



Happy New Year CUVC Family!!! We can assume that you have been working on your online profile with SportsRecruits. By working on this profile, you have begun to create lists of your favorite colleges and started reaching out to them with your email account to let them know that you are interested in their program. (If you have any questions about Sportsrecruits, please email me at [Glenna.bianchin@carolinauvc.com](mailto:Glenna.bianchin@carolinauvc.com)) The next item on the list that colleges will ask for will be your video.

### IN THIS ISSUE

Creating a Video

January Checklist

Recent Commitments

## Creating a Video

Hopefully the information in this newsletter will help you to create an introduction video for your profile. 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 details a college needs to provide to you
- ✓ 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

## Recent Commitments

### 2017

Kendall Applegate	Mulenburg College
Vanessa Blas	Newberry College
Jade Brooks	Catawba College
Camryn Fredrick	Barton College
Maddie Grace Hough	UNC
Carly Redfern	Flager College
Hannah Steckler	Lee McRae College
April Tankersly	UNC Pembroke
Kai Young	Virginia Tech

### 2018

Jayda Carlton	Xavier University
Sylvia Duggan	College of Charleston

### Boys - 2017

Joshua Bragg	Erskine College
Garrett Hill	Belmont Abbey

# Creating a Video, cont.

<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>Approach Jump Tough</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> <ol style="list-style-type: none"> <li>Serve receive to attack and transition attacking</li> <li>Blocking to attack</li> <li>Defense</li> <li>Serve receive and serving</li> </ol> <p><b>Setters:</b> Show as many situations as you can</p> <ol style="list-style-type: none"> <li>All play sets you can set. If possible, show all slides together, etc....</li> <li>Serve receive and transition setting</li> <li>Defense and blocking</li> <li>Serving</li> </ol> <p><b>Middles:</b> Lateral movement and how hard you work in transition</p> <ol style="list-style-type: none"> <li>Serve receive to attack</li> <li>Block to attack</li> <li>Serve and defense, if applicable.</li> </ol> <p><b>Liberos:</b></p> <ol style="list-style-type: none"> <li>Serve Receive and Defense</li> <li>Serving</li> </ol>	<p><b>7) Creating Video</b></p> <p>First, you can buy video editing software for less than \$100 or even for free. A couple of options could be:</p> <ol style="list-style-type: none"> <li>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>FREE software available exists, such as Windows Movie Maker that doesn't have all the bells as whistles, but is sufficient to get the job done. Most videos that our coaches have made for players are done on Movie Maker.</li> <li>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>