



College Recruiting Tips: June 15th & Calls with Coaches

June 15th is approaching! For the class of 2024 and Division I/II schools, this is a big milestone, as NCAA rules prevent Division I coaches from communicating 1-to-1 with student-athletes until June 15th of their sophomore year. Of course, you can email DI/DII coaches before June 15, but they can't reply personally, text or talk on the phone (unless it's about CAMP).

To-Do List Before June 15th:

- **Send Video:** For the coaches you've been in contact with (and any new schools on your list), send another round of video the first week of June.
- **Organize and narrow down schools:** Spend time organizing and segmenting your list so you can prioritize your time wisely.
- **Be easy to contact:** Make sure the coaches you've contacted have your number! Even if you've listed it in your signature, it's a good idea to email or text them your number the week before. You **MUST** also have contact info on your University Athlete account ([LINK TO UA FLYER HERE](#)).

You don't have to respond right away or set up calls with every school (it's OK to say no if you're truly not interested!), but always reply to every coach who contacts you. If your list is small, we recommend taking every call.

Tips for Phone Calls with Coaches:

Coaches are people too, and they want to have meaningful, genuine, conversations with their recruits. Coaches are recruiting you as a person, teammate and an athlete for the next four years, and you will be under their guidance for that time, so relationship-building is key. Coaches know you're nervous (and they're OK with that), but always let your true self come through!

- **Schedule time the week after June 15th to set up calls or Zooms with coaches.**
- **Space your calls out so you can organize your thoughts, take notes, and be mentally present!**
- **Many coaches use Calendly to schedule calls (they send you a link, and you pick a time slot!), so know your schedule ahead of time.**
- **Be ready for the call 5 minutes before.**
- **Be an active listener. Instead of running down your list of questions, try to ask a follow-up question based on what they just told you to keep the flow of conversation.**
- **Prep questions before the call (no need to ask them all - pick 3-4 questions maximum!)**



College Recruiting Tips: Questions to Ask & Avoid on Phone Calls

Are you recruiting my position in my class? If yes, how many?

How would you describe your coaching style?

What type of individuals (as players and as students) have the most success in your program and at your school?

What do you need to see in my game to consider me for a spot on your team?

How does your staff divide positional and training responsibilities? Which coaches would be working with me on different parts of my game?

How do you as a coach deal with losses or when the team underperforms? How does the team handle it?

Where do you see the program being in my senior year?

What are the biggest challenges your student-athletes face at school?

What is unique to the student-athlete experience at your school or on your team?

What are your program's non-negotiables for a player to be successful and fit into your team culture?

Do you have scholarships available for my position?

What types of on/off campus activities are available to athletes?

Is there a particular camp day or weekend that I should attend?

What are your expectations of your student-athletes in the off-season?

Does your team have an academic coordinator or tutor to help them during the season and travel?

What are you looking for in a new recruit?

If I asked your team their favorite thing about your program, what would it be?

QUESTIONS TO AVOID

Anything you could have easily looked up online or on social media. What division are you? Do you have ____ major? How big is your roster?

What does a "day-in-the-life" look like for your athletes? This is generic, and you can get a sense of this from the @ncaavolleyball Instagram.

How much do you think I will play?
Instead, on a second call or visit, ask if they see you competing for a spot right away or not until future seasons (or if they want to redshirt you).