

2026-27



EAST CAROLINA
JUNIOR VOLLEYBALL CLUB

HIGH SCHOOL

**REGIONAL
PROGRAM GUIDE**

WWW.EASTCAROLINAJVC.COM



Welcome! The 2026-27 season marks 31 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
- 18 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 is committed to developing well-rounded student-athletes by providing high-quality coaching, competitive opportunities, and a supportive team environment. Rooted in our local community, we strive to instill fundamental volleyball skills, sportsmanship, and a strong work ethic in every player. Our mission is to inspire a lifelong love for the game while fostering personal growth, leadership, and resilience both on and off the court. Through dedication, teamwork, and passion for excellence, we empower athletes to reach their highest potential in volleyball and beyond.





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: meetings, sample emails, video, contacts
- Team inclusion/collaboration
 - Like teams working together
- Master style coaching
 - Focus on teamwork, discipline, respect, sportsmanship, resilience, and a growth mindset



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 and 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 multi-day 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 2027. Our 18 National team will compete in six to eight multi-day 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 multi-day 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 2027.

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 multi-day events as well. Practices are two times per week beginning in November with eight weekend tournaments through April 2027.

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 six weekend tournaments.

REGIONAL



ECJVC REGIONAL LEVEL

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15 REGIONAL

Head Coach: TBA

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

TOURNAMENT SCHEDULE

Regional: January 3rd (Location TBD)

Regional: January 23rd (Location TBD)

Regional: February 6th (Location TBD)

Regional: February 21st (Location TBD)

Locomotive Challenge: March 13-14th (Rocky Mount)

Regional Championship: March 20th (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 7th: \$400

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

PLUS: USAV Membership \$60 (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: TBA

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

TOURNAMENT SCHEDULE

Regional: January 9th (Location TBD)

Regional: January 30th (Location TBD)

Regional: February 14th (Location TBD)

Regional: February 27th (Location TBD)

Locomotive Challenge: March 13-14th (Rocky Mount)

Regional Championship: April 3rd (Location TBD)

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Families will be provided a hotel block for most out-of-state events.

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