

2024-25



EAST CAROLINA
JUNIOR VOLLEYBALL CLUB

HIGH SCHOOL

REGIONAL
PROGRAM GUIDE

WWW.EASTCAROLINAJVC.COM

REGIONAL



EAST CAROLINA JUNIOR VOLLEYBALL CLUB

Welcome! The 2024-25 season marks 29 years that East Carolina Junior Volleyball Club has been open in Eastern North Carolina. Our non-profit organization has grown from two-four regional travel teams to over twenty teams competing nationally, regionally and in a non-travel setting. We are extremely proud of our growth and achievement and encourage you to join our continued success!

Visit our Tryout Details to learn about the tryout process and what ECJVC will offer this season!

Learn more by visiting our [FAQs](#) and don't forget to [REGISTER!](#)

ACCOMPLISHMENTS

- The Elite program of Eastern NC
- 16 USAV National bids earned
- 2 USAV National Championship Top 3 Finishes
- More than 6 MAPL Championships Won
- Multiple Regional Championship Titles
- 30 Alumni competing collegiately





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.





WHY ECJVC? **WE PROVIDE:**

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



WHAT IS CLUB VOLLEYBALL AND WHY PLAY?



Club volleyball gives an athlete the opportunity to play the sport beyond their high school or middle school season. This travel program creates teams based on similar ability, position, and desired level of competition to allow for continued success and the ability to reach an athlete's highest potential.

Those who are interested in playing at the collegiate level must compete at the club level to participate in year-round volleyball, build mental and physical strength in an individual and team setting, and get seen by collegiate recruiters at travel events.

Club volleyball is also offered to those who enjoy the sport, want to build lifelong friendships, and find passion in the competition during practices and at tournaments. Our club strives to offer several competitive levels for athletes ages 18 and under.



ADVANTAGES OF ECVJC

MARTIN FACILITIES

ECJVC is housed at our Martin facilities in Greenville, NC. Our club has two 3-court facilities next door to one another to allow for multiple practices, camps/clinics, private lessons, and tournament hosting.

TRAINING & STRUCTURE ACROSS ALL AGE GROUPS

The success of ECJVC and our athletes starts with early training of mechanics and creating all-skills players. We have built a strong technical manual for our coaches to teach skill cues the same from ages 10 to 18! We have found that developing a sound skill set early with repetition and structure has created phenomenal athletes as they continue through our program.

STRENGTH AND CONDITIONING

ECJVC understands how important training off the volleyball court is to a committed, high-level athlete. Our Premier and National level team practices are 2.5 hours to incorporate strength, jump, endurance, and agility training into practices. All team practices will not only focus on volleyball drills and mechanics on the court but also allow for development of the entire athlete through plyometric training, core strength, muscular endurance, and overall physical and mental improvements. In 2022, ECJVC invested in an additional workout space that houses exercise equipment for all of our athletes. This exciting new addition, our Jack Shack, will build overall strength, flexibility, and agility in preparation for on-court competition!!



ADVANTAGES OF ECVJC

FREE SKILL CLINICS

Those who commit to an ECJVC team at any level will be given the opportunity to participate in additional skill clinics throughout the year. The athlete will be able to work with different ECJVC coaches and other ECJVC athletes who are continuing to improve their mechanics, skill set, and speed with additional repetitions. Athletes attending the clinics will be grouped by ability and age to receive proper instruction necessary for individual athlete focus and improvement.

RECRUITING ASSISTANCE

Executive Director, Kelley Krainiak, is also the Recruiting Coordinator for ECJVC. She has trained and assisted athletes through the recruiting process every year with our program. Any athlete interested in playing at the next level should contact Coach Kelley to begin or continue their recruiting process!

CLUB COHESION

ECJVC is strongly known for its unity and inclusiveness of all athletes and coaches. Teams of similar age/ability work together often during season to cross train with all of our coaches and athletes on other teams. Our directors work tirelessly to help coaches, athletes, and teams improve daily through evaluation, video analysis, and group discussion. Coaches meet often to discuss successful drills, plays, and additional feedback to help everyone continue to develop as a member of a team and our program. Our coaches will know you by name, and you will feel a part of our family!



ECJVC

COMPETITIVE LEVELS

NATIONAL

ECJVC will offer National Level teams for ages 15-18. These teams offer our highest level of competition, participating in many multiday events along the east coast where athletes will be seen by collegiate recruiters. These athletes are expected to be our strongest players, competing against the best in the country. Teams will play through June at the AAU National Championships or the USAV National Championships if a bid is earned. ECJVC currently has almost 30 student-athletes playing at the collegiate level due to the extraordinary National level of club experience they were offered from our program. Practices are two times per week beginning in November with ten weekend tournaments through June 2025. Our 18 National team will compete in six to eight multiday tournaments, completing their season by the end of April.

PREMIER

ECJVC will offer Premier level teams to ages 15-18. These are our strongest athletes that play multiple sports or are unable to commit to the rigorous National Level schedule. This level offers a combination of highly competitive multiday events in and out of state, plus regional level play among the best in North Carolina. Practices are two times per week beginning in November with eight weekend tournaments through April 2025.

ECJVC

COMPETITIVE LEVELS

SELECT

ECJVC plans to offer Select Level teams for ages 15-17. These athletes are some of our top players in the Greenville and surrounding areas who look to progress to even higher levels of competition. They will participate in strong tournaments throughout the NC region with opportunities to compete in a couple multiday events as well. Practices are two times per week beginning in November with eight weekend tournaments through April 2025.

REGIONAL

The Regional Level teams are created for intermediate level athletes ages 16 and under who are looking to build their skill and progress in their volleyball ability beyond the middle and high school season. Each team will be created based on age and ability and will compete in day events within NC plus the Locomotive Challenge. Teams will complete their season at the end of March or early April. Practices are two times per week beginning in November with 6 weekend tournaments.

REGIONAL



ECJVC REGIONAL LEVEL

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15 REGIONAL

Head Coach: Danielle Munoz

Two Team Practices Per Week: Monday & Wednesday 2 Hours
Skills Training & Positional Training: Monthly / Optional

TOURNAMENT SCHEDULE

Regional: January 5th (Location TBD)

Regional: January 25th (Location TBD)

Regional: February 8th (Location TBD)

Regional: February 23rd (Location TBD)

Locomotive Challenge: March 8-9th (Rocky Mount)

Regional Championship: March 22nd (Location TBD)

TRAVEL PLANS: It is up to the family to provide their own travel for in-state tournaments. Families will be provided a hotel block for most out-of-state events.

CLUB FEES: \$1400

Signing Deposit Due August 9th: \$400

Four Monthly Payments (November 1st - February 1st): \$250

PLUS: USAV Membership \$55 (By November 1st)

PLUS: Uniform Package: Two Jerseys / Two Spandex / Two Practice Shirts

CLUB FEES INCLUDE: Tournament registration fees, Head and Assistant Coach compensation plus travel expenses, Officiating Clinic, All practices through season, Club Training Camp, Strength and agility training, Additional Skills and Positional Training, Usage, and fees for two facilities and Equipment, Administrative Costs, Insurance, Business Manager, Website, etc. Housing and travel costs are NOT included.



16 REGIONAL

Coaches: TBD

Two Team Practices Per Week: Monday & Wednesday 2 Hours
Skills Training & Positional Training: Monthly / Optional

TOURNAMENT SCHEDULE

Regional: January 11th (Location TBD)

Regional: February 1st (Location TBD)

Regional: February 16th (Location TBD)

Locomotive Challenge: March 8-9th (Rocky Mount)

Regional: March 15th (Location TBD)

Regional Championship: April 6th (Location TBD)

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Four Monthly Payments (November 1st - February 1st): \$250

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