

ARIZONA SKY VOLLEYBALL ACADEMY

COLLEGE RECRUITING GUIDE

A Game Plan To Play At The Collegiate Level

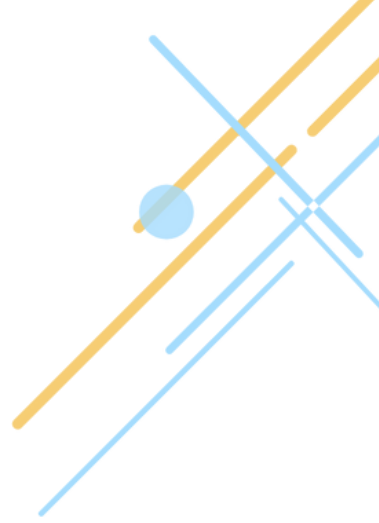
*Your all-in-one toolkit
for understanding the
aspects of college
volleyball recruiting.*

*NCAA Rules, Scholarship Tips,
College Camps, and More!*

SKY



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REGISTRATION & PLATFORMS

Register

✓ **University Athlete:** A platform where colleges tag athletes. Upgradable for sending emails.

[Register Here](#)

✓ **NCAA Eligibility Center:** Make sure you're taking the proper classes in school for eligibility.

[Register Here](#)

✓ **Hudl Profile:** Ideal for watching films and creating highlights. Emailed at the start of the season.

Create and manage your profile.

✓ **Sports Recruits Profile:** Use this platform to send emails and manage your athletic profile.

You will be emailed this information.

✓ **Social Media Management:** Follow specific pages to gauge college interest.

Follow [@playcollegesports](#)

Helpful Website Links:

- [NCAA Directory](#)
- [NCAA Official](#)
- [NJCAA Volleyball Teams](#)
- [NCAA Eligibility Guide](#)
- [NAIA Volleyball](#)

OFFICIAL COMMUNICATION

Sophomore Year

June 15th of your sophomore year is when direct interactions between you and college coaches are allowed by NCAA rules, offering an opportunity to discuss fit, skills, and potential scholarships.

Whether you receive early interest or not, the timing of this communication phase can vary based on numerous factors, such as your skill level, visibility, academic standing, and the specific needs of colleges you are targeting.

Therefore, while June 15th serves as a general guide, your individual experience may differ. Regardless, this is the period to fully engage with coaches, set up campus visits, and lay the groundwork to secure that coveted college spot, both as a student and an athlete.

RECOMMENDED PREPARATION

Physical

- **Strength & Conditioning:** Maximize your potential by incorporating a workout program that focuses on movement quality and efficiency. *We highly recommend the volleyball specific program at [Team DRC](#) in Peoria.*
- **Market Yourself:** Specialize in 1-2 positions, prioritize a great attitude, be coachable, maintain positive body language, and own your journey.

Mental

- **All Around Athlete:** Work on mental preparation, positive self-talk, being a good teammate, and exceptional student.

Volleyball is 90% mental and 10% physical, so prioritize strengthening your mental game.

Correspondence

- **Stay Engaged:** Connect with coaches before and after tournaments, follow program's social media, and maintain open dialogue with the Sky Recruiting Director and coaches (*cannot happen prior to June 15 of your sophomore year*).

COMMUNICATION GUIDELINES

Emails

- **Trusted Platforms:** Use University Athlete or Sports Recruits for streamlined communication with coaches. You can also use your personal email for a more direct touch, but the key is to be consistent, professional, and follow up in a timely manner (*see email template in the resources section*).

Text

- **Set Up:** Keep initial texts concise with the goal to schedule a formal conversation. Use full sentences and proper grammar. Be mindful of the coach's time zone and availability.

Phone

- **Planning:** Be prepared with knowledge about the program and questions for the coach. Close by asking about next steps and send a follow-up email summarizing the call.

INTEREST & QUESTIONNAIRES

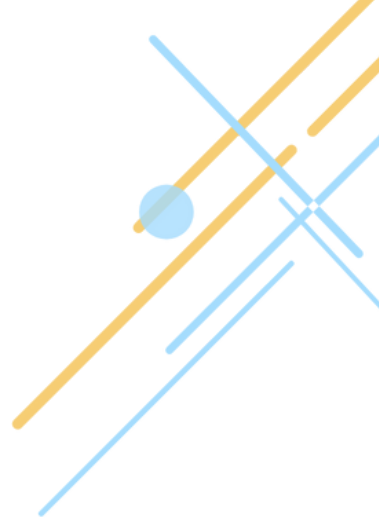
Proactivity

College programs often use questionnaires as a preliminary way to gauge your interest and evaluate your fit within their program.

These forms are not just paperwork but an important step in the recruiting process. If a college reaches out with a questionnaire, treat it as a priority by filling it out promptly and thoroughly. This is your chance to make a strong initial impression and provide details that can distinguish you from other recruits.

If there's a program you're particularly interested in but haven't received any communication from, consider proactively completing a questionnaire available on their website to get on their radar. It signals your active interest and opens the door for further interactions with the coaching staff.

CAMPS & MEDIA



Camps

- **Attending Camps:** These can be particularly advantageous if you have a genuine interest in a specific program, as it offers the invaluable opportunity for face-to-face interaction with the coaching staff, allowing you to better understand their coaching philosophy, expectations, and team dynamics.

Video

- **Showcase Strengths:** Use Hudl to create high quality position-specific highlight reels that demonstrate your skills and game understanding.

Social Media

- **Personal Brand:** Utilize your social media platforms to showcase not just your athletic achievements, but also your character, team spirit, and community involvement.

RESOURCES EMAIL TEMPLATE

Outreach

Send to the college head coach and CC all assistant coaches on staff. Do NOT send bulk emails to multiple colleges.

INCLUDE THE FOLLOWING IN THE SUBJECT LINE [Class, height, position, club, and name].

Hi Coach **[Insert HEAD COACHES NAME or STAFF MEMBER or PROGRAM]**

My name is _____. I am a **[Insert GRAD CLASS and POSITION]** from **[Insert CITY and STATE]**. I am very interested in your program! I play for Arizona Sky Volleyball Academy and am on the **[Insert SKY TEAM NAME]** I am **[Insert SKY JERSEY NUMBER]**. I go to **[insert HIGH SCHOOL]**. My GPA is **[Insert CURRENT GPA]** and I am very interested in **[Insert DEGREE INTEREST]**.

[Insert a PERSONAL MESSAGE – WHY ARE YOU EMAILING THIS PARTICULAR SCHOOL].

This High School season I received **[Insert ANY STATE OR REGION AWARDS, INFORMATION ABOUT YOUR TEAM, OR A SEASON HIGHLIGHT]**.

Here are some highlights from my **[insert SEASON]** **[Insert VIDEO(S) STARTING WITH THE BEST FIRST BECAUSE THEY MAY ONLY WATCH ONE]**.

[Insert MY UNIVERSITY ATHLETE and SPORTS RECRUITS ACCOUNT LINKS]

I will be playing at **[Insert TOURNAMENT NAME, LOCATION, AND DATES]**. I would love for you to have a chance to see me play!

[Insert PERSONAL TOUCH ABOUT THE CONNECTION YOU FEEL TO THE PROGRAM].

For more information please contact my recruiting director at Sky or my Sky coaches:

- Julia Larish – julia@azskyacademy.com 623-203-9175
- **[Insert CURRENT SKY COACH NAME and CONTACT INFORMATION]**

Thank you so much for your time. I cannot wait to talk to you!

[Insert YOUR NAME and PHONE]

RESOURCES HIGHLIGHT VIDEO

Hudl

General Info: Name, Class, position, GPA, club, vertical stats if needed for position, coach contact, and your contact.

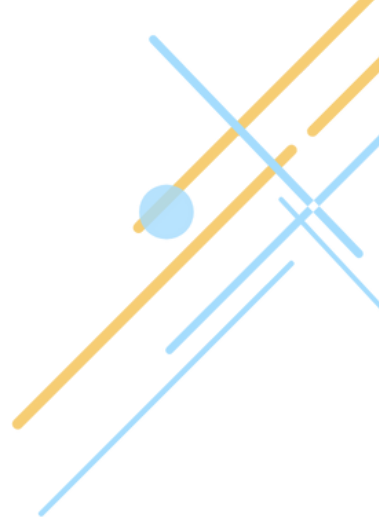
Libero: good simple control, movement, being stopped on the attack, and out of system setting.

Setters: good range of location, tempo, jump setting, defense, attacking and blocking.

Middle: good spacing at the net, good height over the net blocking pin to pin, good fast arm swing, nice reach, transition, footwork, put long rallies so they can see your movement.

Pin: Good snap and arm swing, range offensively, front and back row attack, blocking, passing simple control, defensive movement, good control and body movement being stopped.

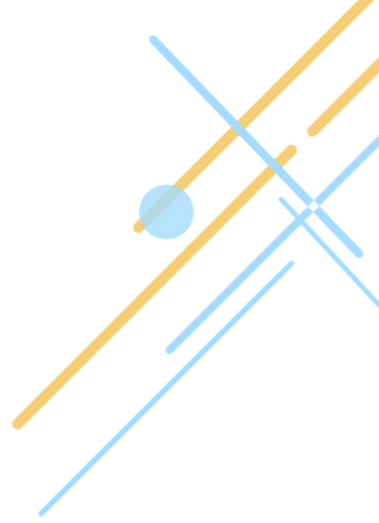
RESOURCES QUESTIONS



You Might Be Asked

- What do you like about our school and program specifically?
- Describe your typical day.
- What is your GPA and favorite subject in school?
- What is your favorite thing about volleyball?
- How was your club/HS Season? (Elaborate and talk positive)
- What positions do you play?
- What are some of your strengths as a player?
- What are your weakness and what are you doing to make improvements?
- Describe your ideal coaching style?
- What are you looking for in college?
- Why do you think you can play at this level?
- Are you talking to any other schools currently?
- Favorites (movie, book, subject, color, food, music etc)?
- What is the hardest thing you have ever done?
- What sets you apart from other recruits?
- Any idea what you want to do for your future degree?
- What are some of your hobbies outside of Volleyball?
- Do you have any summer plans? What are they?

RESOURCES QUESTIONS



What to Ask

- What separates your program apart from others?
- What are some of your favorite things about your program?
- Are you recruiting in my position?
- Do you have a timeline for recruiting my position?
- What was it about me that stood out to you in my playing live or in film?
- How would you describe your coaching style?
- What are you looking for in a player in my position?
- What is dorm/housing Life like for an athlete?
- Do athletes live together and are they on campus or off?
- What is the program Culture like on and off the court?
- How do athletes balance classes, studying, travel, practice, social etc?
- What can I be working on in my game to elevate my level of play? (take notes)
- What expectations do you have for players in the summer?
- What does spring season look like?
- What is the travel/practice schedule look like?
- Can you describe a typically practice or practice environment?
- What does a game day atmosphere look like?
- What is the teams current GPA?
- What academic support programs are available to student athletes?
- Anything else important to you, ask! Just think about it first.

RESOURCES PHONE CALL PREP

Helpful Tips

When talking to coaches never say “I don’t know”.

Coaches are asking about you, so you should have some idea of what to say.

Make sure if it is a school you are interested in you tell them specifics as to why you’re interested in their program.

They are probably calling 5-20 other kids in your position for 1-2 spots depending on the position, so the more maturity you can display, the better.

If the conversation goes well, add players from the roster on social media and develop conversations and connections and look to set up a visit.

Talk to a Sky coach or Front Office team member if you need help here – setting up a mock phone call etc.

Click the link below for some sample questions you should be ready to answer:

<https://www.ncaa.org/student-athletes/future/choosing-college>

RESOURCES INTAKE FORM

Guidance

This initial step informs us about your goals and current status, enabling us to offer you a personalized recruiting roadmap.

After completing the form, our team will reach out to discuss next steps tailored to your athletic and academic aspirations.

It's not just about finding the best college; it's about finding the right program that aligns with your overall needs.

Complete our college recruiting intake form via the provided link below so you can take the first step to align your talent with your future.

[CLICK HERE to fill out the intake form](#)