

SSVC RECRUITING CHECKLIST

JUNIORS/SENIORS

- ❑ 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 (use this 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 at each school.
- ❑ Highlight Video #2: 2-3 min recent game/practice video for Check-In emails.
- ❑ Send Check-In/Update Email: starting 2 weeks after intro email, then every 2 weeks. Send schedule, upcoming/past matches, excited, continued interest!
- ❑ Register with the NCAA Eligibility Center: IF you're targeting D1 & D2 schools you will need an ID number for academic eligibility confirmation. ❑ Take ACT or SAT: Submit to NCAA Elig. Center & for possible academic aid. (Note: [In January 2023, NCAA Divisions I and II adopted legislation to remove standardized test scores from initial-eligibility requirements for all student-athletes who initially enroll full time on or after August 1, 2023. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.](#))
- ❑ Lift Weights: 2-3 times/week - To get stronger & ready for collegiate lifting!

3 Quick Recruiting Tips: 1. Great way to start an email: "Hi 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. End your emails with: "Please let me know if you need a [grad year, position] and if you think I am a possible fit for your program. Thank you very much!" 3. Move recruiting process forward if they respond: call, visit, camp, or next step. Example of a Good Subject Line to Use: [YOUR NAME][GRAD YEAR][HEIGHT][POSITION][GPA (if above 3.5)] - Intro & Video!