

SSVC RECRUITING CHECKLIST FRESHMEN/SOPHOMORES

University Athlete Profile (universityathlete.com): create/update your account. You don't need to sign up for NCSA to play in college (UA is the coaches "search engine")!

Target List: 15-30 schools
(<https://www.ncaa.org/sports/2021/5/3/membership-directory.aspx>) to find more schools to add to your list).

- Highlight Video #1: 2-3 min of recent tournament play for Intro emails.
- Send Intro Email: create a template to ALL coaches on staff at each school.
- Highlight Video #2: 2-3 min recent game/practice video for Check-In emails.
- Send Check-In/Update Email: after intro email, then ask to watch you play before big tournaments. Send schedule, your interests & exciting updates.
- Recruiting Questionnaire: Do for all Target List schools on their VB website.
- Plan to Attend Summer Camps/Clinics: Only schools you are interested in.
- Lift Weights: 2-3 times/week - To get stronger & ready for collegiate lifting!

3 Quick Recruiting Tips: 1. Great way to start an email: "Dear Coach XXX and Coach YYY, I hope you are well! I'm contacting you to let you know I am very interested in attending (SCHOOL NAME) and playing volleyball for your program." 2. At the end of the email, find out more: "If you're not able to respond to me directly, I would love more information on your school. If you need a [grad year, position] and you think I might be a possible fit for your program, please feel free to contact me or my [coach or recruiting person at (email)]." 3. Before June 15th of your sophomore year ask about camps/clinics to attend! Example of a Good Subject Line to Use: [YOUR NAME][GRAD YEAR][HEIGHT][POSITION][GPA (if above 3.5)] - Intro & Video!