



AVCA-North Country Region RECRUITING TIP OF THE WEEK

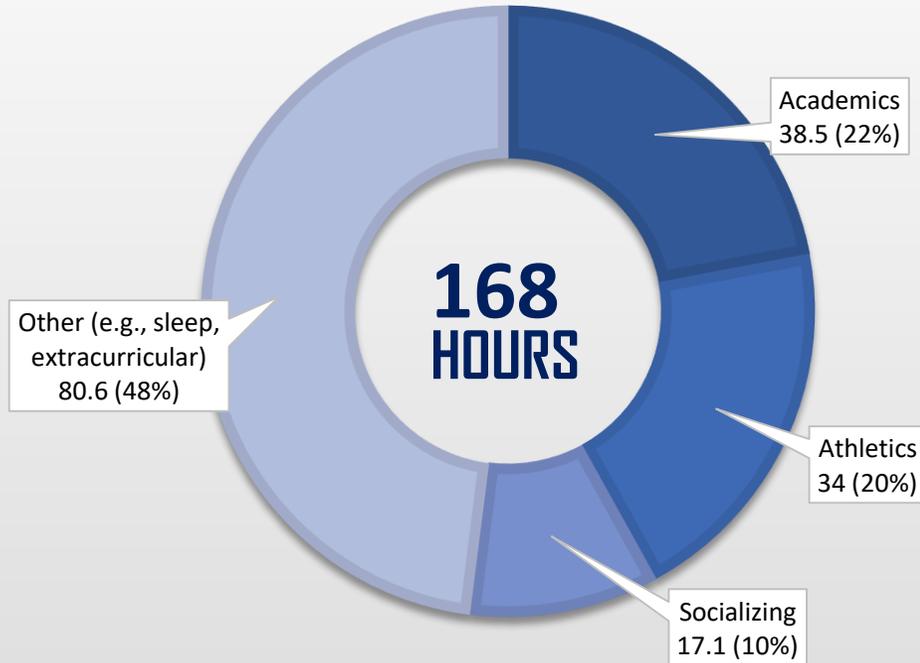
What makes NCAA DI
Women's Volleyball Unique?



NCAA DI Women's Volleyball

Division I student-athlete's time each week

(numbers listed in hours)

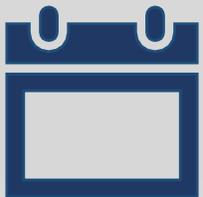


13%
Study Abroad

16%
Work at least 8.5 hours per week

57%
Want to attend graduate school

45%
Involved in internship/externship



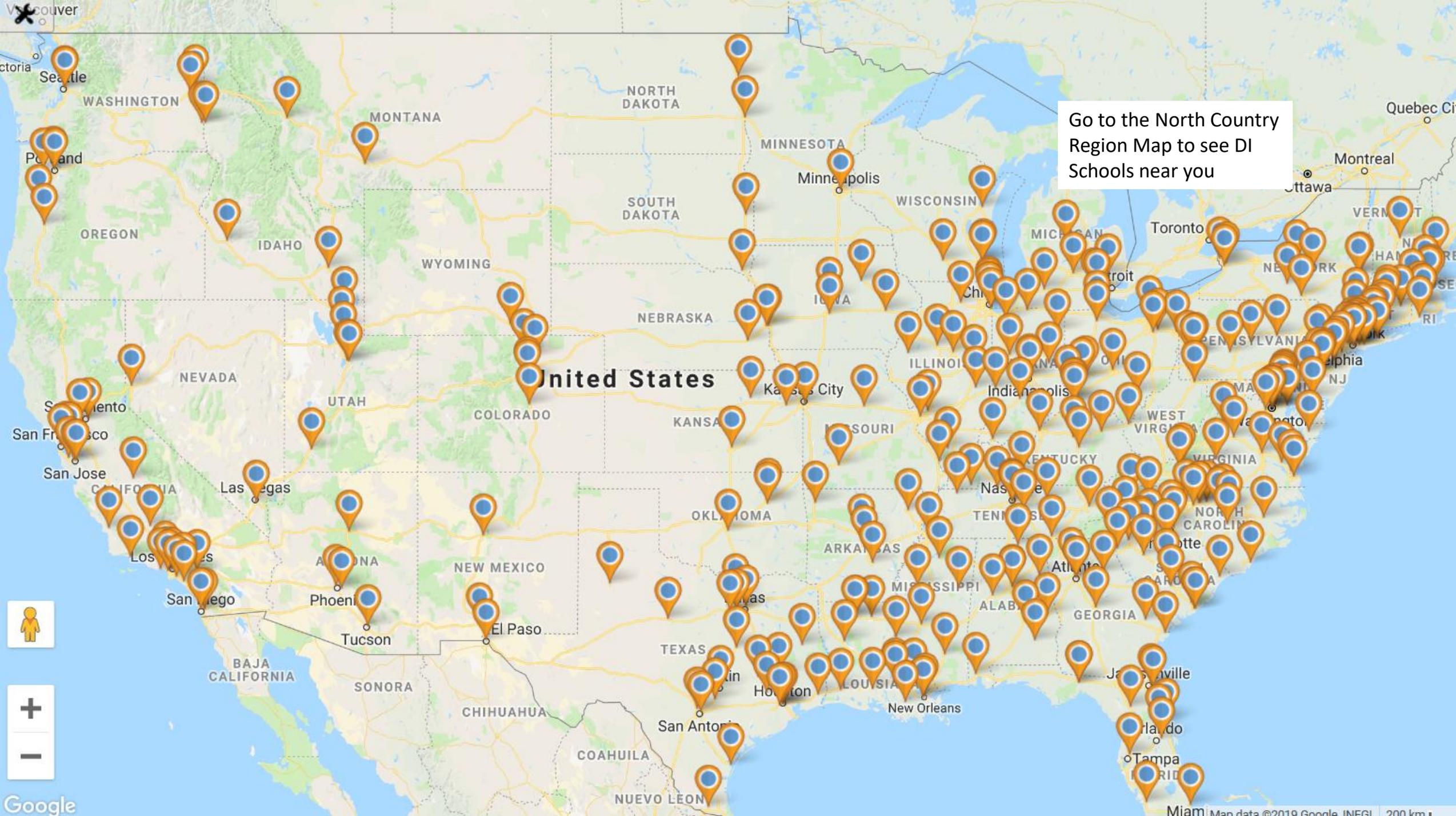
Division I student-athletes report spending about 2 days a week away from campus



2/3 of DI student-athletes say they spend as much or more time on athletics during the off-season as during their competitive season.

Different Options for College Women's Volleyball

Organization	# of Teams	# of Players	# of Playing Dates	Length of the Season	# of Volleyball Scholarships	Off-Season Commitment
NAIA	226	4000	28 Total F&S	Early August to early November	Eight equivalencies	Unregulated
Two-Year College	326 in NJCAA; 98 in CCCAA; 32 in NWAC	4500; 1400; 500	Max of 28 in fall; 32 during the whole year	Early August to early November	DI: 14 Fulls; DII 14 Tuitions; DIII None; CCCAA None; NWAC 8 tuitions	Unregulated
NCAA DIII	433	7057	22 fall/1 spring	Late August to early November	None; need & academic aid only	16 days over five weeks
NCAA DII	303	4854	28 Fall/4 Spring	Mid-August to mid-November	Eight equivalencies	six - seven weeks of VB training; Strength & Conditioning all spring
NCAA DI	334	5480	28 Fall/4 Spring	Early August to end of November	12 Full rides	six - seven weeks of VB training; Strength & Conditioning all spring



Go to the North Country Region Map to see DI Schools near you

United States



What Makes NCAA DI Volleyball Unique?



Coaches tell you in their own words



What Makes NCAA DI Volleyball Unique?

The best athletes and crowds in the country—thus the highest level of volleyball in our country behind our National team.

Coach from Midwest





What Makes NCAA DI Volleyball Unique?

At the DI level, volleyball is a co-curricular activity, not extra-curricular. You can expect to spend as much time on your sport as you do on your academics. But, DI also invests the most campus resources to help SA's manage the commitment and workload.

Coach from East

What Makes NCAA DI Volleyball Unique?

What sets DI apart is the investment in coaching and support staff. From assistants to strength trainers to sports medicine to media relations, DI dedicates more people to volleyball.

Coach from West



tuition & fees

room & board

books & supplies

transportation

+ personal expenses

cost of attendance

What Makes NCAA DI Volleyball Unique?

Twelve full rides plus a full cost of attendance stipend is what makes DI different. The scholarship only goes to the best of the best, but if you get one, your college is pretty much covered.

Coach from Mid-South



What Makes NCAA DI Volleyball Unique?

Fans, media and coverage is what makes DI different. Our team is on TV more than we are not, and our players are recognized all over town because of it.
Coach from South

What Makes NCAA DI Volleyball Unique?



SUMMER
TRAINING

DI is for elite athletes who want to see how good they can get. It's full-time, year-round pursuit of excellence. It's really hard and really rewarding!

Coach from Midwest

What Makes NCAA DI Volleyball Unique?

The biggest factor in DI is the really small number of players that can compete at this level. They have to be tall, mobile, and good jumpers, but they also have to have lots of training before college. The combination eliminates most of the field .

Coach from Mid-South



What Makes NCAA DI Volleyball Unique?

We have our own gym, locker room and court, we eat at a training table and study in a special academic center, we fly by charter and cater our meals. We have a full-time staff of six and access to countless others.

Sure, we expect a lot because we give a lot and only a few get invited to join us each year.

Coach from an Power 5 school





This is what makes
NCAA DI Volleyball
unique!!

Thanks for your
membership in
the North Country
Region

Your partner in Volleyball

