



It's hard to believe that this season is over!!! Most of you hopefully are getting some well deserved vacation time with your families. Everyone worked so hard in master training and it showed in your play at AAUs. College coaches have taken note of our training and style of play. They are definitely excited to follow-up with our club next season to see even more progress.

Congrats to all of our 2018 Signees!!! We are so proud of you and wish you the best in your new adventure. Always know that our doors are open for you to train and visit!!!

Many of you have asked: **What do I do now that season is over?**

The answer is TRAINING and COMMUNICATING with schools!!!

All of you can work on your volleyball IQ and this is built through playing, training and watching. Camps are a great way to continue growing as a player and work on areas in your game that you know need to become better as you age through the sport. Most of you are starting open gyms with your high school teams that allow you to play with your team and train for the upcoming season. Remember that the focus of your high school team training maybe to get the team ready for the upcoming season. There may not be time for you to work on the individual training that you need to keep growing in your position and therefore you may have to find other ways to work on your game through extra training or camps. (Fall CUVC camp dates have been released!!!)

Another part of training is to watch college volleyball. The more you watch the game to understand the better you will be. Some matches will be televised this season and there are many colleges within 50 miles of Charlotte to watch play live. As you watch, choose a player in your position and watch them play and ask yourself why are they making choices they make, how do they move, what do they look like as a teammate.

Most of you filmed your play in Orlando and this is a great way to communicate. Please work on updating your video and sending it out to your interest list. Colleges will be reviewing film from AAUs over the next couple of months and they will continue contact over the fall and winter. You can also send film of high school matches, just please keep in mind that you need to be able to film rallies that you can show offensive and defensive play. So you may want to choose certain matches throughout the season not sending every match.

As of Sept.1, all Juniors can take official and unofficial visits. Seniors can take either at anytime. If you have had contact with a school and are interested, the next step may be to take an unofficial visit this fall. Try to choose as date that aligns with a home match so that you can see the campus and watch the team play. You may even have the opportunity to meet the team. This will help you to know what you want your college experience to be by knowing what you liked and disliked about your visit.

For Sophomores, you cannot have unofficial visits yet. This does not mean that you cannot communicate with colleges. You can continue to email and keep them up to date with your fall plans. Some colleges may have clinics following their matches and this maybe something to keep in mind as they release the dates. You can attend the clinics and remember they cannot talk about recruiting.

Thank you for a great season with great teams and players. Please see page 2 for all of our recent commitments. The list continues to grow weekly and we are so excited to see where the recruiting path takes each of you.

Good Luck with High School Tryouts!!! Please let us know if you have any questions or concerns over the next few months. Hope to see all of you soon!!

CUVC Commitments

2018

2019

Jayda Carlton	Xavier University	Isabella Bell	Kentucky
Olivia Cerick	Coker College	Emiah Burrows	Tusculum
Lily Chapman	Univ. of Cumberlands	Madison Dagenhart	Jacksonville
Erin Cooke	Presbyterian College	Emma Ellis	Purdue
Ashley Cruise	Marist College	Skyy Howard	UNC
Alli Dowe	Catawba Valley CC	Maggie Mullen	Wingate
Sylvia Duggan	College of Charleston	Carly Peck	UNC
Mackenzie Fulk	Union Univ.	Isabelle Percoco	NC A&T
Lindsay Elmore	Queens	Maddie Sisco	Belmont Abbey
Skyellar Hall	Tusculum	Chasidy Sharpe	Wofford
Hallie Kwiatkowski	West Texas A&M	Camryn Tate	Coker
Grace Kinsch	Appalachian State	Taylor Weber	Anderson
Lilly Loeffler	Flagler College	Maggie Young	Wingate
Deja Middleton	Fayetteville State		
Rami Mullen	Coker College		
Delani Nagy	Emory & Henry	Julia Haines	Anderson
Abby Spirkowyc	Aleverno	Tori Hester	Troy
Lilly Walton	NC A&T	Sarah Knalfelz	UNCW
Breona Young	Chowan		

2020

2018 Boys

2021

Landen Ensminger	Lees McRae	Maylen Mitrovich	UNC
Drayton Green	North Greenville		
Kaleb Jenness	Ball State		
Jaret Knight	Cumberland Univ.		
Riley Mulkey	Belmont Abbey		
Christian Phung	North Greenville		
Raheem Thomas	Univ. of Charleston		