



St. Anne's-Belfield School

ASPIRING COLLEGE BOUND

STUDENT-ATHLETE GUIDE

Helping St. Anne's-Belfield School Athletes
Take the Next Step into Collegiate Athletics

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GUIDING THE COLLEGE BOUND STUDENT-ATHLETE

This guide is designed to give St. Anne's-Belfield student-athletes and their parents a better understanding of the athletic recruiting process. Applying to colleges in general can be a daunting task; add the complexities of being a student-athlete and the information can be overwhelming. This brief guide will touch on some of the major points that need to be addressed when considering whether you will play sports in college. Our goal is to provide you with the information necessary to make more informed decisions during this process.

For aspiring college bound student-athletes, it is important to remember that there are various levels of play at different schools around the country. It will take time and effort to find the best match both academically and athletically. Often student-athletes have a preconceived notion that there is only NCAA DI, DII, and DIII opportunities, however, the NAIA also gives student-athletes valuable opportunities to compete. We want to ensure that you are aware of all of your options and are taking into consideration a number of different factors including size of school, location of school, and academic level.

Often times, students do not get noticed by college coaches for three main reasons: timing, unrealistic expectations, and failure to take the initiative. Student-athletes and their parents forget that the recruiting process starts early in athletics and can vary between sports. Coaches also begin to form their own recruiting strategies for each graduating class approximately three to four years prior. If you wait to start reaching out to coaches until your junior year of high school, you are often too late. Students should also seek feedback and be realistic about their level of play. Are you truly a DI athlete or would your skills be better served at a DIII college? Finally, the key is to be proactive and advocate early and often. Do not sit back and wait thinking a coach will find you; find them, and make an early connection by being your own advocate.

Above all, if you want to become a college student-athlete you must have the pre-requisites and provide affirmative answers to the following two questions. First, ask yourself, do I have the athletic ability and character qualities to play in college (don't just think, DI athlete)? Am I a great leader, am I coachable, how is my attitude? Second, ask yourself, do I have the desire and passion to compete in my sport for another four years? If you believe in your heart that the answer is yes to those questions and you are ready for the demands of college sports, then you are ready to begin your athletic recruiting process.

Throughout this process, you will be mulling over a lot of questions and seeking information from coaches. The answers won't always be what you want to hear, but sometimes these answers are actually what you need to hear because it provides you with invaluable feedback. This should, hopefully, guide you in the best direction for your next chapter after high school. It is important to remember, never say never and never say always. There are no guarantees for being recruited or getting a scholarship, however, if you stick to the roadmap provided you will be in the best position to be recruited and land at a school that fits you best (potentially on an athletic or academic scholarship).

THE STUDENT-ATHLETE GAME PLAN

FRESHMAN YEAR

- Reach out to the college counseling office to talk about your goals academically and athletically
- Establish a 4-year academic plan to meet all core course requirements for eligibility
- Take a strong academic course load
- Maintain at least a 2.3 grade point average out of 4.0 in core courses
- Talk with your coach (high school and/or club) about your aspirations to play collegiately. Get an honest assessment from him/her on your level of play
- Email the athletic department's student-athlete advisor to let them know you are considering playing sports in college. This will keep you on the advisor's radar so that they can provide you with college recruiting information
- Start creating your athletic "Target Schools" list by researching college/university websites to learn more about a school and their athletic program
- Consider attending Showcase Tournaments or ID Camps:
 1. For exposure (select camps at colleges that you might want to attend)
 2. To improve skills
 3. To see how your skills stack against others
 4. Remember...you don't have to attend ALL camps. Be selective, know whether a coach from one of your Target schools will actually be at the camp. Often times, camps are money grabbers and if you aren't purposeful in what camp you chose, the only result will be that you are a proud owner of a \$395 T-shirt.
- Discuss with your coach about other opportunities to increase your exposure in your sport
- Begin to collect game footage and individual skill footage
- Keep records of your athletic achievements, extracurricular activities, and volunteer experiences
- Fill out the College Recruiting Prospect Questionnaire (see example) and save this form. You will use this form to complete the Prospective Student-Athlete Questionnaires from various school's athletic websites. The information that you fill out in the Prospect Questionnaire will be the same questions that 99% of the questions the school will also be asking. Therefore, the form will be a quick reference for you as each college will require you to fill out a Prospective Student-Athlete Questionnaire

SOPHOMORE YEAR

- Re-evaluate your 4-year academic plan with your college counselor to ensure you are meeting all core course requirements
- Determine with your counselor a suitable academic load based on your freshman grades
- Maintain at least a 2.3 grade point average out of 4.0 in core courses
- Set up a face-to-face meeting with your student-athlete advisor
- Complete the College Priority Analysis worksheet (see example)
- Based on your College Priority Analysis, revisit your athletic Target School list. Your list should be 15-20 schools (if not more) that are of interest to you. Break your list down between your dream schools (academically and athletically), the schools that interest you athletically, and the schools that interest you academically
 - o **Important Reminder:** When thinking about colleges/universities always ask yourself, "If I have a career ending injury, will I still be happy at this school?"
- Keep records of your athletic achievements, extracurricular activities, and volunteer experiences
- Download the [NCAA Guide for the College Bound Student Athlete](#) and read through it with your parents

- Prepare a video of your game footage and individual skills
- Create an Athletic Profile (see example)
- Write your Intro Cover Letter (see example) – prepare to send with athletic profile and video link
- Reply promptly to any communication from colleges or coaches that reach out
- Create a spreadsheet of schools that have contacted you in addition to schools you are interested in so that you can keep up with all the schools. If you decide to rule out a school, be sure to communicate that with the coach or admission office and cross them off your list
- Continue to discuss with your coach (high school/club) about summer opportunities (showcases, camps, clinics) for more exposure
- Consider taking unofficial visits to schools with prior contact and that have given you positive feedback (summer)
- Register for the [NCAA Clearinghouse](#) and/or the [NAIA Eligibility Center](#)

JUNIOR YEAR

- Work with your college counselor to ensure that your workload and course selection is still in line with the requirements to play collegiately
- Continue communication with your student-athlete advisor
- Revisit your list of athletic Target Schools to ensure that your list consists of schools that fit your current academic and abilities
- Create a file for each of the schools you are still interested in and develop a plan on how you will begin to narrow down each option
- Nurture relationships with appropriate college coaches, continue to maintain correspondence with them. Email the coach when you do something exciting (academically or athletically) and email the coach when you see his or her team has done something great (i.e. big win against a tough opponent).
- Try to see the college team play in person – watch the team’s interactions with one another, how does the coach address the team, what does the team chemistry look like, is your level of play comparable to the play you see on the field
- Update your athletic profile to reflect any new accomplishments
- Update videos and send new footage – don’t just focus on highlight plays, show all aspects of your game
- Discuss with your coach his/her involvement in your recruitment process. Ask him/her to talk to the college coach on your behalf
- Register for and take the required standardized tests (i.e. SAT, ACT) in spring semester
- Designate the NCAA to receive SAT & ACT scores when registering for a test. NCAA - Code is #9999 on SAT & ACT registration forms
- Beginning discussing the college application process with your coach and counselor
- Continue to attend showcases and camps (if needed) and take unofficial visits
- Log into your NCAA Clearinghouse profile and ensure you have updated any relevant information

SENIOR YEAR

- Meet with your college counselor to ensure that your workload and course selection will fulfill and complete all the requirements to play collegiately
- Take and/or retake the standardized tests as needed
- Obtain college applications and prepare to apply to several colleges – Even if you are going to apply “early decision” to one college, there is never a guarantee of admission

- Meet with your counselor to review application materials
- Write a personal statement
- Complete Financial Aid forms early – [CSS Profile](#) form (only needed for select colleges) and [FAFSA](#) (required for all colleges)
- Reconnect with your student-athlete advisor to ensure all athletic related documents and communications have been submitted to coaches/schools
- Continue to visit the campuses of those schools in which you are interested. It is recommended that you either call or write for an appointment to meet with a coach, admissions officer, financial aid advisor and departmental chairperson
- Official Visit opportunities may present themselves
- Continue to write, call or e-mail coaches expressing interest in their school and athletic programs and be prompt with your responses to any coach requests
- Submit all final transcripts and test scores to the NCAA Clearinghouse and ensure all information is accurate and up-to-date

ST. ANNE'S-BELFIELD ATHLETIC ADVISOR

ASSOCIATE AD FOR FACILITIES AND STUDENT SERVICES AND/OR THE ATHLETIC DIRECTOR

The role of your athletic advisor is to help guide student-athletes and their parents through the many layers of the athletic recruiting process. The college counselor and the athletic advisor will work hand-in-hand to ensure that each interested student-athlete is on track to be academically eligible to compete in college, while ensuring the athlete is meeting the suggested recruiting timelines. The athletic advisor will assist in providing important information for athletes and their parents as they consider whether or not to play in college. The advisor will also help to review information and discuss potential schools that may be a good fit for athletes. This does NOT mean that the college counselor and the athletic advisor will be doing the work for the student-athlete. Student-athletes need to take the proper initiative and be proactive throughout the recruiting process, but the advisor will help to give concrete ideas as to what to do to successfully navigate through the recruiting process, when to initiate various aspects of the process, and how to create documents to be recruited by coaches from schools of interest.

ELIGIBILITY CENTER – NCAA AND NAIA

To be eligible to play sports at the college level, it is important for you to be aware that there are academic requirements that need to be met to be academically eligible to play sports at the next level. The NCAA Eligibility Center, also known as the NCAA Clearinghouse, certifies the academic and amateur credentials of all college-bound student-athletes who wish to compete in the NCAA DI or DII athletics. Division III athletes are NOT certified by the Eligibility Center. Each Division III college sets its own admissions standards. The NAIA, much like the NCAA, requires student-athletes applying to NAIA schools to be registered and meet the academic standards set forth by the NAIA.

The most common question regarding the NCAA Eligibility Center is when is the appropriate time to register? It is recommended that high school athletes register no later than the beginning of their sophomore year of high school. By registering for the Eligibility Center by your sophomore year, you will be aware of the academic requirements set forth by the NCAA/NAIA and help provide an academic game plan to ensure you fulfill the academic requirements during your four years of high school. It is important to note that not all classes offered by a high school are approved classes by the NCAA. Further considerations regarding a class may need to be submitted to the NCAA by the college counselor for requirement approval.

COLLEGE SPORTS DIVISIONS

There are a number of options for you to continue your level of play at the college level. According to the NCAA, there are nearly 350 Division I schools, more than 300 Division II schools, and 446 Division III schools. To give you a better idea of size and how the divisions compare, more than 170,000 student-athletes compete at the Division I level. A little more than 120,000 student-athletes compete in Division II sports. Division III colleges have just over 195,000 student-athletes on their various rosters. And that's just the NCAA divisions. There's also the National Association of Intercollegiate Athletics (NAIA) with more than 250 schools and, of course, many options at the junior college level for high school athletes. While there are some similarities, you'll find each college sports level is somewhat unique.

Student-athletes and parents should note that for the small percentage of high school athletes that end up playing at the DI and DII level, only about 56 percent of DI athletes receive some type of athletics aid and DII athletes fare just a little better at 60 percent that get athletics aid.

While DIII schools do not offer any type of athletic scholarships, parents will be pleased to know that 80 percent of DIII athletes receive non-athletics aid, often in the form of grants or need-based scholarships to academically qualified athletes. Another big plus for both parents and student-athletes is that 87 percent of all DIII athletes graduate from college. Although the other two divisions are not that far behind, that's the highest percentage of any NCAA Division.

As an aspiring college bound student-athlete, it's important to understand the different college experiences for athletes in DI, DII and DIII programs. Here's a quick breakdown of what to expect:

DIVISION I

For NCAA Division I athletes, the rewards are many. Competing at a large university in front of big crowds against some of the best athletes in your sport. You should know that the competition for your spot on the team is fierce and your time is not your own—that includes weekends and off-season. You will need to practice, train, travel, and study. There's also volunteer work. You will be tired. Internships, spring break getaways, studying abroad, and even part-time jobs are pretty much out of the question. The DI athlete is truly dedicated to their sport for four years. For some, it can be overwhelming—even exhausting. But almost every one would say they would not trade their DI experience for anything.

DIVISION I AND THE IVY LEAGUE

More than 8,000 student-athletes compete every year for Ivy League schools. Most choose the Ivy League for its ultra-high level of competition in both athletics and academics. If an Ivy League school is on your target list, just note that these schools do not award academic or athletic scholarships. Financial aid is based on need determined by the Financial Aid Office at each school.

DIVISION II

Student-athletes who want a high level of competition but a more balanced approach to sports and academics should give serious consideration to DII schools. It's also perfect for those who may prefer a smaller campus, or the opportunity to get playing time all four years. As one recruit put it, "I'd rather be

a big fish in a smaller pond.” There are still the demands all student-athletes face, but it is not as intense and rigorous as the year-round total commitment of a DI athlete.

DIVISION III

DIII programs offer a more well-rounded college experience where academics take more of the lead. Just like their DI and DII counterparts, DIII athletes also must learn to manage playing their sport while pursuing their education. The time commitment, however, for DIII athletes is not nearly as intense which gives them more opportunity to explore life outside of the classroom and outside of their sport. DIII athletes often feel they are more a part of the general college community where DI and DII athletes feel a little more separated from the rest of the college or university.

NAIA

It may come as a surprise to some but the National Association of Intercollegiate Athletics (NAIA) has actually been around longer than the NCAA. With about 250 mostly private, smaller schools, more than 60,000 student-athletes compete at NAIA colleges in a variety of popular sports. Many consider NAIA to be on par with NCAA DIII schools when it comes to life/sport balance and level of competitiveness. The NAIA awards close to \$500 million in athletic scholarships every year. That, along with more aggressive recruiting is driving more talent to these schools and bringing up the level of competition. Today, competing at top- level NAIA schools is considered to be similar to competing on a NCAA DII team.

JUNIOR COLLEGES

Although the majority of student-athletes focus on the three NCAA divisions and maybe the NAIA schools, there is yet another option to be considered. There are many common misconceptions about what junior colleges can offer a student-athlete and that's why they often get overlooked. Today's junior colleges have a lot to offer when it comes to scholarships and other cost-savings. For some athletes, junior college is the best path to getting on a four-year college roster. For others, it's a chance to stay close to home, earn college credit, and continue on with their athletic career.

While nearly everyone starts out thinking DI is the ultimate goal, it really comes down to what type of college experience will be right for the student-athlete. The good news is that with three NCAA divisions, NAIA schools and junior colleges, there's something for every type of student-athlete.

*Information credited to NCAA.org and Next College Student-Athlete

QUESTIONS FOR COACHES

ATHLETICS

1. What position would you recruit me for? Are you recruiting others for my same position?
2. After coach has watched your video and assessed your abilities – What's my strengths? What do I need to work on?
3. Describe what and how much time is involved for training and competition. In-season vs out-of-season? Summer commitment?
4. How would you best describe your coaching style?
5. What are your goals for the team for the next four years?
6. How would you describe your current team?
7. When does your coaching contract end?
8. What is your philosophy on injuries?
9. What is your "recruiting timeline"? – When do you want to receive emails from recruits, observe play of recruits (in person), schedule official visits, make offers, complete the recruiting for my class?
10. Is there a team physician employed by the school? Does the team physician treat athletes for non-sport related injuries or illness?
11. What are my opportunities for an athletic scholarship, academic scholarship, merit award, need-based, work study or other financial aid?

ACADEMICS

1. What is your philosophy regarding the importance and priority of athletics vs academics?
2. Do players miss a lot of classes for games?
3. What is the average GPA of the team?
4. What is the team's academic ranking among all athletic teams on campus?
5. What is the percentage of team members who graduate in four years? Five years?
6. Is a student-athlete study hall a requirement? How much time is required? Is it only required during my freshman year? Where is study hall located?
7. What is the availability of tutors? Do I have to pay for a tutor?
8. How do you monitor the academic status of team members?

COLLEGE LIFE

1. How many years am I required to live in the dorm?
2. Who would be my roommates? Other team members? Other athletes? Non-athletes?
3. Are all meals in a campus dining facility?
4. What are in-season and off-season rules?
5. Is there a curfew?
6. Can I belong to a fraternity/sorority in addition to being on a team?
7. May I participate in clubs/organizations?
8. Is there access to religious services?
9. How "safe" is the campus? Off-campus?



COLLEGE RECRUITING PROSPECT QUESTIONNAIRE

Sport: _____ Position/Event: _____ Date: _____

PERSONAL INFORMATION

Full Name: _____ Nickname/Preferred First Name: _____

Email: _____ Cell Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Age: _____ Place of Birth: _____

Year in School (circle one): Freshman Sophomore Junior Senior H.S. Graduation Date: _____

Father's Name: _____ Occupation: _____ Phone: _____

Mother's Name: _____ Occupation: _____ Phone: _____

Father's Email: _____ Mother's Email: _____

College(s) Parent(s) attended: Father: _____ Mother: _____

Name(s) of Brother(s)/Age(s): _____

Attend/Graduated from college? If so, where?: _____

Name(s) of Sister(s)/Age(s): _____

Attend/Graduated from college? If so, where?: _____

ATHLETIC PARTICIPATION HIGH SCHOOL

High School Name: _____ School Colors: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Coach: _____ Phone: _____ Email: _____

Playing Position(s)/Event(s): _____ Uniform #: _____

Height: _____ Weight: _____ Circle: Left-handed Right-handed Circle: Left-footed Right-footed

How many years have you played your sport in High School?: _____ Years Varsity starter?: _____

Personal Statistics (please list best measurements, times, percentages, finishes, scores, etc. as may be applicable to your sport):

Volleyball/Basketball:

Standing Reach: _____' _____" Standing Jump: _____' _____" Approach Jump: _____' _____" Vertical Jump: _____' _____"

Football: Bench Press: _____ lbs Squat: _____ lbs 40 yd: _____ sec

Track/Swimming: Event(s)/Personal best(s): _____

Other Sport(s): _____

Recognition, Achievements and Awards Received (MVP, Team Captain, All Tournament, All Conference, All State, etc.):

Second High School Sport/Position: _____

CLUB/TEAM TRAVEL

Name of Club: _____ Name of Team (within Club): _____

City/State: _____ Years with Club Team(s): _____

Playing Position(s)/Event(s): _____

Uniform #: _____ Team Colors: _____

Coach: _____ Phone: _____ Email: _____

Personal Statistics (please list best measurements, times, percentages, finishes, scores, etc as may be applicable to your sport):

Volleyball/Basketball:

Standing Reach: _____' _____" Standing Jump: _____' _____" Approach Jump: _____' _____" Vertical Jump: _____' _____"

Football: Bench Press: _____ lbs Squat: _____ lbs 40 yd: _____ sec

Track/Swimming: Event(s)/Personal best(s): _____

Other Sport(s): _____

Recognition, Achievements and Awards Received (in Club/Travel Team competition):

CAMPS / CLINICS / OTHER TRAINING

Have you attended/will you attend any summer sports camps? If so, when/where?: _____

Have you attended/will you attend any clinics or special group training sessions? If so, when/where?: _____

Have you received any private individual training? If so, what/when/where and from whom?: _____

MISCELLANEOUS

List any serious injuries and the dates (within the past 3 years): _____

ACADEMICS

GPA (4.0 = A): _____ **Size of High School** (approx. enrollment): _____

SAT Score (if taken): **EBRW**: _____ **Math**: _____ **Your Next Test Date**: _____

ACT Score (if taken): _____ **Your Next Test Date**: _____



College Priorities Analysis

Name: _____ Sport: _____ Date: _____

The College Priority Analysis should be filled out by the student-athlete before any recruiting activities have commenced. Ideally, this form should be completed in the summer prior to your junior year of high school.

1. ATHLETICS

Feelings about playing in college?

- Must Do!
- Would "like to do".
- Just using sports to get admitted to desired school.
- No big deal – Yes or No is OK.
- Other _____

Level of Competition:

- Very competitive, but most "prestigious" – May redshirt or sit bench most of 1st, 2nd, and/or 3rd year.
- Competitive, must work hard, but would realistically get playing time Freshmen or Sophomore year.
- Non-competitive – Could be a starter and "the star" tomorrow. Frustration with teammates' lack of skills, intensity, etc., but better opportunity for athletic scholarship where you are an "impact player".

Your anticipated level of play:

Based on input of:

- | | |
|--|--|
| <input type="checkbox"/> Club Coach | <input type="checkbox"/> College Coaches |
| <input type="checkbox"/> High School Coach | <input type="checkbox"/> Watch College Play |
| <input type="checkbox"/> Private Trainer | <input type="checkbox"/> Other Knowledgeable Observers |

Realistically, my level of play in college will be (select a range of 3 areas – i.e. Low, DI; High/Med, DII):

Division I:	<input type="checkbox"/> High	<input type="checkbox"/> Medium	<input type="checkbox"/> Low
Division II:	<input type="checkbox"/> High	<input type="checkbox"/> Medium	<input type="checkbox"/> Low
Division III:	<input type="checkbox"/> High	<input type="checkbox"/> Medium	<input type="checkbox"/> Low
NAIA:	<input type="checkbox"/> High	<input type="checkbox"/> Medium	<input type="checkbox"/> Low

Athletic Scholarship – Interest in Earning: (1= No need, middle #'s = % desired/needed, 10 = want/must have)

1 2 3 4 5 6 7 8 9 10

2. ACADEMICS

GPA: _____ ACT: _____ SAT: _____ Date of Test: _____

Desired Major/Career Goal: _____

Feelings about desired level of academic reputation?

- Highest possible
- Competitive – most suitable for my present academic level in High School
- My GPA is 2.0-2.2; any college that would enable me to earn a 4-year degree and pursue my chosen career

Of #1 (Athletics) and #2 (Academics) above, rate the importance of each area (by percentage) to get the best possible match (total should = 100%; i.e. Athletics – 60%, Academics – 40%):

1. Athletics _____% 2. Academics _____%

Academic Scholarship – Interest in Earning: (1= No need, middle #'s = % desired/needed, 10 = want/must have)

1 2 3 4 5 6 7 8 9 10

Note: If you are seeking athletic scholarship or academic scholarship, consider schools where your athletic/academic skills are stronger than those of your peers and fellow recruits.

3. SIZE

What school size (enrollment) do you prefer?

- Small (1,500 to 3,500) Medium (10,000 to 15,000) Large (20,000 and up)

4. URBAN/RURAL

What type of area do you prefer?

- Downtown Big City Rural, close to town/city
 Populated Metro Area Rural, in the country

5. GEOGRAPHIC PREFERENCES

Choose you Top 5 from the following list and rank in order of preference (1 = High; 5 = Low):

- | | | | |
|---|-------|--|-------|
| <input type="checkbox"/> All of East Coast | _____ | <input type="checkbox"/> Great Lakes | _____ |
| <input type="checkbox"/> Mid-Atlantic | _____ | <input type="checkbox"/> Midwest – “Plains” | _____ |
| <input type="checkbox"/> Northeast | _____ | <input type="checkbox"/> Sunbelt (Southern ½ of US) | _____ |
| <input type="checkbox"/> Southeast | _____ | <input type="checkbox"/> Texas, Oklahoma, New Mexico | _____ |
| <input type="checkbox"/> California Only | _____ | <input type="checkbox"/> Hawaii | _____ |
| <input type="checkbox"/> West Coast (CA, WA, OR) | _____ | <input type="checkbox"/> Alaska | _____ |
| <input type="checkbox"/> Western US
(CA, WA, OR, AZ, NV, CO, UT) | _____ | | |

OTHER important factors in identifying the best college for me:

- Religion
 Ethnic/Racial
 Weather
 Other (specify): _____

Rank the following 6 categories in sequence of importance (1=High; 6=Low) and flexibility (Flexible; Not Flexible):

- | | | | |
|-----------------------------------|-----------|-----------------------------------|---------------------------------------|
| Athletics: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |
| Academics: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |
| Scholarship/Financial Aid: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |
| Size: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |
| Urban/Rural: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |
| Geographic Preference: | Rank_____ | <input type="checkbox"/> Flexible | <input type="checkbox"/> Not Flexible |

JANE SMITH

Women's Volleyball — Outside Hitter/Setter

CLASS OF 2022

Address: 1690 Runway Avenue
Charlottesville, VA 22903

Age/DOB: 17, 08/16/03
SSN: available upon request

Phone: (434) 971-7339
E-mail: janesmith2022@hotmail.com

Parent(s) Name/Occupation:
Father: John – Firefighter
Mother: Michelle – Teacher

Personal Statistics:
Height/Weight: 5'9", 135 lbs.
Right-Handed
Standing Reach: 7'7"
Standing Jump: 9'0"
Approach Jump: 9'5"
Vertical Leap: 22"

ACADEMIC

High School: St. Anne's-Belfield High School
2132 Ivy Road
Charlottesville, VA 22903
(434) 296 - 5106

Graduation Date: June, 2022
GPA:.....3.4
SAT.....1150/1600

ATHLETIC

Experience: Six (6) years High School and Club (through Senior year)

High School: Position: Setter, Outside Hitter
Uniform Colors/No.: Blue/Gold – 6
Coach: Sheryl Hughes – (434) 766-6500 – shvball@hotmail.com
Honors: *Junior* — All Conference – 1st Team
All League – 1st Team
Team – VIF Finalist
Team – Virginia State Quarter Finalist

Club: Charlottesville Area Volleyball Club — Charlottesville, VA
Team: CAVC 18 - Christy
Position: Outside Hitter
Uniform Colors/No.: Blue/White – 6
Coach: Christy Simpson – (434) 555-6243 – csvolleyball@yahoo.com

Camps/Clinics: Duke – Duke Volleyball Camp – Summer, 2019
One-on-One VB Skills Training (4/15-Present)

Coach/Evaluator

Comments: Jane has established herself as a very talented volleyball player against some of the best competition in the Central Virginia region. And, it is especially enjoyable to see her high level of success in the classroom as it is reflected in her exceptional court sense when playing volleyball. Jane is extremely coachable and dedicated, and she always demonstrates a high level of self-confidence, especially noticeable in high-pressure game situations, where she will always play above her game. Add to this a superb work ethic, a high level of intensity and consistency, and you have a young lady from the Class of 2022 that every recruiter must see.

SAMPLE “EMAIL” INTRODUCTORY COVER LETTER

SUBJECT: Class of 2022 – Outside Hitter – Jane Smith Athletic Profile

Coach Baker,

I am presently in my sophomore year at St. Anne’s-Belfield School in Charlottesville, Virginia. During the past several months, I have been researching college programs and decided that I would like very much to attend your school and become a member of your Women’s Volleyball team.

I am proud to say that I am having a successful high school and club team career. Upon graduation, with over seven years of club volleyball experience, plus high school play, I am confident that I will be prepared to make a valuable contribution to a college program such as yours.

I have attached a copy of my Athletic Profile for your review. I would appreciate hearing your thoughts and comments as to my qualifications as a prospective student-athlete for your program in the fall of 2022.

Thank you for your time and consideration.

Jane Smith
Class of 2022
Outside Hitter
(434) 971-7339
Janesmith2022@hotmail.com

WHAT SHOULD I BE DOING NOW?

The 2019-2020 and 2020-21 academic years have been unlike anything we have experienced before. Seasons have been cancelled and students have not been able to rely on traditional methods of engaging with coaches. Despite these exceptional circumstances, we believe that student-athletes can remain engaged and stay in control of their process. Below is advice for student-athletes.

Juniors

- Continue to nurture relationship with college coaches via an email or call to keep the communication open
- Take the time to update your profiles and videos/footage of you in action
- Take a minute to reach back out to your school and club coaches for guidance and thoughts on your level of play. Ask coaches to give some realistic feedback on what types of programs might be a good fit
- Get an unofficial transcript to college coaches. You can download a free copy from your [Parchment account](#).
- If haven't done so already and are looking to play at DI or DII level, create an [NCAA clearinghouse account](#).
- Continue to take care of your bodies and mental health. Every day, do things that challenge you mentally and physically.
- Plan to take the SAT or ACT. The NCAA and college athletic programs still require athletes to submit the results of one of these tests.
- Reach out to Mr. Robinson or Ms. Booth with specific questions about athletic recruitment

Freshmen and Sophomores

- Take a minute to reach out to your school and club coaches for guidance and thoughts on your level of play. Ask coaches to give some realistic feedback on what types of programs might be a good fit
- Make a priority list of what you want from a school (big school, small school, private school, red shirt policy, impact on the team immediately etc.)
- Create your athletic profile (sample form above)
- Start identifying the list of schools that appeal to you
- Prepare an introduction letter to send to coaches
- Send letter and then profile/video to coaches
- See what type of responses you get from coaches, will then gain a better understanding of coach interest

HELPFUL LINKS

www.ncaa.org

www.ncaa.com

www.eligibilitycenter.org

www.ivyleague.com

www.naia.org

www.play.mynaia.org

www.njcaa.org