

WAVE
COLLEGE RECRUITING



2022
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 Madi Fields. 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

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.

GRADE 10

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

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.

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 you 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
- Make college coaches familiar with you by sending emails throughout your season

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 by emailing them
- Fill out questionnaires

GRADE 11

- Film your highlights tape
- Follow-up with coaches you contacted in a **TIMELY** manner
- Find camps to join
- June 15 - send and receive calls and emails from prospective 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

ACADEMIC STANDARDS - DIVISION I, II, & III

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

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 a total of 16 core courses:
 - + 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 2.200 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.

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, non binding 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.

Gray 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, and 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.

SAMPLE RECRUITING EMAIL

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 benefited 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

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
Kendall Polan - YALE Indoor / Arizona 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 - Arizona State
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
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 - North Carolina
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 - Yavapai College

2014

Amanda Colla - UCSD
Sophie Gracey - U of New Orleans
Sydney Rheinhardt - SF State
Brianna Winbigler - Point Loma Nazarene
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 - North Carolina
Madeline Casey - Columbia
Grace Forren - Seton Hall
Cassie Knutson - Eastern Kentucky
Hannah Miller - Fresno Pacific University
Kim Wright - Chico State
Katherine Brouker - Cal Poly Slo Indoor & Beach
Tia Philippart - Arizona State
Casey Castillo - Hawaii Indoor & Beach
Camille Oemcke - Boston College
Annie Hasselmann - UCSB
Hannah Henry - Louisiana

2016

Reilly Bosworth - Georgia Southern
Katelynn Caserma-Kloeble - Eastern Kentucky
Savvy Simo - UCLA Indoor & Beach

Madi Fields - 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 - Point Loma Nazarene
Kija Rivers - UCSB
Lex Palmer - Pepperdine
Kelley Jacome - Chico State
Ashlyn Gergins - Gordon College
Sierra Piester - Hawaii Pacific University
Raei Medin - Nyack College

2018

Kiara McNulty - Northwestern
Olivia Lovenberg - UCSB
Sarah Colla - Campbell
Julia Kallen - Fairfax

Becca Whitney - UCSD
Danielle Fornaciari - UPenn
Rebecca Nuanez - UNC Wilmington
Abby Ausmus - NYU
Camryn Tastad - San Diego
Avery Hanan - Cornell
Jackie Jones - Claremont McKenna
Marlanna Bozicevich - George Mason
Lexi Randolph - Northern Florida
Madeline Woods - Humboldt State University
Julie May - CSU East Bay
Brie Pe'a - Youngstown
Brook Pe'a - Youngstown

2019

Alex Estey - Skidmore
Madison Nichols - Arkansas - Little Rock
Talia Niu - Cal State Los Angeles
Olivia Schewe - Princeton
Berkley Hayes - Syracuse
Maddie Wilmot - Clemson
Lexy Finnerty - Maryland
Nyah Brown - Point Loma Nazarene
Katie Lougeay - Colorado
Morgan Lewis - Oregon
Lindsay Hawkins - Azusa Pacific
Kara Cato - Claremont McKenna
Emma McGraw - Trinity
Jordyn Freeman - UNLV
Grace McCullough - Lewis & Clark
Sabrina Hardisty - Hawaii Beach
Yazmin Pitpit - San Jose State
Maile Levy - Arkansas, Little Rock
Chloe Pejouan - Fordham
Abby Phillips - Liberty
Kendra Ham - Cal Poly Slo
Emily Fitzner - Indiana
Tiffany Pedersen-Henry - YALE
Kayla de los Reyes - Cal State San Marcos
Lauryn de los Reyes - Cal State San Marcos

Sabrina Speratti - Mesa Community College

2020

Erin Smith - Seattle Pacific
Teresa Atilano - Old Dominion
Jordan Schirman - Marymount California
Margaret McCarthy - Trinity
Savanna Lewis - Salt Lake Community College
Stephanie Adams - Cal State San Marcos
Kendra Nock - Utah Valley University
Sophia Jarosz - Saint Anselm
Makana Kowalski - Kent State
Layla Haberfield - Cal Poly Slo
Jane McNulty - Chico State
Mia Schafer - San Jose State
Sophia Tulino - Santa Clara
Fatih Pacis - Northwestern - St. Paul
Alysha Buffini - Point Loma Nazarene
Amy Buffini - Point Loma Nazarene
Samantha Taumoepeau - CAL
Ariana White - Harvard
Isabelle Bakken - Mesa Community College
Hanna Karl - DePaul
Angelina Schaber - Washington College
Camilla Appiani - Minnesota
Maya Satchell - Princeton
Trinity Durfee - St. Mary's
Carly Diehl - YALE

2021

Kira Smith - Old Dominion
Audrey Sawyer - Claremont McKenna
Gracie Wood - Princeton
Megan Thoroman - Winthrop
Audrey Dennison - Drake
Audrey Tucker - Houston
Emily Tulino - Seattle Pacific
Cami Cox - Chicago
Alexandra Denny - St. Louis
Brianna Young - Cal Baptist University

Haylee Stoner - San Diego
Lucy Davis - WashU
Jane Pettrie - Boston College
Alana Embry - New Mexico State
Sammie Sublett - Pacific
Jazmin Nason - Santa Barbara
Kate Phillips - Liberty
Anna Aubele - Lipscomb
Meadow Cooper - Arizona State
Audrey Hayes - Fordham
Amelia Adam - Grinnell
Bella Chan - YALE
Gracie Guy - Biola
Abby Robertson - Pace

FAQs

When should I start the recruiting process?

Best to start during your freshman year.

How important are grades and test scores?

This is the top priority for attending your future university. GPA and test scores are the key to determining whether or not conversations with potential schools continue. Make every sacrifice you can to earn the best grades so that many more doors open for you.

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 at 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 so 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 any time. 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.