



AVCA-Carolina  
Region  
RECRUITING TIP  
OF THE WEEK

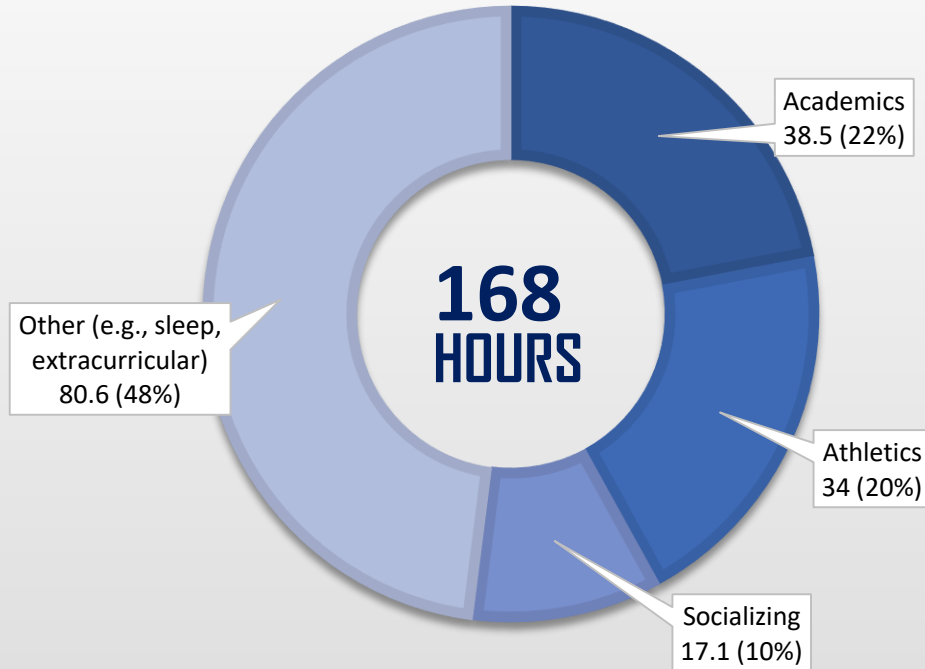
What Makes NCAA DI Women's  
Volleyball Unique?



## NCAA DI Women's Volleyball

## Division I student-athlete's time each week

(numbers listed in hours)



**13%**

**Study Abroad**

**16%**

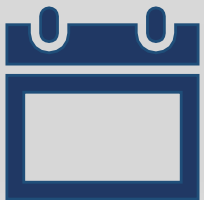
**Work at least 8.5 hours per week**

**57%**

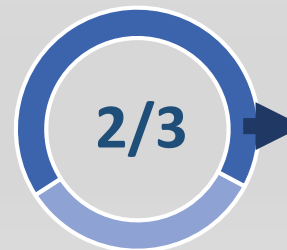
**Want to attend graduate school**

**45%**

**Involved in internship/externship**



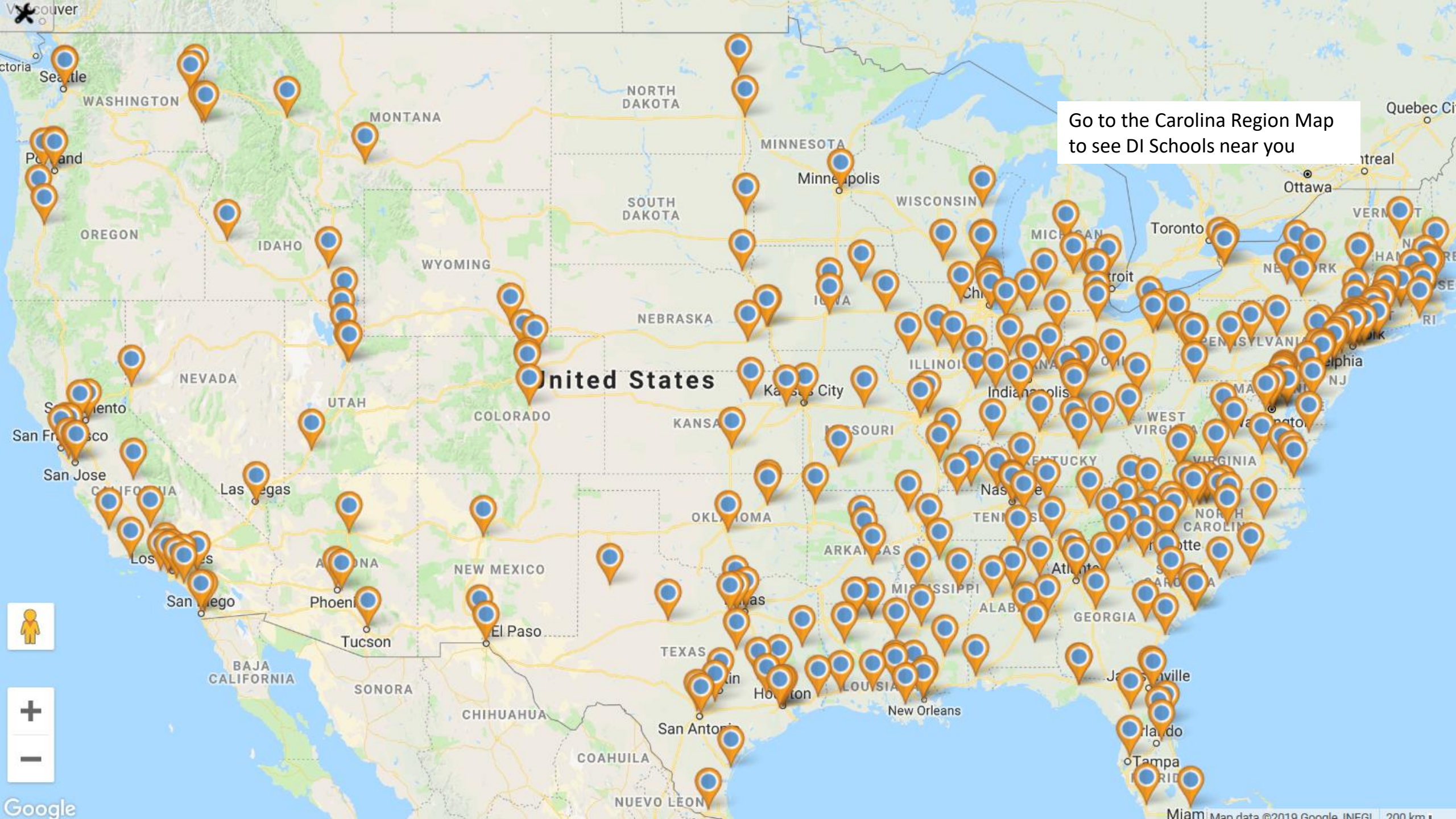
**Division I student-athletes report spending about 2 days a week away from campus**



**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;<br>98 in CCCAA;<br>32 in NWAC | 4500;<br>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 Carolina 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?

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*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

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**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 Carolina  
Region

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Your partner in Volleyball

