



## Recruiting Newsletter

January 2019

Happy New Year CUVF Family!!! We are so excited for this club season to begin!!! Now to prepare our recruiting process for our upcoming tournaments. Have you thought about the five priorities? Contacting College Coaches?

### 5 Priorities:

- What do I want to major in?
- How far away from home to I want to be? (mileage, climate, etc..)
- What size school do I want to attend?
- What level (DI, DII, DIII, NAIA) do I want to play?
- Does the school need by position in my year?

These are a few of the questions that you need to try to answer to get you started in the process. These answers will allow you to start making a potential interest list of colleges. This list will be used as a guide for you this spring.

**Contacting college coaches:** Start creating an email to send to college coaches. This email will be used as a way to introduce yourself to the coaches you have on your list and provide them with the information needed to see if you are a match for their program. Keep the email very simple since it is the first contact you will have with the college and is to serve as an introduction for you. This will start the process of communication and begin to inform the coaches about you and your interest in their program. The goal is to have a list and emails ready to send out two weeks before your first tournament in January.

### Creating a Video

With our first tournaments approaching, recruiting videos do not have to be a fancy production. The best recruiting videos include accurate highlights according to the player's position, are posted to YouTube or Vimeo (or similar website), and sent in a personalized email. There are a few details that you may need to note when creating a video on Page 2.

### January Checklist

- ✓ Registered with the NCAA Clearinghouse
- ✓ Sports Recruits Profile updated with picture and information
- ✓ Checked if University Athlete Profile is up to date
- ✓ Decided top 5 priorities fits your ideal college
- ✓ Contacted Top 30 list about interest and provided schedule
- ✓ Working on video and prepared to film matches at upcoming January tournaments
- ✓ Scheduled ACT, PSAT, and/or SAT
- ✓ Working with HS counselor on Core Class completion and academic progress

## IN THIS ISSUE

Creating a Video  
January Checklist

### 2019

|                   |                   |
|-------------------|-------------------|
| Morgan Barnes     | Averett           |
| Isabella Bell     | Kentucky          |
| Emiah Burrowes    | Tusculum          |
| Madison Dagenhart | Jacksonville      |
| Emma Ellis        | Purdue            |
| Skyy Howard       | UNC               |
| Evelyn Kinsch     | Nova Southeastern |
| Maggie Mullen     | Wingate           |
| Carly Peck        | UNC               |
| Chasidy Sharpe    | Wofford           |
| Cameron Tate      | Coker             |
| Taylor Weber      | Anderson          |
| Maggie Young      | Wingate           |

### 2020

|                |                |
|----------------|----------------|
| Julia Haines   | Anderson       |
| Tori Hester    | Troy           |
| Sarah Knafelz  | UNC Wilmington |
| Mac Russ       | Wichita State  |
| Katie Pressley | UNC Pembroke   |

### 2021

|                      |     |
|----------------------|-----|
| Marissa Meyerhoeffer | UNC |
| Maylen Mitrovich     | UNC |

### Boys

|               |            |
|---------------|------------|
| James Born    | Cumberland |
| James Hartley | Princeton  |

# Creating a Video, cont.

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1) Introduction</b></p> <p>Have an 5 second picture introduction page including:</p> <p>Age</p> <p>Year of Graduation</p> <p>Height</p> <p>Reach</p> <p>Block Jump Touch</p> <p>GPA</p> <p>Club Team and Number</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>5) Keep It Under 5 Minutes</b></p> <p>The goal of your highlight tape is to show your best plays and get coaches interested. Most times, coaches don't watch the whole video if it is really long. If a coach likes your highlight tape they will ask you for more film.</p>                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p><b>2) Put Your Best Plays First</b></p> <p>Make it a compilation of plays, with the best plays coming first. Coaches will make their mind up on viewing a video in the first thirty seconds. If you don't have anything to get their attention, they will turn it off.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><b>6) Camera Angles</b></p> <p>The ideal spot is for a non-moving camera to be behind an endline on the same side as the athlete. If possible, elevate it to make it a bit easier to see the other side of the court as well. Show the entire court so coaches can see how the athlete moves in relation to everything going on around them, the easier it is to assess how they're reading the game.</p>                                                                                                                                                                                                                                                                                |
| <p><b>3) Real-time highlights specific to the athlete's position</b></p> <p><b>Outsides:</b> Everything specific to position, whether you are 6 rotation or 3</p> <p>i. Serve receive to attack and transition attacking</p> <p>ii. Blocking to attack</p> <p>iii. Defense</p> <p>iv. Serve receive and serving</p> <p><b>Setters:</b> Show as many situations as you can</p> <p>i. All play sets you can set. If possible, show all slides together, etc....</p> <p>ii. Serve receive and transition setting</p> <p>iii. Defense and blocking</p> <p>iv. Serving</p> <p><b>Middles:</b> Lateral movement and how hard you work in transition</p> <p>i. Serve receive to attack</p> <p>ii. Block to attack</p> <p>iii. Serve and defense, if applicable.</p> <p><b>Liberos:</b></p> <p>i. Serve Receive and Defense</p> <p>ii. Serving</p> | <p><b>7) Creating Video</b></p> <p>First, you can buy video editing software for less than \$100. Two options could be:</p> <ol style="list-style-type: none"> <li>1. One is for Windows and it is called <b>Power Director</b>. Very inexpensive, highly featured and allows you to add your video, text, images and more to produce a high quality video. .</li> <li>2. The other video editing software is <b>iMovie</b> on Mac. Very simple, highly featured and does a great job.</li> </ol>                                                                                                                                                                                           |
| <p><b>4) Unedited game play</b></p> <p>Include a few minutes of unedited game play for coaches to see them in a live environment.</p> <p>*Do you move as fast as you can while staying low/prepared to move?</p> <p>* Are you standing around watching when the ball isn't coming to you, or are you loaded and ready at all times?</p> <p>* Does your video show positive interaction with teammates, even when the other team may score a point? (To be blunt - do you sulk when things aren't going your way?)</p> <p>*Game film can make our break you when trying to catch a coach's attention - make sure you use it wisely!</p>                                                                                                                                                                                                     | <p><b>7) Put Your Video Online</b></p> <p>Put the video online so that coaches can see it easily – DO NOT MAIL DVDs unless it is requested by a coach. Upload it to a video-hosting site, such as YouTube, and send the link to coaches in your email to them through SportsRecruits.</p> <p><b>8) SportsRecruits</b></p> <p>This is a great website to help you once you have created your video. You can upload your video straight to your profile as well as attach it to your email. You also will be alerted when college coaches view your video. It is strongly encouraged that you continuous update your videos as the season progresses and this site makes it pretty simple</p> |