

**2021-2022**

EAST CAROLINA JUNIOR  
VOLLEYBALL CLUB

[www.eastcarolinajvc.com](http://www.eastcarolinajvc.com)



***EAST CAROLINA***  
**JUNIOR VOLLEYBALL CLUB**

**SELECT PROGRAM GUIDE**



***EAST CAROLINA***  
**JUNIOR VOLLEYBALL CLUB**

**ACCOMPLISHMENTS**

**7 USAV National  
bids earned**

**The Elite program of  
Eastern NC**

**More than 5 MAPL  
Championships Won**

**Multiple Regional  
Championship Titles**

**Over 25 alumni  
competing  
collegiately**

Welcome! The 2021-2022 season marks 27 years that East Carolina Junior Volleyball Club has been open in eastern North Carolina. Our non-profit organization has grown from 2-4 regional travel teams to over 20 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 [FAQ's](#) and don't forget to [REGISTER HERE!](#)



## 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 sound technical knowledge base, skill-set, sportsmanlike conduct, and a love for the game in each player.

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

## WHY ECJVC?

**Quality coaching by knowledgeable staff**

**Challenging inter-regional competition**

**High-level National competition**

**Year-round specialized skills, strength and conditioning clinics**

**Dedicated practice facilities**

**Private instruction**



## **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 a number of competitive levels for athletes ages 18 and under.



## **BENEFITS OF ECJVC**

### **MARTIN FACILITIES**

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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**

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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**

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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.



### **BENEFITS OF ECJVC**

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.

### **FREE SKILL CLINICS**

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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.

### **CLUB COHESION**

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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



## **BENEFITS OF ECJVC**

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!

## **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!



## **ECJVC COMPETITIVE LEVELS**

### **NATIONAL**

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ECJVC will offer National Level teams for ages 13-18. 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 over 25 student-athletes playing at the collegiate level due to the extraordinary National level of club experience they were offered from our program. Practices are 2 times per week after October tryouts with 11 weekend tournaments through June 2022.





## **ECJVC COMPETITIVE LEVELS**

### **PREMIER**

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ECJVC will offer Premier level teams to ages 13-18. 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 2 times per week after October tryouts with 8-9 weekend tournaments through April 2022.

### **SELECT**

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ECJVC plans to offer Select Level teams for ages 12-18. 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 2 times per week after October tryouts with 8-9 weekend tournaments through April 2022.



## **ECJVC COMPETITIVE LEVELS**

### **REGIONAL**

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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 and complete their season in early April. Practices are 1-2 times per week after October tryouts with 6-7 weekend tournaments.

### **DEVELOPMENTAL PROGRAM**

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Our Developmental Program is geared toward the novice athlete with little or no club experience. ECJVC plans to offer this opportunity to girls and boys ages 13 and under. Athletes will focus on building their skill-set and preparing for a future competitive travel season as they gain experience. This season will last from December until March and athletes will participate in two 1-day tournament events in NC plus additional scrimmages at or near our facility.



## **COVID-19 AND THE 2022 SEASON**

### COVID-19 and the 2022 Season

Although we anticipate having a club season with the above program details put in place, the COVID-19 pandemic is still very prevalent in our state and nation. We appreciate your flexibility with practice times and possible tournament updates/changes if necessary throughout the season.

ECJVC has health and safety as our top priority for your child and family. We have very specific protocol put in place to keep our facility and members safe during this unprecedented time. These standards are put together to ensure the safety of our coaches and families while also allowing our athletes to be in the gym to participate in the sport we all love. This protocol will be in effect until further notice.

ECJVC will be following the guidelines listed below:

- Athlete health and safety is our top priority
- Gradually opening back up to spectators
- Temperatures at entry
- Continued disinfecting of high touch areas in the facility
- Plan to follow Pitt County Schools mask guidelines
- Always monitoring the latest news and CDC guidelines
- Appreciate your flexibility as we continue to navigate the pandemic

If someone who has been in our gym contracts the virus, they should communicate this information to our staff members immediately. They will cease participation in our facility for a minimum of 10 days. Others who have participated with the person will be notified and may also have to quarantine.



## **SELECT LEVEL**

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ECJVC plans to offer Select Level teams for ages 12-17. 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 2 times per week after October tryouts with 8-9 weekend tournaments through April 2022.



**Coaches:** Wendie DeHart & TBD

**2 Team Practices Per Week:** Monday & Wednesday 2 Hours

**Skills Training & Positional Training:** 2 Per Month / Optional

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### **TOURNAMENT SCHEDULE:**

City of Oaks: January 15-17th (Raleigh)

Regional: January 23rd (location TBD)

Regional: February 19th (location TBD)

Regional: March 5th (location TBD)

Carolina Cup: March 19-20th (Rocky Mount)

Regional Championship: April 2nd (location TBD)

Big South Qualifier: April 15-17th (Atlanta, GA)

Rocky Mount Grand Prix: April 23-25th (Rocky Mount)

**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 out-of-state events.

### **CLUB FEES: \$2250**

**Signing Deposit Due October 28th: \$500**

5 Monthly Payments (December 1st - April 1st): \$350

PLUS: Uniform Package: 3 Jerseys / 2 Practice Shirts / Warm up

PLUS: USAV Membership \$45 (By November 1st)

**CLUB FEES INCLUDE:** Memberships and 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.



**Coaches:** Laura Jenkins & TBD

**2 Team Practices Per Week:** Monday & Wednesday 2 Hours

**Skills Training & Positional Training:** 2 Per Month / Optional

### **TOURNAMENT SCHEDULE:**

City of Oaks: January 15-17th (Raleigh)

Regional: January 22nd (location TBD)

Regional: February 19th (location TBD)

Regional: March 5th (location TBD)

Carolina Cup: March 19-20th (Rocky Mount)

Regional Championship: April 3rd (location TBD)

Big South Qualifier: April 15-17th (Atlanta, GA)

Rocky Mount Grand Prix: April 23-25th (Rocky Mount)

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**Coaches:** Ashley Spanier & TBD

**2 Team Practices Per Week:** Monday & Wednesday 2 Hours

**Skills Training & Positional Training:** 2 Per Month / Optional

### **TOURNAMENT SCHEDULE:**

Regional: January 8th (location TBD)

City of Oaks: January 15-17th (Raleigh)

Regional: February 12th (location TBD)

Regional: February 26th (location TBD)

Carolina Cup: March 19-20th (Rocky Mount)

Regional Championship: March 27th (location TBD)

Big South Qualifier: April 15-17th (Atlanta, GA)

Rocky Mount Grand Prix: April 23-25th (Rocky Mount)

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**Coaches:** TBD

**2 Team Practices Per Week:** Monday & Wednesday 2 Hours

**Skills Training & Positional Training:** 2 Per Month / Optional

### **TOURNAMENT SCHEDULE:**

Regional: January 9th (location TBD)

City of Oaks: January 15-17th (Raleigh)

Regional: February 12th (location TBD)

Regional: February 27th (location TBD)

Carolina Cup: March 19-20th (Rocky Mount)

Regional Championship: March 26th (location TBD)

Big South Qualifier: April 15-17th (Atlanta, GA)

Rocky Mount Grand Prix: April 23-25th (Rocky Mount)

**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 out-of-state events.

### **CLUB FEES: \$2250**

**Signing Deposit Due November 11th: \$500**

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PLUS: USAV Membership \$45 (By November 1st)

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**Coaches:** Rebecca Jernigan & TBD

**2 Team Practices Per Week:** Monday & Wednesday 2 Hours

**Skills Training & Positional Training:** 2 Per Month / Optional

### **TOURNAMENT SCHEDULE:**

City of Oaks: January 15-17th (Raleigh)

Regional: January 22nd (location TBD)

Regional: February 19th (location TBD)

Regional: March 6th (location TBD)

Carolina Cup: March 19-20th (Rocky Mount)

Regional Championship: April 2nd (location TBD)

Big South Qualifier: April 15-17th (Atlanta, GA)

Rocky Mount Grand Prix: April 23-25th (Rocky Mount)

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