



East Coast Power Volleyball

Why join East Coast Power?

- ▶ Experienced coaches with proven track records
- ▶ Player Development Program focused on whole athlete
- ▶ Experienced and organized club administrators
- ▶ Strong Tournament Schedule
- ▶ Proven College Recruiting program

AND ... WE HAVE MORE FUN!



Our Story

- ▶ ECP was founded by coaches and parents who wanted to create a better club that focused on whole player development and a positive experience for both players and parents.
- ▶ Every player gets better: No “1's” teams. Every team receives same training and opportunity to achieve success.
- ▶ Tough Schedule: We challenge our players of all ages to get better by exposing them to tough competition, even if means fewer wins.
- ▶ Focus on training, skill development, confidence. Winning will follow.
- ▶ Communication: Parents are partners in club volleyball.
- ▶ Whole Athlete: The right volleyball program develops good people on and off the court.



The EC Power Difference

The name may be new, but the people are not

- ▶ Division Lead with extensive coaching and administrative experience
- ▶ Ohio Valley Region club
- ▶ Our gym: 4 courts, divided space
 - ▶ AIR CONDITIONED and heated
 - ▶ Large restrooms and lockers
- ▶ Administrative staff
 - ▶ Our coaches coach, they don't worry about booking hotels or scheduling events
- ▶ Schedules are set early, you can plan your life



ECP Training Plan

10-13s

- Skill development, teamwork, confidence, fun, love of the game, Diocesan/Middle School development

13-14s

- Skill building; High School development, mental game

15s

- Transition year, time management, Varsity goals, preparing for college recruitment (i.e. camps, resume, Combine)

16s-17s

- Focus on college recruiting, reaching full potential (camps, emailing coaches, college visits)

18s

- College Prep!



What Do You Learn When You Play for East Coast Power?

- ▶ Hard work
- ▶ Discipline
- ▶ Confidence
- ▶ Indomitable spirit
- ▶ Fearlessness
- ▶ Passion for game



Player Development Program



East Coast Power Volleyball devotes more resources to individual player development than any other volleyball club in the region.

- ▶ ECP Training Days
- ▶ Technical Director
- ▶ Extra Skills & Specialty Clinics
- ▶ Specialty Coaches
- ▶ Open Gyms
- ▶ Dedicated College Recruiting Staff

Power-Up Whole Athlete Program

- ▶ At East Coast Power we value the development of the whole athlete:
 - ▶ physically, mentally & emotionally.
- ▶ Our Power-Up Whole Athlete Program is designed to support the wellness of our ECP athletes and families.
- ▶ Program is run by Dr. Amy Hummel



Power Up Your Game

▶ Workgroup sessions

- ▶ “The In’s & Outs of Club Volleyball” –Jan
- ▶ “Family Goal Setting in the Recruiting Process” –Jan
- ▶ “Managing the high school transition” –Feb
- ▶ “How to have a conversation with a college coach”-Feb
- ▶ “Stress management in the recruiting process”-March
- ▶ “Paying attention to your mental game”-March
- ▶ “How to fuel your body as an athlete” –April
- ▶ “Decision Making”-April

▶ 1 on 1/Family counseling

- ▶ Mental health is becoming much more important in the world of sports. We want to be the first club on the East Coast to provide accessible care to our athletes & families. Topics that can be covered: anxiety, stress, time-management, trauma, goal-setting, body-image, peer pressure, family-issues, confidence



ECP Parent Support

Communication and logistical support to improve the club experience for our parents.

- ▶ Dedicated and experienced: Travel/Hotel Coordinator, Tournament Schedule Coordinator, Administrative Registrar
- ▶ Parent/player handbook
- ▶ Up-to-date website/social media pages



TEAMS QUALIFIED FOR NATIONALS

EAST COAST POWER

12 TEAMS

18 Royal
18 Sapphire
18 Crystal
17 Steel
17 Granite
16 Empire
16 Delaware
15 Mystic
14 Ocean
13 Sky
12 Periwinkle
12 Denim

2019 Another Record Setting Year!



9 teams to AAUs in
Orlando, Florida!

Success for ECP



17 Steel 3rd at Nationals



15 True win MAPL VA



18 Royal- Gold in USA division at NEQ, Bid earned at Boston Qualifier

ECP's Youngest Teams Experience Success

- ▶ 12U (two teams!), 13U, 14U Teams All Won Bids to USAV Nationals



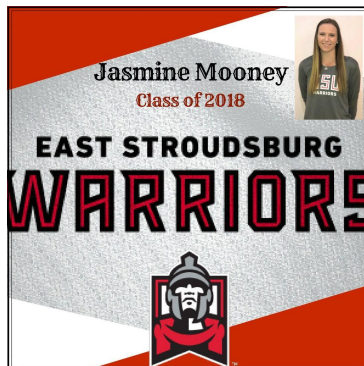
ECP College Recruiting Program



Every high school player who is interested in playing volleyball in college takes part in the ECP College Recruiting Program.

Dedicated Recruiting Staff

- ▶ Emily McCann
- ▶ Roberta McGuiney



The Program

- ▶ College Database Coordinator
- ▶ Online Player Profiles
- ▶ ECP Recruiting Database
- ▶ Local college recruiting connections
- ▶ ECP Match Nights
- ▶ College Visits
- ▶ Northeast Collegiate Volleyball Combine



Online Player Profiles

Laney Pope

ATHLETE INFORMATION

TEAM	UNIFORM #	POSITION	GRADUATION YEAR	COLLEGE COMM
EC Power 17- Cobalt	5	L/DS	2017	No



STATS

HEIGHT	HANDED	STANDING REACH	BLOCK TOUCH	APPROACH TO
5' 9"	Right	7' 6"	9' 1"	9' 3"

ACADEMIC ACHIEVEMENT

GPA: 3.98 unweighted
AAU Academic All-American
SAT/ACT Scores Provided Upon Request
Honors, AP & IB Curriculum
AP English & History: 5
Bronze Medal, National Spanish Exam
INSELE-Madrid Summer Abroad Program Graduate
George School Honor Roll
George School Head of School List
International Baccalaureate Program
Broadcom Masters Science Finalist

CONTACTS

ECP Recruiting
Email: ecpvolleyballrecruiting@gmail.com

Eric Schaefer, Head Coach
Email: es727@cabrini.edu

Laney Pope
Email: LaneyPope2017@gmail.com

DATE	EVENT	STATE
01/16/2016	PVA Invitational 16s - 18s	PA
01/30/2016	2016 Mid-Atlantic Power League - Hampton	VA
02/13/2016	SCVA 30th Annual Las Vegas Classic	NV
02/20/2016	February Frolic Girls 18 Mixed	PA
02/21/2016	ESU 17s Girls Mixed	PA
03/12/2016	2016 Mid-Atlantic Power League-Raleigh	NC
03/25/2016	16 ASICS Northeast Qualifier 2 Philly	PA
04/02/2016	2016 KRVA Bid (12-17) & Club Challenge 12C to 18C	PA
06/19/2016	43rd AAU Girls' Junior National Championship	FL
06/24/2016	2016 USAV Girls' Junior National Championships	IN

VOLLEYBALL EXPERIENCE

VIDEO

4-year Varsity Athlete
8-year Club Athlete
5-year Sand & Grass Doubles Athlete

Club Experience

2016 East Coast Power 17-Cobalt National Team, Top 10% National Ranking, Top 20 finish Las Vegas Classic
2015 East Coast Power 16-Liberty National Team, Top 10% National Ranking, Mid-Atlantic Power League Raleigh Champions, 4th place Disney Orlando Qualifier
2014 East Coast Power 15-True, AAU Nationals, 20th place
2013 Synergy 14 Orange, USAV American Bid
2012 Synergy 13 Orange, USAV National Bid
2011 Synergy 12 Orange, USAV National Bid
2010 PVA Blue 12s

High School

2015
Varsity Junior, Team Captain
Bucks County Courier Times All-Gold Team
OH/DS & Setter
Team Leader, Kills, Digs
2014
Varsity Sophomore, Outside Hitter
Team Leader, Kills, Digs
1st Career Triple-Double (Kills, Digs, Assists)
2013
Varsity Freshman, Outside Hitter
Team Leader Kills, Digs, Aces

Grass & Sand Doubles

2016
Vegas Pursuit Beach Camp, Hermosa Beach, Calif.

2015
1st Place, Point Pleasant Kickoff, Women's A
Quarter-finalist, 16U First Rites, Rehoboth, Beach DE

2014
3rd Place, GAV Juniors Opener, Pt. Pleasant Beach
Quarter-finalist, 18U First Rites, Rehoboth Beach, DE
Quarter-finalist, 16U Volley America Junior National Championships, Seaside Heights Beach

2013
Champions, Pre-Rumble Grass 14U, York, PA
Silver Medal, Norristown Crush Grass 14U
Quarter-finalist, Pottstown Rumble Grass 14U



Congratulations
ECP Class of 2019!

East Coast Power Allegheny

- ▶ Forecasting 1 team each at all ages (12s – 18s) with the possibility of additional teams as warranted
- ▶ Structured coaching to allow for a Master Coaching model
- ▶ COVID planning strategy – being prepared for changes
 - ▶ Training
 - ▶ Tournaments
 - ▶ Tuition



This Weekend: Sunday, 11/15 Tryouts

- ▶ If you cannot attend your session, email us!
- ▶ **15s, 16s, 17s, 18s Offers**
 - ▶ Tues. 11/17: emails start
 - ▶ Wed. 11/25 (9 PM): acceptance deadline
- ▶ **12s, 13s, 14s Offers**
 - ▶ Sun. 11/15: emails sent
 - ▶ 48 hours from timestamp to accept
- ▶ To accept, email us back and then follow the link to register with EC Power

NEXT UP:


2020-21 ALLEGHENY TRYOUTS

AT **COOL SPRINGS**
SPORTS COMPLEX

IN **PITTSBURGH, PA**

12, 13 & 14U: NOV 15 | 12 PM - 2 PM
17 & 18U: NOV. 15 | 12 PM - 2 PM

15U: NOV. 15 | 1 PM - 3 PM
16U: NOV 15. | 4 PM - 6 PM

 **#ECP**
ecpowerallegheny.com

EC POWER

VOLLEYBALL

Questions and Contact Information

- ▶ **Have a question now?** Ask it in the meeting chat
- ▶ We will send out a Q&A afterward
- ▶ Think of something later? Email us

ECPowerAllegheny@gmail.com

