



East Coast Elite Volleyball Club

Is proud to provide a

ECE Practice Team

A Practice Team is a great way to learn and improve upon your volleyball skills and is a wonderful option for dual-sport athletes or for players hoping to just keep their volleyball skills fresh throughout the year.

- Practices are 5 pm to 7 pm most every Monday from the end of November until May.
- Practices will be held at [Washington Grove Elementary School](#) and will be led by an ECE Elite coach.
- The cost will be \$375 for the season.
- The Practice Team will not play in any tournaments.
- We will limit the team to 12-18 players.
- First come, first served registration.

If you are interested in this opportunity, please email us at eastcostelitevolleyball@gmail.com.

Practices begin Monday, November 30. You will need to come to the first practice with:

- Athletic shoes and wear
- Knee Pads
- Water bottle
- CHRVA membership for 15/16 season with indication that East Coast Elite is your club
- [Completed CHRVA Medical Release](#)
- Payment -- checks or cash accepted.

Visit our website at ecevbc.org for more information.