



2015 - 2016

**College & University
Information Guide**

**What a high school athlete needs
to know to play at the next level**

www.volleyballalberta.ca

A. How Do You Get Recruited by a Post-Secondary Institution?

Step 1

There are many college caliber athletes who go undiscovered every year; often the main reason is lack of exposure. University and College coaches can't recruit athletes unless they know about them. College coaches don't have time to go to every high school volleyball match. Most high schools are playing volleyball while college coaches are immersed in their own season, which limits their time to scout prospects (particularly for smaller colleges/universities with limited resources). So, how do they find out about possible recruits? Usually from scouting high school and club tournaments (where they can see lots of schools and players all at once), word of mouth (from other players and coaches), sending letters to coaches asking about any college caliber athletes, and recruiting services.

Step 2

Knowing this, as an athlete you need to put together your information and have it ready to showcase to Universities and Colleges. The key to getting noticed by a post-secondary institution, besides ability, is exposure. It is up to the athletes and parents to undertake this responsibility, but your high school or club coach will be of great assistance. This process should start when you are in Grade 10; the internet is the best place to begin your search.

Step 3

Don't wait to be discovered! Be prepared to do some work yourself if you truly want to play volleyball at a post-secondary level, be proactive (coaches like that). You can find every coach's email address from the school's athletics website and send him your physical testing results, statistics, history, awards, and possibly a short video of you playing in one of your better matches. To access a list of colleges/universities with varsity volleyball programs visit the websites on the following pages.

B. Where Can You Play?

Canadian Associations

In Canada, there are two main national bodies governing post-secondary sport. The Canadian Colleges Athletic Association (CCAA) and the Canadian Interuniversity Sport (CIS).

The Canadian College Colleges Athletic Association is divided into the five separate conferences/associations.

Canadian College Colleges Athletic Association	www.ccaa.ca
Pacific Western Athletic Association (PACWEST)	www.pacwestbc.ca
Alberta Colleges Athletic Conference (ACAC)	acac.ab.ca
Ontario Colleges Athletic Association (OCAA)	ocaa.com
Réseau du sport étudiant du Québec (RSEQ)	rseq.ca
Atlantic Collegiate Athletic Association (ACAA)	aca.ca

The Canadian Interuniversity Sport (CIS) is divided into four separate conferences/associations.

Canadian Interuniversity Sport (CIS)	www.cis-sic.ca
Atlantic University Sport (AUS)	www.atlanticuniversitysport.com
Réseau du sport étudiant du Québec (RSEQ)	rseq.ca
Ontario University Athletics (OUA)	www.oua.ca
Canada West Universities Athletics Association (CWUAA)	www.canadawest.org

In Alberta, the post-secondary schools play in either the Alberta Colleges Athletics Conference (ACAC) or the Canada West Universities Athletics Association. As the majority of Volleyball Alberta members will attend schools in Alberta, we have provided the list of schools and their respective coaches contact information below.

Men's Programs in Alberta

Alberta Colleges Athletics Conference (ACAC)	Coaches Name	Coaches Email
Ambrose University	Paul Armbruster	paul.armbruster@ambrose.edu
Briercrest College	Nigel McMullan	nmullan@briercrest.ca
Concordia University College	Shamus Dowler	shamus.dowler@concordia.ab.ca
Grande Prairie Regional College	Mitch Schneider	mschneider@gprc.ab.ca
Keyano College	Keegan Kuhr	keegan.kuhr@keyano.ca
The King's University	Phil Dixon	phil.dixon@kingsu.ca
Lakeland College	Taylor Dyer	taylor.dyer@lakelandcollege.ca
Lethbridge College	Mike Hawkins	mvb@lethbridgecollege.ca
Medicine Hat College	Mark Porter	mporter@mhc.ab.ca
NAIT	Doug Anton	douglasa@nait.ca
Olds College	Russ Ogden	russell.ogden@oldscollege.ca
Red Deer College	Aaron Schulha	aaron.schulha@rdc.ab.ca
SAIT Polytechnic	Dan Gilbert	mvb.sait@gmail.com
University of Alberta- Augustana	Stephen Leggitt	leggitt@ualberta.ca

Canada West Universities Athletic Association	Coaches Name	Coaches Email
MacEwan University	Brad Poplawski	PoplawskiB@MacEwan.ca
Mount Royal University	Shawn Sky	ssky@mtroyal.ca
University of Alberta	Terry Danyluk	terry.danyluk@ualberta.ca
University of Calgary	Rod Durrant	rdurrant@ucalgary.ca

Women's Programs in Alberta

Alberta Colleges Athletics Conference (ACAC)	Coaches Name	Coaches Email
Ambrose University	Colin Kubinec	ckubinec@ambrose.edu
Briercrest College	Nolan Weinmaster	nweinmaster@briercrest.ca
Concordia University College	Trever Turner	trever.turner@concordia.ab.ca
Grande Prairie Regional College	Chantelle LaMotte	clamotte@gprc.ab.ca
Keyano College	Tommy Sloan	tommy.sloan@keyano.ca
The King's University	Grace Scott	grace.scott@kingsu.ca
Lakeland College	Austin Dyer	austin.dyer@lakelandcollege.ca
Lethbridge College	Dusty Stauth	wvb@lethbridgecollege.ca
Medicine Hat College	Kim Stonehouse	kstonehouse@mhc.ab.ca
NAIT	Benj Heinrichs	benjh@nait.ca
Olds College	Chris Wandler	cwandler@oldscollege.ca
Red Deer College	Talbot Walton	talbot.walton@rdc.ab.ca
SAIT Polytechnic	Art O'Dwyer	aodwyer@shaw.ca
University of Alberta- Augustana	Jim Kuchera	james.kuchera@ualberta.ca

Canada West Universities Athletic Association	Coaches Name	Coaches Email
MacEwan University	Ken Briggs	Briggsk3@MacEwan.ca
Mount Royal University	Sandra Lamb	slamb@mtroyal.ca
University of Alberta	Laurie Eisler	laurie.eisler@ualberta.ca
University of Calgary	Natalie Gurnsey	nrschwar@ucalgary.ca

American Associations

Association Name	Association Email
National Collegiate Athletic Association (NCAA)	www.ncaa.com
National Association of Intercollegiate Athletics (NAIA)	www.naia.org
National Christian College Athletic Association (NCCAA)	www.thenccaa.org
National Junior College Athletic Association (NJCAA)	www.njcaa.org

C. Choosing a College or University

Choosing a post-secondary institution is a big decision and should be made with due care. Students should select a college or university that best matches their academic abilities and goals. Student athletes considering different options should be sure to investigate the academic credibility and standing of the various Universities. The volleyball program a school has should play a significant role but not be the prevailing factor. The career path you choose to pursue must be a major consideration in a school, along with other factors such as:

Location

Do you want to stay close to home near family and friends? How far away are you willing to travel? Do you want to live in a smaller town or big city?

Size

Would you like to be at a small college/university where you'll receive more personalized attention and not be as overwhelmed or do you prefer a larger university with a greater variety of resources?

Type of School

Do you want to go to a public or private institution? Attend a liberal arts, Christian, or technical school? Go to a four year degree granting institution or a two year diploma/certificate school. Do you want to receive an American or Canadian education?

Finances

Will the institution be able to provide me with any loans, scholarships (athletic/academic), bursaries, or financial assistance? What are the conditions attached to the financial aids? Will there be any additional costs involved over and above a particular institution (living costs, transportation, books, lab fees, special equipment, or medical insurance)? Do you need to take on a part-time job, can you fit that into your schedule?

Diversity

Identify colleges that will keep your career, or other, options as open as possible.

Admission Requirements

Look closely at the entrance requirements for the colleges of your choice. Don't get excited about attending a particular school if your marks and classes don't meet their guidelines.

Your Future

The biggest question you need to ask yourself is "what are you going to be able to do with your degree/diploma once you've graduated?" Have a vision of where you see yourself in five to ten years; are you able to get there with the educational choice you're going to make?

D. Research & Ask Questions

After you've answered some personal and scholastic questions, you should consider the following volleyball questions:

1. Where can you go to have a positive experience and develop your volleyball and interpersonal skills?
2. What type of coach do you want to play for? Find out their philosophy and style as this will determine if your volleyball goals will be met. Ask the coach specific questions to see if this is the right situation for you i.e. "what role do you think I will fill this season?", "where do you see my development in the next years?", and "describe a typical practice and week". Talk to current and former players to get a solid understanding of the coach's approach with the team and individual athletes.
3. What kind of teammates do you want to be playing with? Are they following the coach's season plan and system? Are these people with similar team and athletic goals? Do you think you'll fit in and have lifelong relationships with this group? Do players have to take extra courses or semesters to graduate?
4. How competitive is the team and the league? Check their past results. Will you be coming in as a developmental (bench) player or quickly become part of the core group? How many players are graduating (specifically in your position)?
5. What is the training and playing schedule for the season? Will this conflict with any other educational courses or athletic programs you're interested participating in?
6. What athletic/academic scholarships do they offer, if any? What does it include and what are the conditions of the scholarship?

E. Recruiting Checklist by Grade Level

Grade 10

1. Academics should be your first priority. The importance of good grades cannot be overstated for student-athletes wanting to be admitted to a post-secondary school.
2. Involve your parents in your decision-making process.
3. Decide if you want to be close to your home.
4. Research different leagues and schools to make an informed decision.
5. Play on a good club team that participates in top quality tournaments.
6. Participate in as many volleyball programs as possible i.e. summer camps, beach volleyball tournaments, provincial team and summer games team.
7. In consultation with your club coach and a fitness trainer; design a "supervised" fitness program to develop any weaknesses in your physical conditioning.

Grade 11

1. Academics will still be your Number 1 priority. Identify any academic problem areas and work hard to improve on them.
2. Talk to your coach, guidance counselor and parents about your athletic and academic ambitions to ensure you are on the correct path.
3. Identify eight potential post-secondary schools that appeal to you (do some research on the internet) and write a brief letter of interest to the coach. Include all your personal information with the basics – name, address, email, telephone number, and the school/club you played for. You may want to design this letter like a resume and

include a reference letter from your coach. Demonstrate some knowledge about the school and their volleyball program, why you're interested, list athletic and scholastic accomplishments, and statistical information (that you can provide with the help of your high school/club coach) which should include your height, standing reach, block jump, and attack jump.

4. Make a videotape of your volleyball skills and game play; you can include this with your letter of interest. Enlist the help of your coach to assist you with this endeavor. Make the video no longer than 5-7 minutes long and have up-close shots of you passing off service reception, hitting, blocking, serving, and playing defense. Edit out any extraneous parts and remember it does not have to be done professionally. Play on a good club team that participates in top quality tournaments.
5. Arrange for spring/summer visits or attend an official "Open House" to get an up-close look at schools and their campuses. Book an appointment with the volleyball coach if possible. In consultation with your club coach and a fitness trainer; design a "supervised" fitness program to develop any weaknesses in your physical conditioning.
6. Talk to your high school/club coaches and ask what skills you need to work on for next season and what you can do to take your game to the next level.

Grade 12

1. Study, Study, Study! Keep working on your GPA; be conscious of your high school grades, the level of your courses and the correct number of courses.
2. Complete college/university applications, be aware of deadlines and fill-out a couple of practice applications.
3. Narrow your choices to a maximum of 5 schools, concentrate on three and have two as back-ups. Write a more serious in-depth letter to the coach. Include a resume, updated video, game statistics from the season (if taken) i.e. kills, blocks, aces, digs, assists, & passing percentage. Also include academic transcripts, letter of recommendation from your coach(s), and your tournament/league schedule. Tell the coach why you would be an asset to their program, why you are considering that school and how they will help you achieve your overall goals, and ask about financial aid and scholarships.
4. Arrange for official college visits and interviews.
5. Continue to work hard in your high school/club practices and competitions. College and university coaches will come out to see your team compete, don't let that distract you! Always give your best effort and demonstrate good sportsmanship whether or not you're being scouted.

F. Physical Testing

Physical statistics are important to communicate to post-secondary coaches. Testing should ideally be done by a qualified individual. Some of the testing/statistics that post-secondary coaches would be interested in are as follows, please ensure you follow the appropriate [testing protocols](#).

- Height,
- Weight
- Dominant Hand
- Standing Reach
- Approach Touch (Spike touch)
- Block Touch
- T-Test
- 20 m sprint