




Freshman Year Responsibilities

Research

- READ the  Recruiting 101 Guide
- Assess yourself on size of school, location and possible majors (as found in Recruiting 101 Guide)
- Learn about the difference between Division I, II, III, NAIA, NJCAA schools
- Become familiar with NCAA recruiting rules.
- Get a copy of the NCAA Guide to College Bound Athletes @ www.ncaa.org
- Begin collecting information on schools that you are interested in
- Begin educating yourself regarding athletic/academic expectations.

Academic

- Become familiar with NCAA academic requirements for core courses.
- Maintain a strong academic work ethic from the start of your freshman year
- Meet with your high school guidance counselor to create a 4-year educational plan to include all 16 NCAA core course requirements.

Contacts

- Create your free account on University Athlete -- <https://universityathlete.com/#/>
- BEGIN (if you are ready) to research schools & begin meaningful communication to create awareness
- BEGIN to ask for info from college coaches on their type of student-athletes that they recruit
- BEGIN to develop a steady dialog with coaching staffs (season progress, next tournament, etc...)
- BE PREPARED to develop a highlight video and profile of yourself
- You can BEGIN to take unofficial trips to colleges
- Send thank you notes to coaches

Sport

- Focus on the advancement of your skill
- Be a student of the game ...and enjoy volleyball
- Commit to growing in your leadership/teammate skills

NCAA Rules as it relates to Freshmen (Quick Glance)

- ✓ Division I & II schools cannot contact you directly regarding recruiting. They are allowed to send you questionnaires and camp information
- ✓ Division III schools can contact you, but not in person
- ✓ You may E-mail Division I and II coaches, but they cannot correspond back
- ✓ You may not ever call a Division I coach until June 15, after your sophomore year
- ✓ You may call Division II coaches, but they cannot return the call
- ✓ Parents/Athletes cannot talk with coaches at competitions, or any time off campus, no matter who made the contact
- ✓ The only written responses allowed from them are brochures, generic letters and questionnaires.
- ✓ Unofficial visits to the college, initiated by you, are not limited. DII can offer you official visits beginning June 15 of your sophomore year. Note: Only 5 official visits are allowed between DI/DII
- ✓ DI/II Colleges can initiate contact the day prior to an unofficial visit and while you are on campus via phone/text
- ✓ You can meet with the college coaches on campus
- ✓ Verbal commitments can be made on both sides