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Women's Volleyball Recruiting Guidelines

NCSA Commitments - Allyson Reed; Hill College; Women's Volleyball

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DI Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 3-4 year varsity starter
- Team Captain
- Generally attend a large high school (4A, 5A, 6A) with a nationally recognized volleyball program.
- Recognized early in their high school career with all-state, all-conference, all-region honors.
- High School All-Americans, Volleyball Magazine All-American

Club Experience:

- Extensive National level club experience, 5+ years
- High placement at National Tournaments
- Colorado Crossroads, Pacific NW, Hoosier Midwest, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
- AAU Nationals - Orlando, FL
- Reno Volleyball Festival – Reno, NV
- USA Junior Olympic Girls' Volleyball Championships
- All-American, USA JO All-Tournament recognition

National Experience:

- Junior, Youth, or USA Select National Team
- High Performance Camps & Regional Teams
- USA HP Championships

The average characteristics by position are below:

Libero/Defensive Specialist

Need Help?

Height (5'5"-6'0")
Avg. Weight 125 lbs
Vertical 28"+

Middle Hitter
Height (6'0"-6'4")
Avg. Weight 155 lbs
Block Jump 9'5"+
Approach Jump 10'0"+

OH/RS
Height (5'11"-6'2")
Avt. Weight 140 lbs
Block Jump 9'4"+
Approach Jump 9'10"

Setter
Height (5'8"-6'1")
Avg. Weight 130 lbs

Block Jump 9'2"+
Approach Jump 9'6"+

DI Tier 2 (Mid-Lower level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most athletes come from a large high school although an outstanding player from a small school could also be a fit with the appropriate club experience.
- All-State, All-Region, All-Conference

Club Experience:

- National level club experience, 3+ years or extensive club experience outside the national level (5+ years).
- National Tournament Attendance
 - Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
 - AAU Nationals - Orlando, FL
 - Reno Volleyball Festival – Reno, NV
 - USA Junior Olympic Girls' Volleyball Championships

National Experience:

- High Performance Camps & Regional/State Teams
- USA HP Championships

The average characteristics by position are below:

Libero/Defensive Specialist
Hieght (5'5"-5'10")
Vertical 24"+

Middle Hitter

Height (5'11"-6'3")

Block Jump 9'3"

Approach Jump 9'9"+

OH/RS

Height (5'10"-6'0")

Block Jump 9'1"

Approach Jump 9'7"

Setter

Height (5'8"-6'1")

Block Jump 9'0"+

Approach Jump 9'3"+

DII Tier 1 (Upper level) Candidate:**High School Experience:**

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region, All-Conference honors during their high school career.
- Tend to be from larger schools, but a smaller school candidate is also an option with the appropriate club experience.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required
- Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
- AAU Nationals - Orlando, FL
- Reno Volleyball Festival – Reno, NV
- USA Junior Olympic Girls' Volleyball Championships

The average characteristics by position are below:

Libero/Defensive Specialist
Height (5'2"-5'8")
Vertical 22"+

Middle Hitter
Height (5'10"-6'2")
Block Jump 9'4"
Approach Jump 9'8"+

OH/RS
Height (5'8"-5'11")
Block Jump 9'2"
Approach Jump 9'6"+

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Setter

Height (5'7"-5'10")

Block Jump 9'0"+

Approach Jump 9'2"+

Special Note: Many upper level DII programs are highly competitive and would be equal to a mid-lower level DI program.

DII Tier 2 (Lower level) Candidate:**High School Experience:**

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, 2+ years
- National Tournament Attendance preferred, but not required

The average characteristics by position are below:

Libero/Defensive Specialist

Height (5'0"-5'8")

Vertical 18"+

Middle Hitter

Height (5'9"-6'1")

Block Jump 9'2"

Approach Jump 9'6"+

OH/RS
Height (5'8"-5'10")
Block Jump 9'0"
Approach Jump 9'4"

Setter
Height (5'4"-5'10")
Block Jump 8'10"+
Approach Jump 9'0"+

DIII Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earned honors such as All-State, All-Conference, All-Region during their high school career.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required

The average characteristics by position are below:

Libero/Defensive Specialist
Height (5'0"-5'8")

Vertical 20"+

Middle Hitter

Height (5'9"-6'1")

Block Jump 9'2"

Approach Jump 9'6"+

OH/RS

Height (5'8"-5'10")

Block Jump 9'0"

Approach Jump 9'4"

Setter

Height (5'4"-5'10")

Block Jump 8'10"+

Approach Jump 9'0"+

Special Note: Most upper level DIII volleyball players would be very similar to a mid level DII player.

DIII Tier 2 (Mid-Lower Level) Candidate:

High School Experience:

- 1+ year varsity starter

Club Experience:

- Some club experience is preferred, but not totally necessary

The average characteristics by position are below:

Libero/Defensive Specialist
Height (5'0"-5'8")
Vertical 16"+

Middle Hitter
Height (5'8"-6'0")
Block Jump 8'11"
Approach Jump 9'2"+

OH/RS
Height (5'6"-5'11")
Block Jump 8'10"
Approach Jump 9'0"+

Setter
Height (5'0"-5'10")
Block Jump 8'8"+

Approach Jump 8'10"+

NAIA Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region, All-Conference during high school career

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required
- Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
- AAU Nationals - Orlando, FL
- Reno Volleyball Festival – Reno, NV
- USA Junior Olympic Girls' Volleyball Championships

The average characteristics by position are below:

Libero/Defensive Specialist
Height (5'2"-5'8")
Vertical 20"+

Middle Hitter
Height (5'10"-6'2")
Block Jump 9'2"
Approach Jump 9'7"+

OH/RS

Height (5'8"-5'11")

Block Jump 9'1"

Approach Jump 9'6"+

Setter

Height (5'7"-5'10")

Block Jump 8'11"+

Approach Jump 9'2"+

Special Note: Many upper level NAIA programs are highly competitive and would be equal to a mid-lower level DI program. Most upper level NAIA volleyball players would be very similar to an upper level DII player.

NAIA Tier 2 (Lower level) Candidate:**High School Experience:**

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, preferably 2+ years
- National Tournament Attendance preferred, but not required

Libero/Defensive Specialist

Height (5'0"-5'8")

Vertical 18"+

Middle Hitter

Height (5'9"-6'1")

Block Jump 9'1"

Approach Jump 9'4"

OH/RS

Height (5'7"-5'10")

Block Jump 8'11"

Approach Jump 9'3"

Setter

Height (5'4"-5'10")

Block Jump 8'9"+

Approach Jump 9'0"+

Preferred Grades for All Divisions:

3.0 GPA +24 ACT + 1000 SAT (out of 1600)

(No scores needed for underclassmen)

In order to compile these Recruiting Guidelines, NCSA tracked hundreds of former NCSA student-athletes who have gone on to compete at the collegiate level, polled college coaches across the nation, and analyzed college rosters at all levels of competition.

Volleyball by the Numbers

Schools Offering Volleyball	
NCAA Division I	329
NCAA Division II	277
NCAA Division III	430
NAIA	240
NJCAA	303
Total	1,579
Athletic Scholarship Opportunities	
Division I(per school)	12
Division II (per school)	8
NAIA (per school)	8
NJCAA (*varies per school)	14
Student-Athlete Participation	
NCAA Division I	4,685
NCAA Division II	3,971
NCAA Division III	6,171

NAIA	3,075
NJCAA	3,589
HS Student-Athletes	403,985

Note: Division III schools offer merit, academic, and need-based scholarships.

Note: NAIA schools may vary in the amount of scholarships offered.

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