TOP SELECT RECRUITING 101

Parent and Player Agenda

November 1, 2026 | 3:00-5:30 PM

LOVE CARE TRUST RESPECT

2 Today's Meeting

- 01: Recruiting 101
- 02: Recruiting Journey
- 03: Your Recruiting Journey
- 04: What's next

3 About Me: Ross Usie

- 20 years coaching: 15 years in Florida, 5 in Louisiana
- 16 years with Top Select
- Coached 14s, 15s, 16s, 17s, 18s
- Gold Medal Squared Lead Court Coach
- College connections through camps, recruiting, playing, previous players

4 What is Recruiting?

- Evaluation from and communication with colleges to play at their school while getting an education.
- Sometimes resulting in that schooling getting paid for via scholarship.

5 Terminology

NCAA Rules, Dates & Communication Periods

- Contact Period: Coaches can contact recruits in person, watch them play, and call, text, or write.
- Dead Period: No in-person contact or evaluations on or off campus. Phone and digital contact are usually still allowed.
- Quiet Period: In-person contact only on the college campus. No off-campus visits or scouting at tournaments.

- Evaluation Period: Coaches can watch an athlete compete or practice live but cannot speak face-to-face off campus.
- June 15: Heading into junior year, D1 and D2 coaches may directly contact athletes and extend verbal offers.
- August 1: Before junior year, D1 official and unofficial campus visits may legally begin.

Commitments & Offers

- Verbal Commitment / Verbal Offer: A non-binding statement of intent. Either side can back out without penalty.
- National Letter of Intent (NLI): A binding agreement signed senior year, committing the athlete to the university for at least one academic year in exchange for athletic aid.
- Head-Count Sport (e.g., D1 women's volleyball): Every athlete on athletic aid gets a full scholarship. No partial athletic awards.
- Equivalency Sport (e.g., D2, NAIA, men's volleyball): Coaches split the scholarship budget into partial awards across roster spots.
- Walk-On: A roster spot with no athletic scholarship money.
- Preferred Walk-On (PWO): Guaranteed roster spot, gear, and team access, but no athletic scholarship.
- Unrecruited / Open Tryout Walk-On: A student who tries out after enrolling.
- Likely Letter: Mainly Ivy League (no athletic scholarships or NLIs). A formal written indication from admissions that a recruit is projected to be admitted.

Physical & Positional Metrics

- Standing Reach: Highest point touched with one hand, standing flat-footed.
- Approach Touch: Highest point touched on a full multi-step approach. One of the most scrutinized numbers for front-row players and setters.
- Block Touch: Highest point touched with both hands on a straight-up two-foot block jump.
- Vertical Jump: Approach touch minus standing reach.

Digital Platforms & Administrative Tools

- NCAA Eligibility Center: The NCAA clearinghouse where athletes register to certify academic eligibility and amateurism.
- NCAA ID (10-digit): The ID assigned at registration. Include it in email signatures and profiles.
- University Athlete (now OTTO Prep): The courtside app and database coaches use at qualifiers and showcases to track schedules, jersey numbers, metrics, and scouting notes.
- SportsRecruits / Hudl: Platforms to host transcripts, 3-5 minute highlight reels, unedited match video, and contact info.
- Academic Index (AI): Mainly Ivy League. A metric from GPA and test scores keeping a recruiting class academically aligned with the general student body.

Campus Visits

- Unofficial Visit: Paid for entirely by the family. Unlimited once eligible.

- Official Visit: Paid for by the university (travel, lodging, meals, entertainment for the recruit and parents/guardians). NCAA rules limit them per athlete.

6 PROTECT College Sports Act

- Increased Roster Stability
- Direct Athletic Department Revenue Allocation
- Protection for Non-Revenue & Olympic Sports
- Tighter Roster Caps & Older Rosters
- Greater Transparency in Third-Party NIL
- Coaching Change Protection

7 How to get Recruited

What to do

- Build Your Foundation Early: Develop volleyball skills on high school or club teams, attend camps, maintain strong grades, and register with eligibility centers to meet scholarship standards.
- Research and Target Programs: Identify programs that align with your skill level across NCAA, NAIA, and junior college divisions while understanding roster rules and scholarship limits.
- Create Profiles and Gain Exposure: Build an athletic resume, produce a clear highlight video, and compete at tournaments, camps, and showcases while utilizing recruiting platforms.
- Proactively Communicate and Commit: Send personalized emails to coaches with your video and profile, follow up consistently, explore all options including walk-on roles, and finalize your commitment.

It is not

- Hope Ross sends an email to every coach saying how great our players are.
- A coach walking by your court and by chance sees you standing there.
- Coaches offering spots to you after watching you once on film.

15 Watch College Volleyball

- This will help you see the speed of the game and if certain divisions are suitable for you. Watch the coaches, the style of play, your specific position, and more.
- Can I keep up?
- Is this team above my skills level? Would I sit the bench or help them win?
- Do I like this coach? He has been sitting the whole time. You want that kind of coach?
- Can I see myself playing with these girls? The chemistry looks off with this team. Maybe their culture would not be a good fit.

16 Participation in Volleyball

Measure	Number
High school volleyball participants	403,985
Colleges offering women's volleyball	1,892
Volleyball scholarships given	~15,100
Divisions	D1, D2, NAIA, JUCO

17 Scholarship Allocation?

Division	Scholarships
Division I	Offer up to 18 full scholarships for 18 roster spots
Division II	Maximum of 8 athletic scholarships that can be divided and split with academic money
Division III	No athletic scholarships, plenty of academic or need-based
NAIA	Up to 8 scholarships that can be divided between academics and athletics
Junior College (JUCO)	Up to 14 scholarships that can be divided between academics and athletics

18 What do scholarships cover?

- Tuition and Fees
- Room and Board (sometimes meals)
- Required Books
- Academic Supplies
- 1 Year Agreements

19 High School Timeline

Rising Freshmen	Rising Sophomores	Rising Juniors
Team up with your parents, high school/ club coach or guidance	Now is the time to gather information about the colleges you are eyeing. Once you feel confident	This is a pivotal year for coach communication, especially for D1 as they can now contact you directly. Continue to

counselor to identify target schools and the right division level.	that your grades and skills make you a strong prospect for that school, you can send introductory emails.	send introductory emails to your top schools and start preparing for coach phone calls by having a list of questions and answers ready to go.

20 Important Dates

Before June 15	After June 15	August 1	November
Foundation & Profiles. DI coaches cannot directly call, text, or email. They can only send general camp brochures and questionnaires.	Outreach & The Pivot Point. Direct communication window opens for NCAA DI & DII (calls, texts, DMs, verbal offers). Only after 10th grade.	Active Recruitment & Visits. NCAA DI official and unofficial campus visits may legally begin.	Decisions & Formal Commitment. National signing period begins for Division I and Division II athletic aid agreements.

23 How to find schools

- 01: Organically. Research schools you like, location, the major you would like to pursue, climates, campuses, etc.
- 02: Recruiting Platforms. SportsRecruits, Field Level, OTTO Prep (previously University Athlete), Tournaments, Showcases.
- 03: Recruiting Coordinator. Honest conversations about where I think you would fit.

24 Recruiting Calendar



NCAA Division I Women's Volleyball recruiting calendar, 2026-27.

25 Recruiting through the year

- The year view runs November through October, tracking:
- Volleyball Skills
- Film and Highlights

- Emails
- Showcases and Camps
- Visits
- Check-Ins

26 Film/Highlights

- 01: Use the tools provided to you: HUDL, SportsRecruits, OTTO Prep.
- 02: No excuses for no film. Games, Practice, Warmups.
- 03: Best clips. Full plays. Let them see the excitement at the end. Misses are okay.
- 04: Film gets coaches to come see you in person.
- 05: No more than 3-5 minutes.

27 OH Film

- Attacking
- Blocking
- Passing
- Defense
- Serving

28 RS Film

- Attacking
- Blocking
- Passing
- Defense
- Serving

29 S Film

- Attacking
- Blocking
- Setting
- Defense
- Serving

30 DS/L Film

- Out of System Setting
- Passing
- Covering
- Defense
- Serving

31 MB Film

- Attacking
- Blocking
- Other (Setting, Coverage, Birthday Balls)
- Defense
- Serving

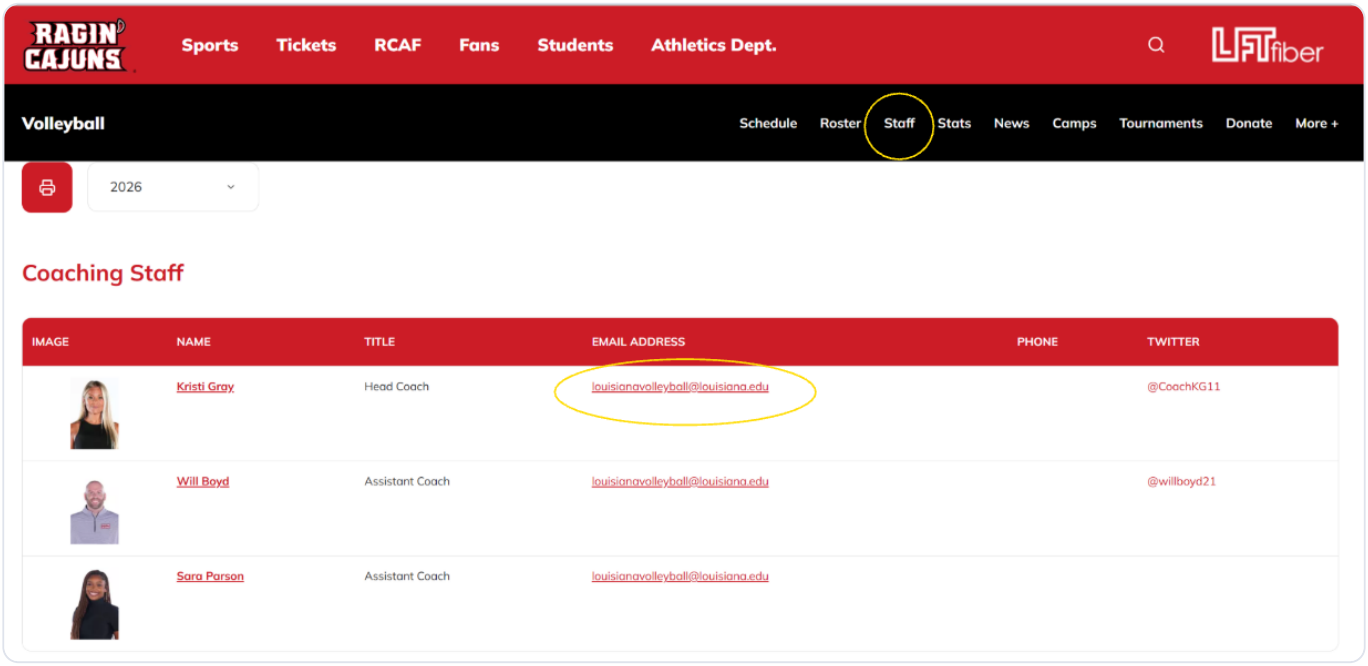
32 Emails

- 01: Only email when you have something of substance. New film, new tournament result, new academic award.
- 02: Coaches can get to know you through emails.
- 03: You do not need to add your game times in the emails. They have all of that info.
- 04: Email to get on their radar, not to get recruited.
- Email topics: Introductory email; Film and highlights; Tournament Results; Summer plans; HS Highlights and Accolades.

Player	Email frequency
Underclassmen	Every 2 months
Junior	Every month
Senior	Every 2 weeks

33 How to find Coach's Emails

- A program's Staff page on its athletics site lists each coach's email. Example below: Louisiana's volleyball staff page, with the head coach's email circled.



Example: Louisiana volleyball staff page. Every coach on staff lists the same program email, louisianavolleyball@louisiana.edu.

34 Key Pieces

- 01: Professional Email. Examples: FirstLastOH2029@gmail.com; FirstLast2028MB@icloud.com; First_Last_2028_Setter@aol.com.
- 02: Customized. Include personal touches to that particular school. Only need to say hi to 1 coach.
- 03: To the point. Do not make it too long. The more emails you send, the quicker it can be later. Important stuff first (film, jump touch, results).

35 Email Structure

- Two example emails are shown on the slide: an introductory email and an update email.
- Introductory email: greeting; name, class, position, measurables, and GPA; club and high school; highlight reel link; tournament history; intended major and interest in the program; recruiting coordinator contact; thank you and sign-off.
- Update email: recent tournament result; new film link; next tournament and an invitation to watch in person; recruiting coordinator contact.

36 Last Email Tips

- No links that require a sign-in.
- Depending on the timeline, coaches may not be able to respond.
- Minimize AI.

- Send drafts to me. CC me on emails.

37 Recruiting Platforms

- Beware of Instagram accounts and influencers offering recruiting services.

OTTO Prep	SportsRecruits	Field Level
Previously University Athlete. The platform used by colleges to find, watch, review and evaluate prospects. Gives colleges tournament schedules. Messaging and other features coming soon.	Owned by IMG Academy. Platform for reviewing film, messaging, viewing recruitable athletes.	Used by NAIA, DII and DIII mostly. Messaging and film profiles. Can view needs of colleges.

38 Social Media: Impact of Recruiting

- Have a volleyball specific account.
- Post quick highlights and film.
- Anything volleyball related is great: celebrations, handshakes, talking to a coach, medal pics, practice highlights, HS accomplishments.
- Tag @TopSelectRecruiting.

39 Later Conversations

- 01: College Camps. Difference in Elite Camps vs I.D. Camps.
- 02: College Visits. Traveling for tournaments? Visit a school near that town!
- 03: Showcases. Attend if feasible.
- 04: Calls with Coaches. Comes after June 15.

40 Next steps

Evaluate

- Really evaluate your skills, level of play, school list, lifestyle, finances, and major.
- How much work are you willing to put into this?
- How do you take rejection?
- What does your college experience look like?

Classroom

- Join the TSVA Recruiting Google Classroom.
- Finish all items in classroom.

Eligibility

- NCAA Eligibility Center verifies eligibility to play sports at NCAA institutions.
- Reviews student-athlete's academic record, SAT or ACT and amateur status to ensure they meet requirements.
- Every student-athlete must register with the NCAA Eligibility Center to play NCAA athletics.

Start

- Start finding schools and collecting emails.
- Start emailing.
- Start researching.
- Athletes are responsible for staying on top of their recruiting journey. You get out of it, what you put in it.

41 Google Classroom

- Class code: f4obi26l
- All items must be completed by Dec 1.
- New items will be added through the season.