
Sophia Blaszyk (Hawaii Pacific University)
Dana Backlund (Oregon State)
Sydney Seau (USC beach)

2013

Sheridan Rice (Emory)
Katelyn Cuff (Colorado)
Madison Dutra (Santa Clara)
Tatiana Durr (UNC)
Maddy Kerr (CAL)
Alexis Salmons (Saint Mary's College)
Ryann Chandler (UCLA)

Jordan Robbins (Wisconsin)
Jennie Frager (UCLA)
Kendall Kaestner (Bucknell)
Erin Dobson (Western Oregon)
Miranda Beach (Westmont)
Waverly Richards (CSU San Marcos)
Lindsay Aston (TCU)
Marley Boase (Yavapi College)

2014

Amanda Colla (UCSD)
Sophie Gracey (U of New Orleans)
Sydney Rheinhardt (SF State)
Brianna Winbigler (PLNU)
Emma Anderson (West Virginia)
Cadie Bates (Duke)
Rebecca Seaberry (UCSD)
Samantha Mangseth (Regis)
Hannah Mathiesen (Cal Poly Slo)
Sarah Benjamin (Stanford)
Reily Buechler (UCLA)
Sidney Brown (Stanford)

2015

Haley Gordon (Vanguard)
Casey Jacobs (UNC)
Madeline Casey (Columbia)
Grace Forren (Seton Hall)
Cassie Knutson (Eastern Kentucky)
Hannah Miller (Fresno Pacific University)
Kim Wright (Chico State)
Katherine Brouker (Cal Poly Slow indoor
& beach)
Tia Philippart (ASU)
Casey Castillo (Hawaii indoor & beach)
Camille Oemcke (Boston College)
Annie Hasselmann (UCSB)
Hannah Henry (U of Louisiana)

2016

Reilly Bosworth (Georgia Southern)
Katelynn Caserma-Kloeble (Eastern
Kentucky)
Savvy Simo (UCLA indoor & beach)
Madi Fields (U of Wyoming)
Izzy Tessitore (Chaminade Hawaii)
Kyra Galloway (CSU Monterey Bay)
Devon Peterkin (Princeton)
Serena Mueller (U of New Hampshire)
Marisa Sacco (Boston College)
Lexi Dorn (Purdue)
Kalie Wood (Columbia)
Jillian Strockis (Boston College)
Carly Kutschke (Lafayette College)
Stephanie Doak (Missouri Western State)
Megan Scherer (Hartford)
Nicole Magbanua (Northeastern)

2017

Hali Galloway (Westmont)
Jordyn Schuette (CAL)
Kathleen Philo (Holy Cross)
Kiani Kerstetter (Stony Brook)
Lizzie Wilson (Boise State)
Sammy Shupe (Northeastern)
Sophia Acker (Tufts)
Vitt Juarez (Air Force)
Cambria Galloway (Air Force)
Riley Gill (Concordia)
Emma Price (Hofstra)
Lindsey Schell (Oregon State)
Holley Persson (PLNU)
Kija Rivers (UCSB)
Lex Palmer (Pepperdine)
Kelley Jacome (Chico State)
Ashlyn Gergins (Gordon College)
Sierra Piester (Hawaii Pacific University)
Raei Medin (Nyack College)

FAQs

When should I start the recruiting process?

Best to start during your freshman year.

How important are grades and test scores?

Important, as good as your statistics in volleyball.

What is an official and unofficial visit?

Official is where the visit is paid for by the team or athletic department. Unofficial is where you visit the college on your own expense.

What should I look for in a potential college?

As an athlete you have more to think about when considering what school you might want to attend than a normal student. You need to consider the normal things like the educational and social opportunities, but also does the athletic program fit what you are looking for. Here are some of the questions I use when helping athletes.

What questions can I ask when calling a coach for the first time?

To help you prepare for your first contact with a coach it's always a good idea to write out your questions ahead of time that way you can make sure you cover all your bases and you can easily take notes. The more you communicate with the coach, the easier it will be to figure out if you are both on the same page. Is there a connection between you and the coach? Do you feel comfortable? Is this someone you can imagine playing for? When you make first contact with them, you'll want to make sure you walk away knowing the answers to these questions.

1. **Can I meet with you if I make an unofficial visit?** Unofficial visits are vital to coaches. This is a great way for them to meet you in person before your senior year. If a coach doesn't seem interested in meeting you while you're on an unofficial visit, this might be very telling and will let you know that they are not interested in you as a recruit.
2. **Where do you typically evaluate your recruits?** Coaches normally look at videos, but they always have particular tournaments, meets, showcases, or camps where they evaluate athletes. If you have a clearer picture of where a coach is going to be, then you can make your schedule available to be at those events as well.
3. **Do you have any camps, tournaments, or showcases you recommend I attend?** This question sits hand in hand with the previous question you should ask. If they tell you to go to a certain camp or showcase, it not only means they use that particular event as an evaluation tool, but the athletes that go to those particular events are the caliber of athletes that they are looking for. This will give you a great gauge of where to be and how good you need to be.

4. **How is your recruiting class looking for your graduation year?** This will allow you to know where you stand among your recruiting class. Coaches may not disclose who they're recruiting and the depth that they're recruiting for your particular position, but you will have a clearer picture of what to expect during your recruiting year.
5. **What is the best way for you to update them on your progress?** You will want to make it as convenient as possible for coaches to get your updates. They all have preferred methods, and you'll want to make sure you know what their preference is.
6. **What does it take to earn a scholarship from your program?** Make sure you ask the coach up front what they are looking for in a recruit both academically and athletically. This will tell you right off the bat if you are a good fit for their program or where you will need to improve in order to line up with the rest of the team.
7. **What are good academic goals for your university?** This will allow you to make sure that you are on target to qualify for the university on an academic level. Many times students meet or exceed athletic requirements for a program, but are denied recruitment because they don't meet the academic qualifications for the university. Asking a coach what the academic requirements are, will let you know if you are even able to be recruited by them.

What is my coach's role in recruiting?

Many high school athletes assume that their high school or club coach will get them recruited to a college athletic program. Most of the time, this is not the case. While your coach is a terrific resource when it comes to advice and tips for recruiting, they will not do the work for you. If your goal is to get recruited to play in college, it is up to you, not your coach.

Do I need a recruiting highlight video?

College coaches use recruiting highlight videos to decide if they want to pursue and recruit an athlete. Despite what you might think, coaches aren't discovering talent when they attend games or tournaments. They come to these events with a specific list of recruits they want to make second and third evaluations of; they made their initial evaluations on the athletes highlight or skills tape. The video should be a maximum of 2 minutes. Start with your best plays first and make it easy to identify yourself.

When can I contact a college coach?

You are allowed to email or call a college coach at anytime. NCAA rules restrict when and how a coach can respond to you; but that doesn't mean you shouldn't be reaching out to coaches as soon as you identify that school as one you are interested in.