

AVCA-North Country Region **RECRUITING TIP OF THE WEEK**

What Makes Collegiate Divisions Unique?

Examine the differences in NCAA DI, DII, DIII,
the NAIA, and Two-Year College
athletics programs

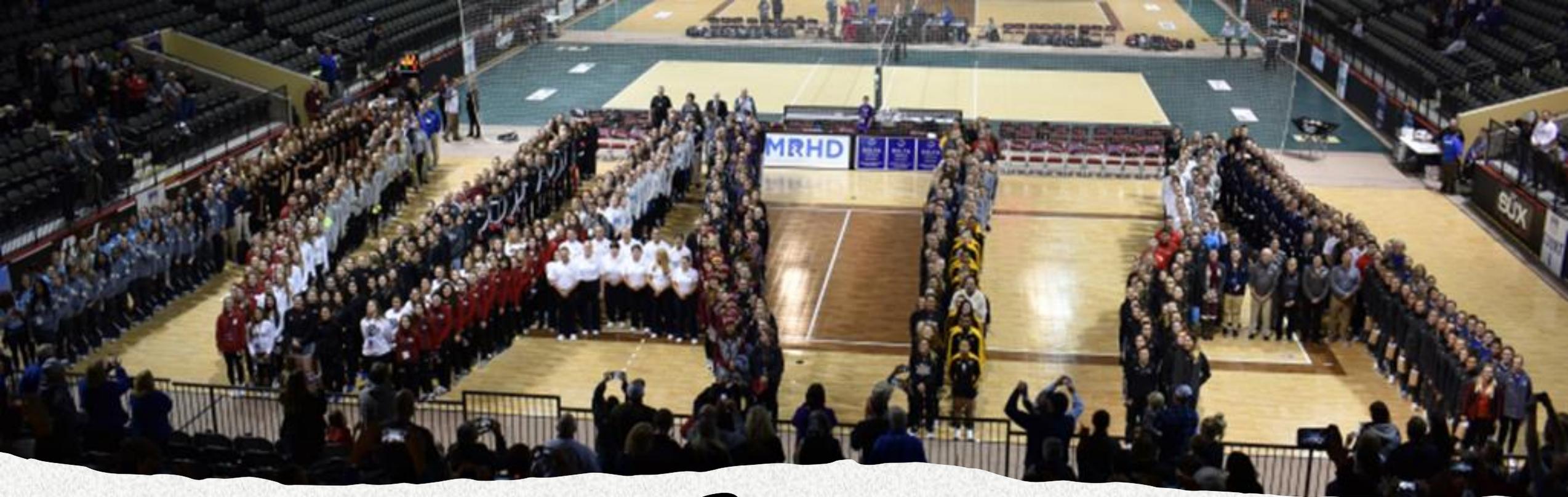


Different Options for College Women's Volleyball

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



NAIA
Women's
Volleyball



What Makes NAIA Volleyball Unique?

Unlimited substitutions

Week-long 32-team National Championship

Elite-level foreign-board teammates and opponents

What Makes NAIA Volleyball Unique?

Coaches tell you in their own words

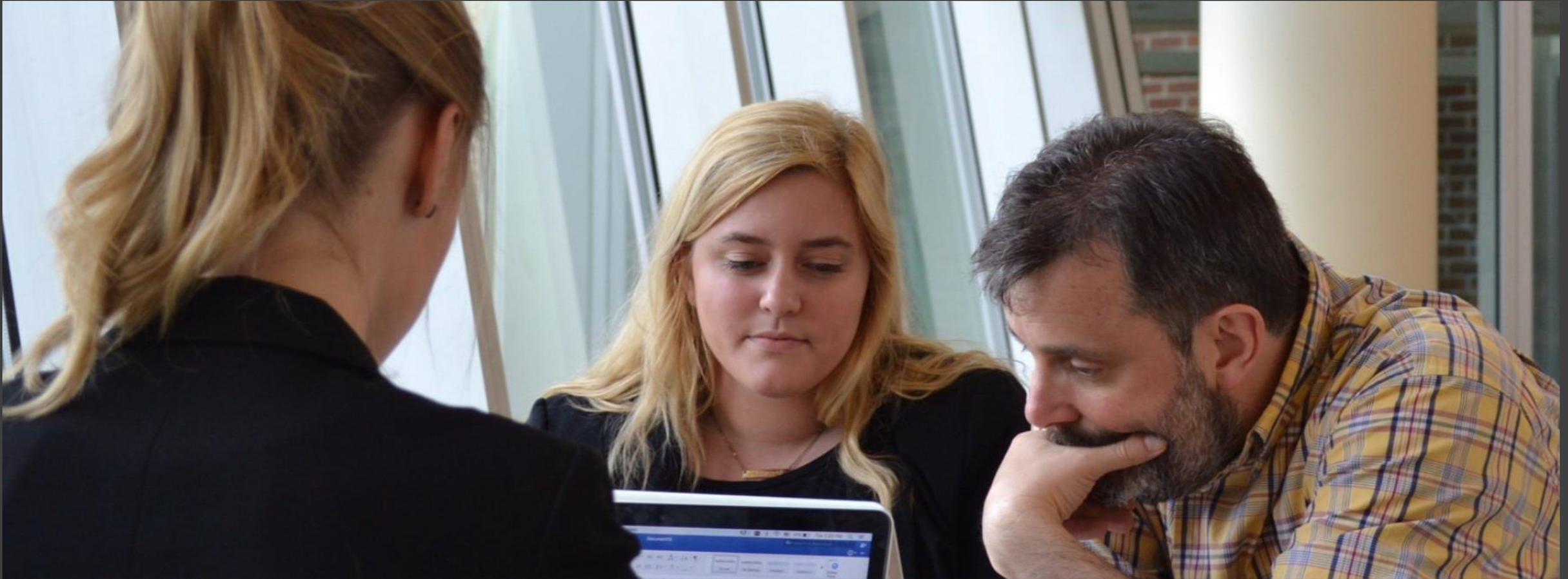


In NAIA schools, SA's are able to be involved in things outside of volleyball (student government, clubs, school sponsored spring break trips, etc.) giving them lasting college memories. Because our recruiting rules are much less stringent than the NCAA, athletes that are high caliber can still receive a quality education and play at a high level.

- Coach from Tennessee

NAIA has the "Best of Both Worlds." You get a small college, liberal arts education and an athletic scholarship to pay for it. It's the perfect fit for the Renaissance kids of tomorrow.

- Coach from Illinois



Unlimited contact hours with my Student-Athletes is not only a privilege allowed by the NAIA rules but allows me to fulfill my mission of why I coach. Each week I have opportunity to talk to athletes about life, career choices/changes, character development and how we can journey together as a team and coaches.

- Coach from Indiana

A student-athlete attending an NAIA institution can expect to have a very personal educational and athletic experience . . . The learning experience is fostered in an environment where professors know, care and have a student-focused approach.

- Coach from Arkansas



Two-Year College Women's Volleyball



What Makes Two-year College Volleyball Unique?

Coaches tell you in their own words

Two-year colleges students are receiving the same education – if not better – than students at the four-year level. We have professors that teach here as well as at major colleges and, in most cases, our class sizes are smaller.

- Coach from California

Two-year colleges are less expensive so save you money, a good decision if you are undecided on a major. Most of time they are also closer to home so family and friends can watch you play.

- Coach from Ohio

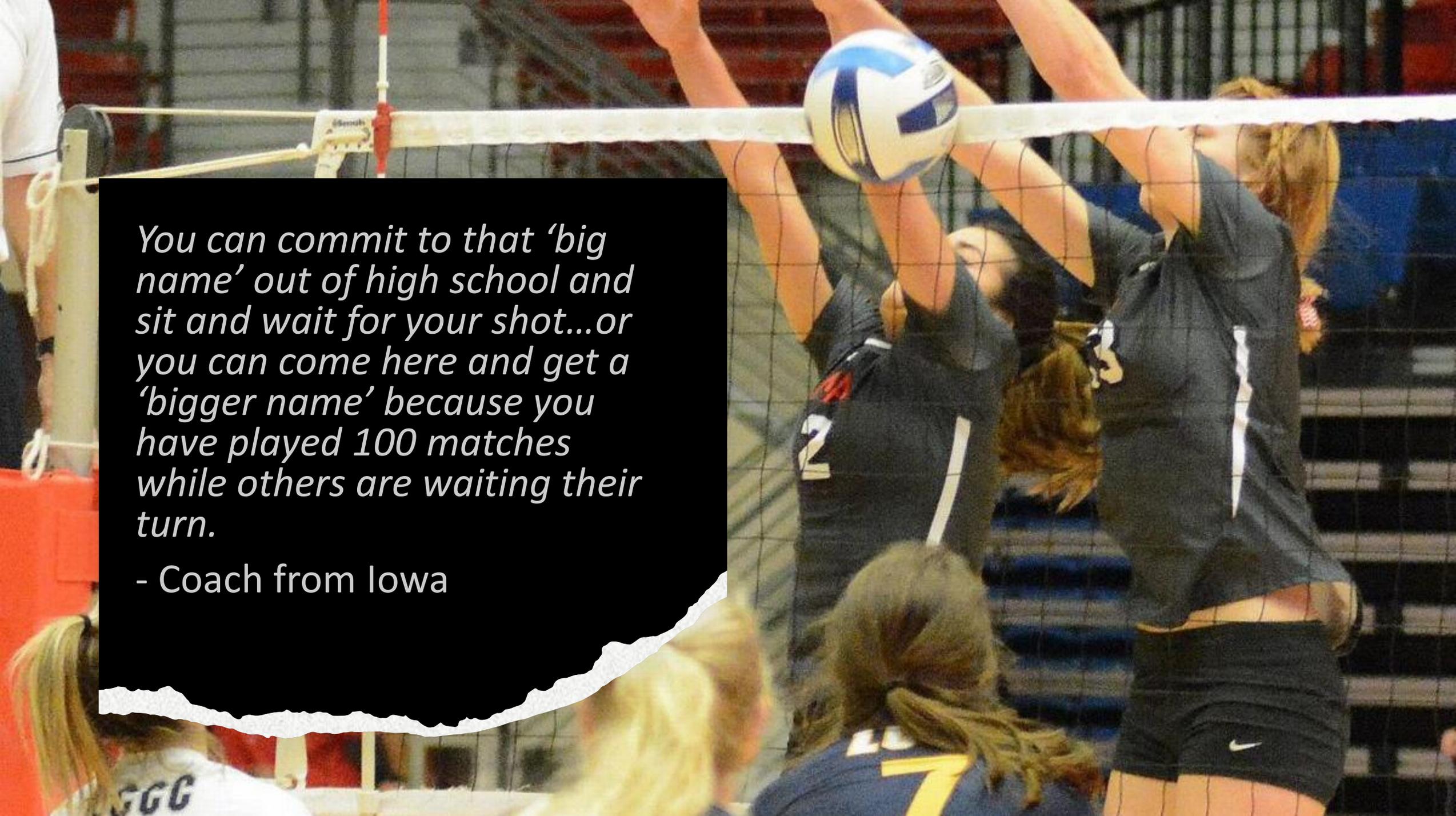
The best part of my job is being able to recruit a student/athlete who may not have received the offers they wanted out of high school, develop them and then make their dreams a reality after two years. We need them to play so they get more one-on-one attention as a freshman.

- Coach from Kansas

Many athletes sell themselves short by accepting a partial or walk-on spot at a 4-year with no shot at playing time their first two years. If they gave themselves another year or two to develop at a two-year college, they would have a lot more options.

- Coach from Florida





You can commit to that 'big name' out of high school and sit and wait for your shot...or you can come here and get a 'bigger name' because you have played 100 matches while others are waiting their turn.

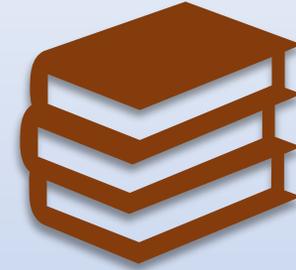
- Coach from Iowa



NCAA Division III Women's Volleyball

Division III student-athlete's time each week

(numbers listed in hours)



25%

Study Abroad

49%

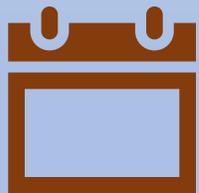
Work at least 8.5 hours per week

60%

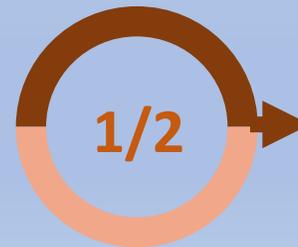
Want to attend graduate school

67%

Involved in internship/externship



Division III student-athletes report spending about one(1) day a week away from campus



1/2 of DIII student-athletes say they spend as much or more time on athletics during the off-season as during their competitive season.

What Makes NCAA DIII Volleyball Unique?

Coaches tell you in their own words

I've had players who had opportunities to play at the DI or DII level say they chose us because they wanted to come somewhere where they 'could do it all and have it all.'

- Coach from New York

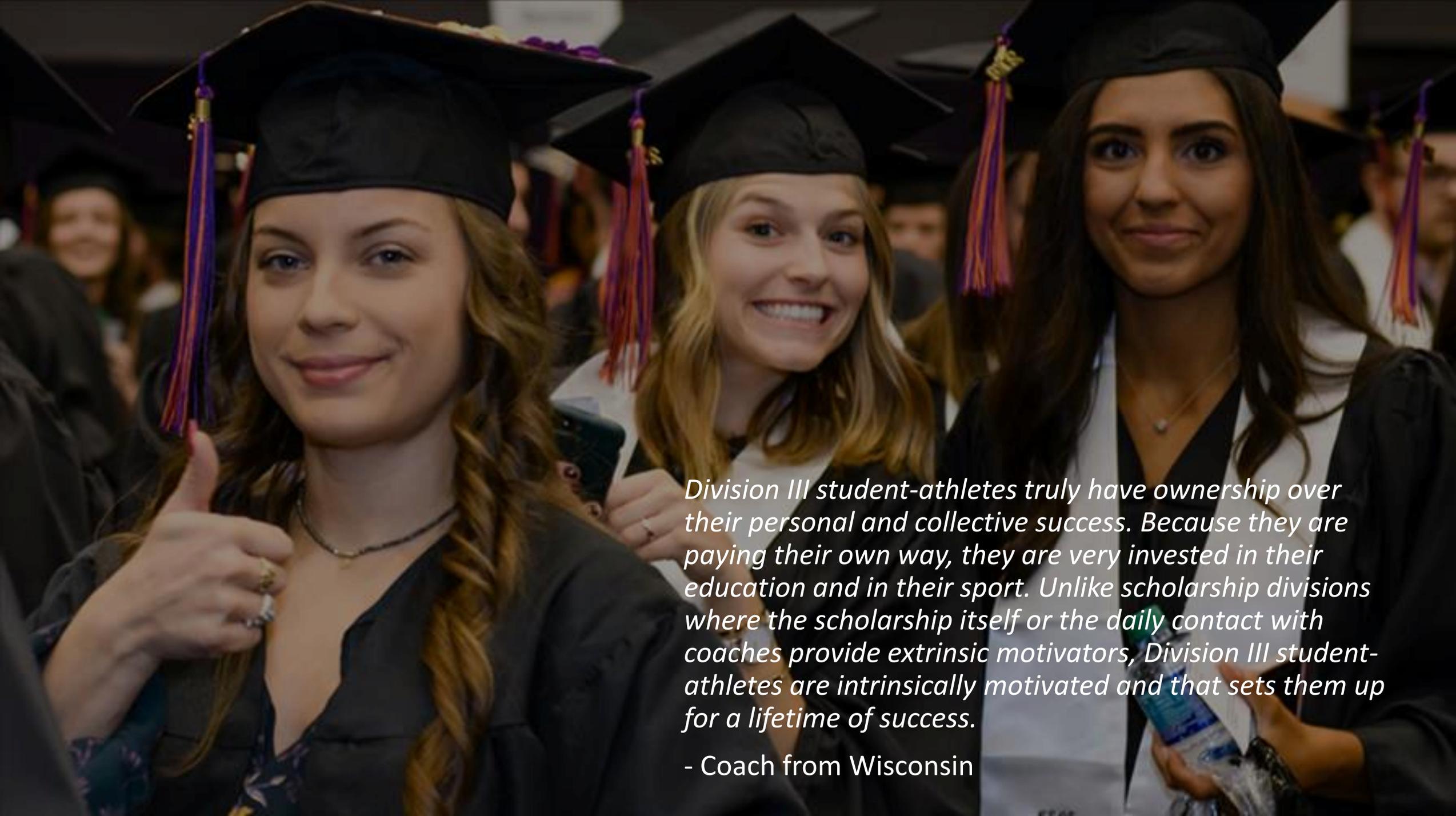
Our athletes are just as competitive and work just as hard as any other division, they just don't commit the majority of their free time to their sport.

- Coach from Ohio

At no other division would it be possible to be a four-year starter, double major, part of a sorority, and have a part time job.

- Coach from Ohio





Division III student-athletes truly have ownership over their personal and collective success. Because they are paying their own way, they are very invested in their education and in their sport. Unlike scholarship divisions where the scholarship itself or the daily contact with coaches provide extrinsic motivators, Division III student-athletes are intrinsically motivated and that sets them up for a lifetime of success.

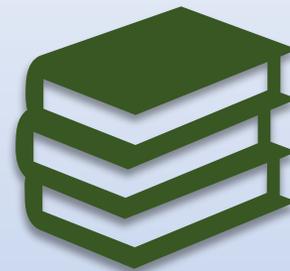
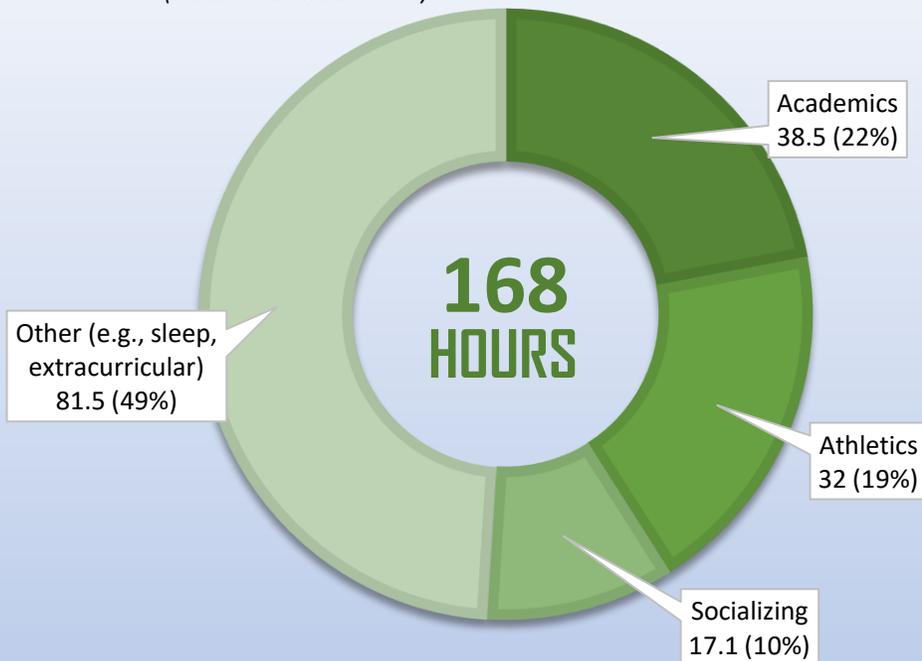
- Coach from Wisconsin



NCAA
Division II
Women's
Volleyball

Division II student-athlete's time each week

(numbers listed in hours)

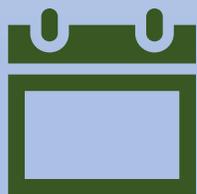


15%
Study Abroad

34%
Work at least 8.5 hours per week

58%
Want to attend graduate school

21%
Involved in internship/externship



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



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



What Makes NCAA DII Volleyball Unique?

Coaches tell you in their own words

NCAA Division II volleyball allows women to compete at an extremely high level, while maintaining the balance between volleyball and academics. Missed class time is minimal because of our close proximity to our opponents and the focus on a regional schedule.

- Coach from Minnesota

Two words come to mind: balance and priorities. DII allows for more space to compete in every avenue of our lives – academics, social life, personal time & volleyball.

- Coach from California

DII Volleyball has the financial benefits of DI with the academic focus of DIII so a DII student-athlete can have a focused, competitive athletic experience while pursuing rigorous academic majors.

- Coach from Florida

In DII, the playing field is more level than DI so more student-athletes across the Division have a chance to compete for conference, regional and national championships. A wider group also has the opportunity to make All-Region and All-American teams.

- Coach from Texas

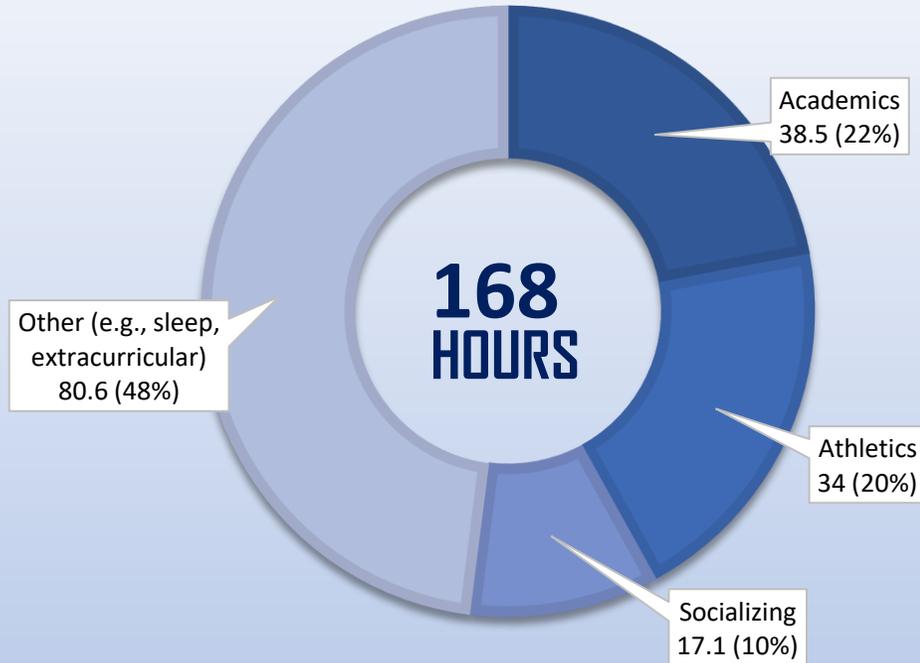




NCAA Division I Women's Volleyball

Division I student-athlete's time each week

(numbers listed in hours)



13%

Study Abroad

16%

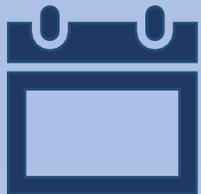
Work at least 8.5 hours per week

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.

What Makes NCAA DI Volleyball Unique?

Coaches tell you in their own words

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

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 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



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

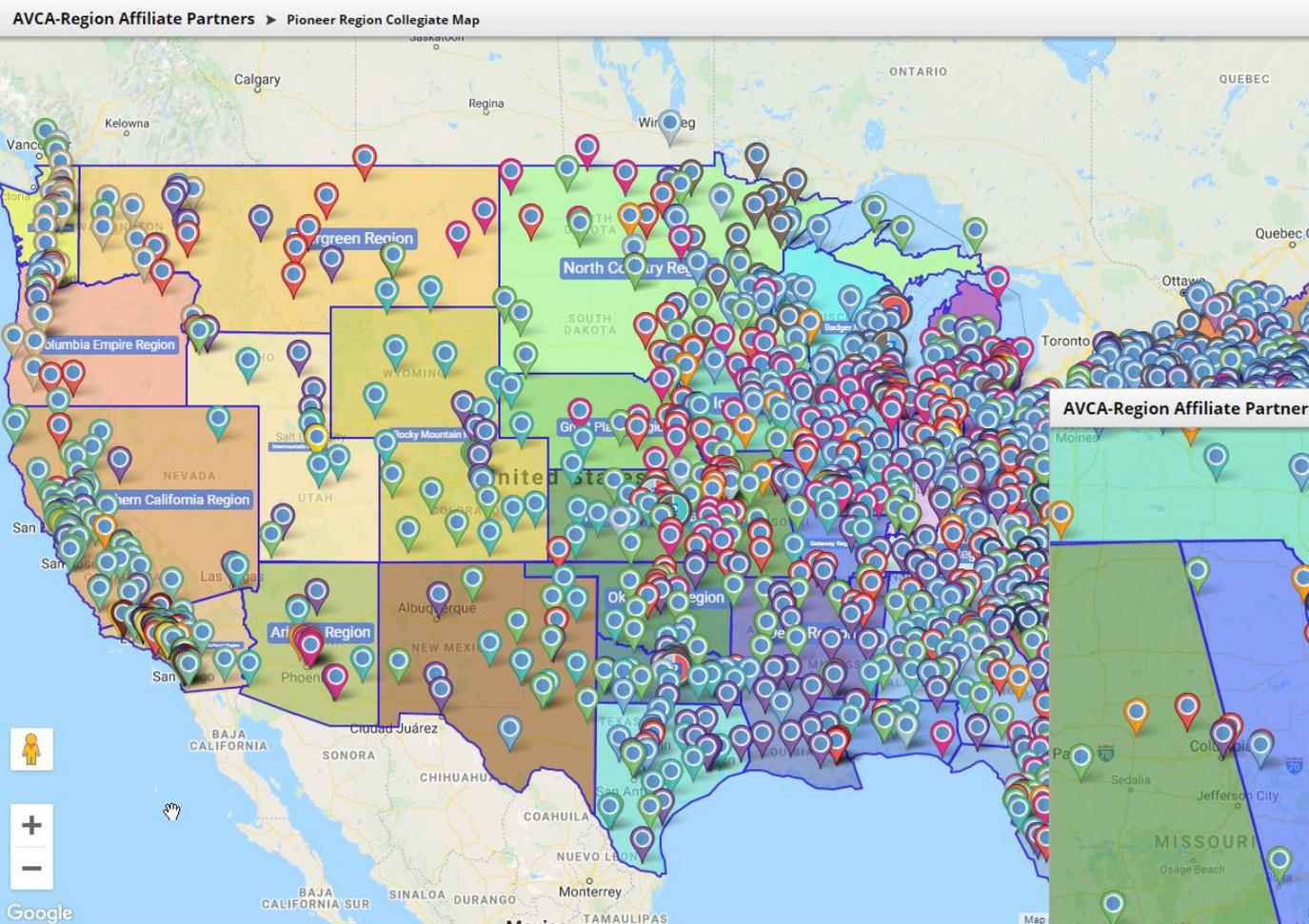
Twelve full rides plus a full cost of attendance stipend is what makes DI different. The scholarship only goes to the best of the best, but if you get one, your college is pretty much covered.

- Coach from Mid-South

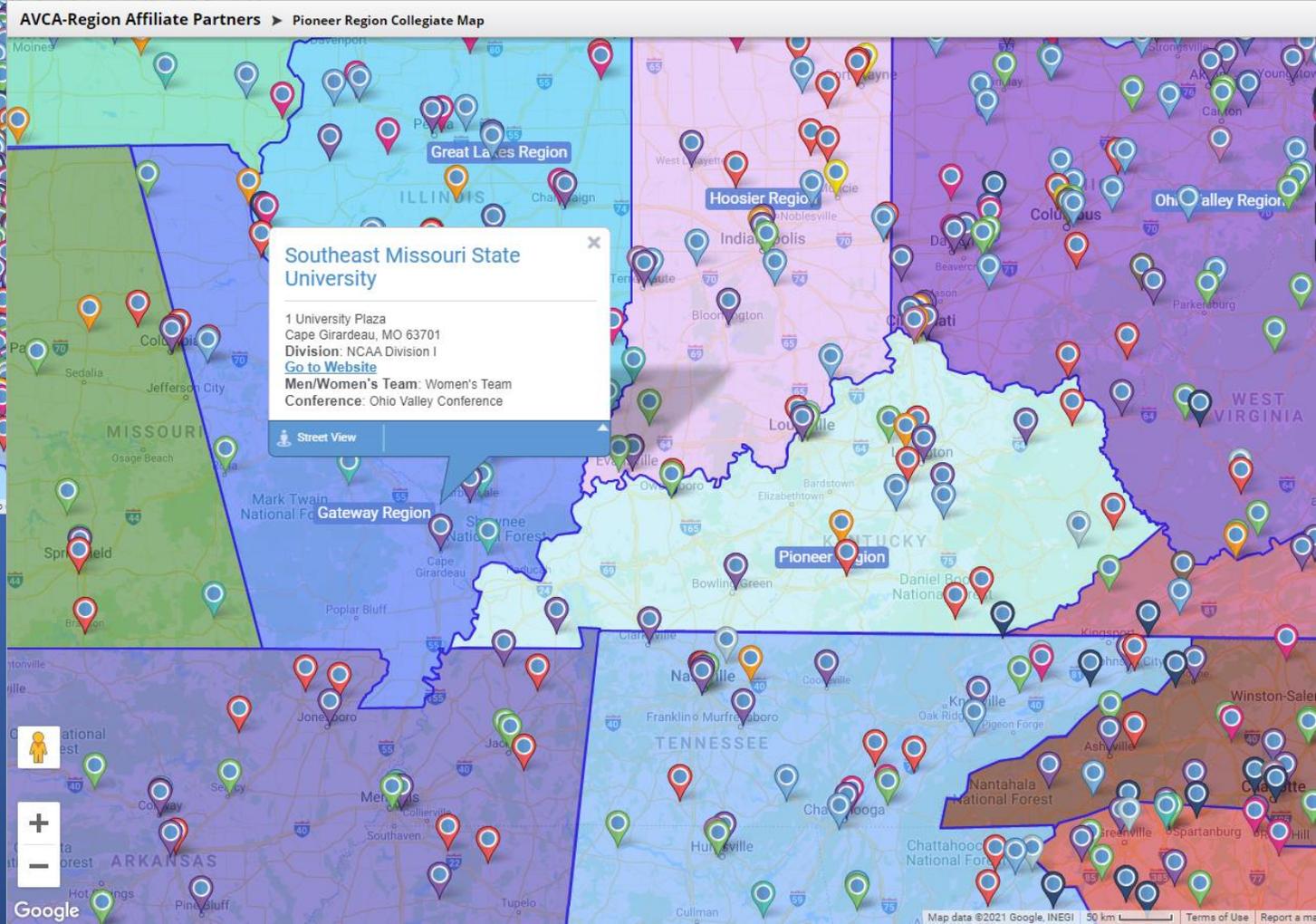
The biggest factor in DI is the really small number of players that can compete at this level. They have to be tall, mobile, and good jumpers, but they also have to have lots of training before college.

- Coach from Mid-South





Explore your Region's map to see schools from all divisions near you



**Thanks for
your
membership
in the
North Country
Region**

**Your partner
in volleyball**

