



Learn More About The Recruiting Journey

Approach each year with purpose and intention. Below are tools, tips, and guidance to support you every step of the way.

This resource focuses on how to get noticed and find a college that fits, but is not exhaustive of all the steps needed to be eligible and compliant. Be sure to refer to official resources provided by the NCAA or NAIA.

FRESHMAN YEAR

During your freshman (and sophomore) year, Division I and Division II coaches cannot communicate directly with recruits or their families. Make this a foundation-building phase focused on skill development, strong academics, and researching college programs that fit you. Athletes should begin by sharing or posting updated highlight videos and communicating competition schedules via their Hudl athlete profile, email or social media.

SOPHOMORE YEAR

For most of sophomore year, college coaches are still restricted from direct communication, though they may use social media to follow, like, and share/repost student-athlete content (but they cannot comment or send direct messages). This is a critical time to build a strong athlete profile by creating high-quality highlight videos and preparing public-facing recruiting materials. Your highlight video is the primary screening tool coaches use, and its purpose is to capture recruiters' attention and flag you in their system. They will then track your progress through the content you post.



Key Dates Between Sophomore & Junior Years

June 15: Division I and Division II coaches may begin direct communication. Verbal offers may be made and official visits to Division II colleges are allowed.

August 1: For Division I programs, official visits may begin.

JUNIOR YEAR

Junior year is when recruiting relationships begin to form and exposure becomes increasingly important. Athletes should continue building visibility by sharing updated highlight videos, communicating competition schedules, and narrowing their college list.

SENIOR YEAR

Senior year is about final decisions, clear communication with college coaches, and preparing for the next level. Athletes should keep recruiting materials up to date, stay organized with deadlines, and communicate professionally. After committing, continue building relationships and preparing for college athletics.



Key Date During Senior Year

Mid-November: Initial signing period opens for Division I and II volleyball.



NAME – ABBY WILLIAMS
POSITION – OH
JERSEY – #9

Class – 2028
Club – Legacy
Team – 18 Elite
Height – 5'9"



Recruitable



Athlete Recruiting Checklist

Use this checklist to track key steps and stay organized throughout your recruiting journey.

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Freshman

- Create your recruiting highlight video
- Build your athlete profile on Hudl and toggle on "Recruitable Athlete"
- Identify 20-30 schools of interest with Hudl's College Coach Search
- Check out school profiles to learn more details on that school and what they can offer
- Start a coach contact list and save your favorite schools on Hudl
- Share tournament schedules
- Visit campuses online or in-person
 - This is just to gather information about the school, NOT an official or unofficial visit*
- Attend college camps and notify those coaches that you will be there
- Clean up public profiles & leverage social media as a self-promotion tool

Sophomore

- Email coaches about your interest at least monthly before June 15
- Share tournament schedules
- Send multiple highlight updates to coaches

Junior

- Narrow down your college list
- Schedule official visits
- Communicate and check-in regularly with coaches
- Share tournament schedules
- Update recruiting highlight videos
 - Some schools may want full-game footage sent*
- Take SAT/ACT
 - If applicable for your college entrance*

Senior

- Create a final recruiting highlight
- Share tournament schedules
- Submit college applications
- Notify coaches of your commitment
- Stay connected with your future program
- Train and prepare to play at the next level



Follow @HudlVolleyball on Instagram for more recruiting tips!