



Helpful Recruiting Tips:

1. Become very familiar with the roster of the schools you are interested in. Know the graduation years of players in each of the positions you are interested in. Know if any players have red-shirted or were injured and will be returning the year you arrive. Review the players' stats. In other words, know your competition.
2. If you can't get to live games then watch on TV or follow online. There are many tools available to you to follow teams and be educated. Also, players have asked coaches for game film before.
3. Always keep in mind that the coach is going to recruit behind you. His/her job is to constantly bring in better players every year. What looks like a great fit for you as a setter in 13 may be reduced to back row in 15 if he brings in someone he thinks can run the team better. That's the reality of it.
4. Know up front whether the coach is thinking of you as an immediate impact player or someone who will fill the shoes of a junior or senior who will leave in a year or two. Are you prepared to sit the bench, take stats, etc. all the time knowing that in the meantime the coach could recruit behind you and you'd end up sitting the other two years too? Not meant to be a negative, just another reality check.
5. Be sure to ask yourself over and over and over again: If I was red-shirted, didn't play much or worst case scenario was injured, would I be happy at this school. If the answer to the question, no matter how great the volleyball fit is, is no, then cross that school off your list. Four to five years is a long time to be unhappy and the transfer process is something you would like to avoid.
6. If you can, talk to the trainer in the weight room about the regimen. Are you prepared for that level of intensity and commitment? Talk to the AD and assistant ADs if they are made available. Know what their level of commitment to the program and to the girls is. Also, speak with the athletic trainer. Has the school had success preventing and treating injuries in past years?
7. Approach this process as if it were the most important decision of your young life because it will be. Collegiate volleyball is a job. It is something you do every day, 11 -12 months a year. If you aren't in pre-season, you're in season. If you're not in season, you're in training and conditioning and then spring season and then summer workouts. Yes it might be a job you love, but it is still something you "have to do every day." When other kids are going on a trip for the weekend, you're traveling to Springfield, MO for a tournament. When your friends are sleeping in, at 6:00 a.m. you're heading to weights, then to classes, then to team meetings, then to more classes, then to practice, then to study hall then to your dorm. 6:00 a.m. to 11:00 p.m. almost everyday. While your friends are at homecoming games, you're on a bus to Oxford, OH after having already played a match in Evansville, IN. While all your friends are only juggling school and a social life, you've got a full time job that doesn't like you to call in sick and they'll check on you if you do. This doesn't
8. Be aware that coaches, assistant coaches and trainers could, and very well may, leave. Is your commitment to the program and the girls and the school or just to the coach? Because if it's just to the coach, that may not work.
9. Remember that if you actually get the opportunity to play volleyball at the collegiate level, you are one of a very select few who will always be able to say, "I was a collegiate athlete" and you can't trade that for anything in the world.