



HIGH SCHOOL 2024-25

INFORMATION SESSION

EAST CAROLINA JUNIOR VOLLEYBALL CLUB

- ECJVC is a parent organized Non-Profit 501(c) 3 membership organization made-up of female and male athletes ages 10-18
- USAV is the governing body and is divided into geographic regions (40)
- We are part of the Carolina Region: www.carolinaregionvb.org
- We also participate in JVA and AAU tournaments





OUR MISSION

East Carolina Junior Volleyball Club will provide the resources and education necessary to develop a solid foundation of volleyball skills for every student-athlete. We strive to foster a solid technical knowledge base, skill-set, sportsmanlike conduct, and a love for the game in each player.

We will provide the opportunity to develop our student-athletes' leadership skills, competitive attitude, and a desire to achieve their highest goals.



OUR HISTORY

- First teams formed in 1995 and we incorporated as a non-profit in 1999
- One of the top clubs in North Carolina
- Qualified for USAV Nationals over 16 times
- Quality Coaching Staff
- High level regional & national competition
- Recruiting
 - Collegiate players at every level
 - Almost 30 players playing at the D1-Junior College level right now



EAST CAROLINA JUNIOR VOLLEYBALL CLUB



ORGANIZATIONAL STRUCTURE

Board Members: Dedicated Volunteer Parents

- Serve in an advisory position: set policies & procedures for the club
- Liaison between parents & coaches

Business Manager: Lisa Douglas

- Accounting
- Budgeting

Executive Director: Kelley Krainiak

- Program and master director, recruiting coordinator
- In charge of coaches, teams, tournaments, and training throughout the year



Assistant Director: Ashton Barbee

- Social Media Director
- Heavily involved with all teams, coaches, plans, tournaments, and administration

Facilities Manager: Kayla Ruffin

- Manages and organizes our gyms on a daily basis

Coaching Staff

- Lead Coaches, master style
- Talented and knowledgeable coaches
- Includes an executive coaching committee



ORGANIZATIONAL STRUCTURE

ATHLETE OPPORTUNITIES

Junior Assistant Coaches

- Opportunity for our HS athletes to work on the coaching side of volleyball
- Coach our younger athletes during camps, clinics, and rec league
- Junior and senior student athletes can apply to coach pretravel and 12/13s teams



WHY ECJVC? **WE PROVIDE:**

- Consistent coaching of fundamentals
- Challenging interregional competition
- National competition
- Year-round specialized skills, strength and conditioning clinics
- Dedicated practice facilities
- Private instruction
- Recruiting assistance
 - Recruitment meetings, sample emails, videos, contacts
- Team inclusion/collaboration
 - Like teams working together
 - Master style coaching



**DEDICATED
FACILITIES**

MARTIN 1

1071 Taylor's Creek Dr.
Greenville, NC 27834



MARTIN 2

1083 Taylor's Creek Dr.
Greenville, NC 27834





HIGH SCHOOL 2024-25

COMPETITIVE LEVELS

WHAT IS INCLUDED IN TOTAL COST?

WE BASE OUR COST ON THE NUMBER OF
PLAYERS IN THE CLUB

ALL TOURNAMENTS

- Registration fees, coaches travel expenses
- Regionals & Multi-day tournaments / Qualifiers

COACHING AND INSTRUCTION

- Head and Assistant coach compensation

PROGRAMS AND TRAINING

- All practices through season
- Club Training Camp
- Strength and agility training
- Additional instructional camps/clinics offered



NOT INCLUDED IN TOTAL

- Uniforms
- USAV/AAU Memberships
- Travel costs for individual families

WHAT IS INCLUDED IN TOTAL COST?

FACILITY AND EQUIPMENT COST

- Usage and fees for two facilities

ADMINISTRATIVE COSTS

- Insurance, Business manager, Website, etc.

RECRUITING ASSISTANCE

- Meeting with Director / emails, highlights, list of schools

HUDL FOR PREMIER/NATIONAL

- Match recording
- Individual tournament highlights
- Video analysis
- Team and individual stats



TEAM DESCRIPTIONS

NATIONAL: National level tournaments only, participating in Nationals in June 2025

PREMIER: Offers national level competition plus the highest level of regional play

SELECT: Regional level play with 2-4 selected multi-day tournaments

REGIONAL: Strictly regional play within North Carolina



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

NATIONAL LEVEL TEAMS: AGES 15-17

- Highest Level: Exposure to college coaches, very competitive play
- Multi-day tournaments, out-of-state competition
- 15-17s will play through June at AAU Nationals in Orlando or USAV Nationals in Dallas (requires qualification)

10 TOURNAMENT SEASON

- Stay and Play Tournaments: Capitol Hill Classic (D.C.), Atlantic Coast Grand Prix (VA Beach), USAV Qualifiers: Big South (Atlanta, GA) / Northeast (Philadelphia, PA) / Sunshine Classic (Orlando, FL)
- Other tournaments - No stay and play requirements: City of Oaks, MAPL, South Carolina Grand Prix



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

NATIONAL LEVEL TEAMS: AGES 15-17

- \$650 deposit by August 9th followed by seven monthly payments November-May / USAV Commitment Letter on September 1st
- Uniform payment includes: Four jerseys, Two spandex black and purple, and two practice shirts



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

NATIONAL LEVEL TEAMS: AGE 18

- 18 National will play a 6 tournament season
City of Oaks (Raleigh), MAPL Hampton
(Hampton, VA), Capitol Hill Classic (D.C.),
Southeast Qualifier (Atlanta, GA), MAPL Raleigh (Raleigh),
Big South Qualifier (Atlanta, GA)
- \$650 deposit by August 9th followed by five monthly payments
November–April / USAV Commitment Letter on September 1st
- Uniform payment includes: Four jerseys, Two spandex black
and purple, and two practice shirts



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

PREMIER LEVEL TEAMS: AGES 15-18

8 TOURNAMENT SEASON

- Includes regional and multi-day tournaments
- Multi-day tournaments include:
 - City of Oaks: Jan 18-20th (Raleigh)
 - Coastline Classic: Feb 1-2nd (Myrtle Beach, SC)
 - Capitol Hill Classic: Feb 15-17th (Washington D.C.)
 - Locomotive Challenge: March 8-9th (Rocky Mount)
 - Big South Qualifier: Mar 28-30th (Atlanta, GA)
 - VA Beach Grand Prix: Apr 26-27th (VA Beach)



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

PREMIER LEVEL TEAMS: AGES 15-18

- \$500 deposit by August 9th, followed by five monthly payments November–March / USAV Commitment Letter on September 1st
- Uniform payment includes: Four jerseys, Two spandex black and purple and two practice shirts



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

SELECT LEVEL TEAMS: AGES 15-17

8 TOURNAMENT SEASON

- Includes regional and selected multi-day tournaments
- Tournaments include:
 - One day regional events (Eastern NC)
 - Coastline Classic: Feb 1-2nd (Myrtle Beach, SC)
 - Locomotive Challenge: March 8-9th (Rocky Mount)
 - Big South Qualifier: Mar 28-30th (Atlanta, GA)
 - Revolutionary Rumble: Apr TBD (Williamsburg, VA)



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

SELECT LEVEL TEAMS: AGES 15-17

- \$500 deposit by August 9th followed by five monthly payments November–March / USAV Commitment Letter on September 1st
- Uniform payment includes: Three jerseys, Two spandex black and purple and two practice shirts



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

REGIONAL LEVEL TEAMS: AGES 15-16

6 TOURNAMENT SEASON

- Offered to ages 15-16, depending on tryouts
- Tournaments include:
 - One day regional events (Eastern NC)
 - Locomotive Challenge: March 8-9th (Rocky Mount)
- \$400 deposit on by August 9th, followed by four monthly payments November-February / USAV Commitment Letter on September 1st
- Uniform payment includes: Two jerseys, Two spandex black and purple and two practice shirts



HIGH SCHOOL TRYOUTS



- August 2nd: 17/18's Tryouts all levels
- August 3rd: National level tryouts for 15/16's, 2nd 17/18's
- August 4th: Premier, Select and Regional level tryouts
- Register online at www.eastcarolinajvc.com
- Tryout by grade level
- Tryouts will be held in Martin 2 and are closed to parents
- ECJVC coaches will evaluate players based on skill level, leadership and coachability
- All players will be contacted by phone or email throughout the tryout week no matter what
- Signing paperwork - USAV Commitment Letter due September 1st and deposit is due by August 9th



USAV AGE DEFINITION CHART

HOW OLD WILL YOU BE ON JUNE 30TH, 2024:
THIS IS THE AGE GROUP YOU WILL PLAY

- **18 & Under:** Born on or after July 1, 2006 or still in high school
- **17 & Under:** Born on or after July 1, 2007
- **16 & Under:** Born on or after July 1, 2008
- **15 & Under:** Born on or after July 1, 2009



USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For use during the 2024-2025 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Aug	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Sept	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Oct	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Nov	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Dec	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Jan	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Feb	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Mar	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Apr	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
May	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
June	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017

¹ Players who were born on or after July 1, 2005 and a high school student in the twelfth (12th) grade or below during some part of the current academic year are eligible to compete in 18 & under.

² **Female Only** - Players who were born on or after July 1, 2006, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under. (This exception is based on recruiting concerns for 11th grade girls previously required to participate in girls 18's qualifiers and the 18's GJNC.)

³ **Male Only** - Players who were born on or after July 1, 2010 OR players who were born on or after July 1, 2009 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year **are eligible to play in the 14 & Under division**. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

⁴ **Male Only** - Players who were born on or after July 1, 2010 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

⁵ **Male Only** - Players who were born on or after July 1, 2011 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

HIGH SCHOOL TEAMS

- Optional practices begin September 8th: 1 time per week on weekends
- Club Training Camp begins the week of November 18th
- Main focus is specific technical training in: passing, serving, defense, and hitting skills
- Consistent coaching of fundamentals across all ages
- Sessions will be held at both facilities
- Multiple sessions will be offered for all age groups, dates/times TBD at both facilities
- All ECJVC players must attend at least 2 sessions
- Last training session will be Tuesday, November 26th
- Coaches may have an optional team practice the week of Thanksgiving



HIGH SCHOOL TEAMS

REGULAR SEASON PRACTICES

- Regular Season Practices Begin December 2nd
 - During season Tuesdays and Thursdays for National/Premier teams (2.5 hours)
 - During season Mondays and Wednesdays for Select/Regional teams (2 hours)
- ECJVC will have weekend practices/team bonding events throughout November and December
- Christmas Break begins December 19th and lasts two weeks
- Practices resume Thursday, January 2nd
- Coaches typically offer required or optional practices during the Christmas break



HIGH SCHOOL TEAMS REGULAR SEASON PRACTICES

- Practices will be held at both Martin facilities
- PRACTICES ARE MANDATORY
- A monthly calendar of practices/ tournaments/events will be emailed to all members and will be posted on ECJVC website
- Practice Shirts
 - Mandatory on practice days
 - Included in the uniform package



INK'D THREADS
TEAM STORES



<https://www.inkdthreads.com/find-my-store/teams/ecjvc>





THANK YOU

ANY QUESTIONS?

www.eastcarolinajvc.com



