THE FIRST CONTACT

Emailing College Coaches

How to cut through the noise and get your film watched.

Volleyball coaches and recruiters can receive hundreds of emails per day. To get a response, your email can be concise, **personalized, and data-driven.**

THE GOLDEN RULES

1. Keep it Simple

Make it easy for them to find key info and highlights right away.

2. Pay Attention to the Details

Take a moment before sending to make sure everything is accurate and customized to that coach and school. Personalized emails show you've done your homework, and coaches notice.

3. Personalize It

Send a customized email to each contact, including details specific to that school, why you like them, and send it from your own account (something like karlierezny2026@gmail.com). Coaches are recruiting you, so let them hear directly from you rather than from a parent or a recruiting service.



ANATOMY OF THE IDEAL RECRUITING EMAIL

1. The Subject Line

The subject line is the hook that gets them excited to open the email. Avoid broad subject lines like "Recruiting" and give them the important details and stats that'll make them intrigued to learn more. Include your name, grad year, position, a top metric or two – anything from a vertical to your GPA.

Karlie Rezny | 2028 Middle | 10'2" Approach | 4.0 GPA

2. The Intro

In 2-3 sentences, state who you are and what you want. This should be clear and to the point, while also letting the coach know why you're interested in their team and school.

Hi Coach Johnson, my name is Karlie Rezny. I'm a 2028 Middle Blocker from Madison, Wisconsin, playing for Midwest Club. I am highly interested in Highland University because of the Marketing program and your team's offensive style.

3. The Evidence

This is the "meat" of the email. It should include your volleyball bio with key info. Use bullet points for readability, but include things like your highlight reel, physical stats, an upcoming list of tournaments where they can watch you play, and a point of contact at your club.

- *Profile and Highlights: https://www.hudl.com/profile/16395711/karlie-rezny and http://www.hudl.com/v/2RUtwY*
- *6'2", 10'2" approach, 7'8" standing reach, 10'0" block touch*
- *You can watch me at the following tournaments:*
- *MLK Tournament January 16-18*
- *Triple Crown February 13-15*
- *Reach out to my club's recruiting coordinator, **kelseymcnabb@clubvolleyball.com**, for more information.*

4. The Why

Show them you aren't copy-pasting by making a real connection between you and the program. Why is this school a fit? Consider factors like the culture of the program, the school's location, and any connection you have to the team or school.

I watched your match against State University and loved the energy of your bench. Also, I am looking for a school in a major city that aligns with my interest in marketing. My brother is an alum, and I attended your camp in July and have loved all my on-campus experiences.

5. The Personal Background

Take 1-2 sentences to show how you are unique. Avoid general statements like "I'm a hard worker." Give them a sticky fact.

Outside of volleyball, I'm a competitive CrossFit athlete and a lead drummer in my school's jazz band.

6. The Call to Action

End each recruiting email with a specific request so you can continue building progress toward your goals.

For **underclassmen**, before coaches can contact you, invite the coach to watch you at your next tournament and include your highlight reel or social media handle.

Please watch me at Triple Crown in KC February 13-15, and follow me on Instagram @karliereznyvb2028.

For **upperclassmen**, once college coaches can contact you, consider questions about your fit in the roster as well as asking for a time to connect over the phone.

- *Do you need a middle blocker in the 2027 class?*
- *Will you be recruiting at the Midwest Qualifier next weekend?*
- *I'd like to connect with you for a quick 5-minute chat to learn more about your program.*
- *What is the best way to schedule a call with you?*

Email Template

This is a template. Use it as a guide and fill in the bracketed information to include your details and to sound like you before sending.



Subject: Karlie Rezny | 2028 MB | 10'2" Approach | 3.9 GPA

Hi Coach Johnson,

My name is Karlie Rezny. I'm a 2028 Middle Blocker from Madison, Wisconsin, playing for Midwest Club. I am highly interested in Highland University because of the Marketing program and your team's offensive style.

- Profile and Highlights: https://www.hudl.com/profile/16395711/karlie-rezny and http://www.hudl.com/v/2RUtwY1
- Physical Stats: 6'2", 10'2" approach, 7'8" standing reach, 10'0" block touch
- Upcoming Tournaments where you can watch me:
  - MLK Tournament January 16-18
  - Triple Crown February 13-15

For more information, please reach out to my club's recruiting coordinator, **kelseymcnabb@clubvolleyball.com.**

Recently, I watched your match against Grand Ridge University and loved the energy of your bench. That was really cool to see! Off the court, I am looking for a school in a major city that has a marketing program for undergrads. Also, my brother is a Highland University alum, and I attended your camp in July. I have loved all my on-campus experiences so far!

Outside of volleyball, I'm a competitive CrossFit athlete and a lead drummer in my school's jazz band.

Please follow me on Instagram @karliereznyvb2028.

Thank you for your time and I look forward to hearing from you.

Best regards,

Karlie Rezny

2028 Middle Blocker | Midwest Club - 16u Gold | 414-555-1234 karliereznyvb@gmail.com