

## **Helpful Recruiting Suggestions:**

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. Go to as many live games of the team as you can. Take along someone other than your parents who is familiar with your style and level of play and is willing to tell you like it is. Ask them if they think you can compete for a spot on that team. Ask them to be frank and candid with you. You don't want yes people helping you with this you want people who will tell you up front whether your skills are above, at, or below the level of the girls currently playing at the school.

3. If you can't get to any games, ask the coach to send you a couple of game tapes. When we did this, the coach was sort of taken aback. He later admitted that he had never had a recruit ask for the tapes but now he actually offered them to girls he was recruiting during the down months.

4. 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 2013 may be reduced to back row in 2015 if he brings in someone he thinks can run the team better. That's the reality of it.

5. 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 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.

6. 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 this question (no matter how great the VB fit is) is no... Cross that school off your list. Four to five years is a long time.

7. Talk to the head 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. Know what their level of commitment to the program and to the girls is.

8. Approach this process as if it were the most important decision of your young life. 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 heading for the river or the mountains to ski on a weekend, you're traveling to Hopoke, TN for a tournament. When your friends are sleeping in, at 5:00 AM in the morning you're headed to weights, then to classes, then to team meetings, then to more classes, then to practice, then to study hall then finally to your dorm. 5:00 a.m. to 11:00 p.m. almost every day. While you're friends are at homecoming games, you're on a bus to Tallymouse, WI after having already played a match in Mounthill, MN. While all your friends are just doing school and social, 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.

9. 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 won't work.

10. 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.