

2021 Summer Classes are 6 weeks long**Session 1: May 17th to June 24th (No classes May 31st)****Session 2: July 5th to Aug 12th****Locations: Suite ONE (2600 Park blvd Ste. 1) and Courtside (333 Speedway Cir Ste 2)**

Thank you for your trust in Tonia Tauke Volleyball for your volleyball training. If you have class questions, please email we-are-one@nebraskaONE.com.

NOTE: You must register (and pay) for the class to be registered. All Grades for fall 2021

CLASS FORMAT:

All classes are capped at the maximum number listed below. Therefore, the only option to “make up” classes are in our specific make up classes offered after class numbers are final (2nd week)

Quick Start (Player max: 12, Coaches: 2): little to no volleyball experience, new to club volleyball, played school or YMCA volleyball in the past. Ready to get started with Nebraska ONE.

Club level (Player max: 10, Coaches: 2): Played Nebraska ONE on a team (club or ONE Z) or played for a different club or developmental club team. **At club level we also offer a Setting only class**

Travel level (Player max: 8, Coach 1): Played on a club team (from any club) that traveled outside of Nebraska or are evaluated by our coaches to be a travel level player. Exhibits strong volleyball skills, athletic ability, and effort. **At travel level we also offer Middles, Setters, and Liberos**

NOTES:

The class must be registered and paid for to complete registration

If classes are full we will start a waiting list to add times.

Players moving to the next level will receive an email invitation the last week of each session.

Players may also attend our class placement evaluation clinics in May, August, and December.

7th-8th Quick Start Session 1 and 2	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175	Tues 430-530p	Suite ONE	Alexa	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Wed 4p-5p **OVERHAND SERVE	Suite ONE	Alexa	

For 2x per week, you must put both class times in your cart to receive your discount. 2x can be split by 2 people in the same family.

7 & 8 th Club Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175 (included for the 2x per week discount)	Serve/Ball Control	Mon 430-530p	Courtside	Abbie	Club level takes your skills to a teamwork level
	Hitting/Jump serving	Mon 530-630p	Courtside	Claire	
	Setting ONLY	Tues 530-630p	Courtside	Michelle Sjuts	Individual setting skills

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Travel Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175 (all included for the 2x per week discount)	Hitting/Jump Serving	Wed 4p-5p	Courtside	Claire	Jump float and jump serve with hitting timing
	Middles Only	Tues 630-730p	Suite ONE	Brian	Specific tips for middle
	Outsides Only	Tues 630-730p	Courtside	Abbie	Specific tips for Outsides
	Setters Only	Tues 430-530p	Courtside	Michelle	Specific tips for Setters
	Liberos Only	Mon 630-730p	Suite ONE	Rachel	Specific tips for liberos
	Freshman Prep	Mon 630p-8	Courtside	Claire	Prep for all things high school
	13s/14s travel prep	Wed 1030-1130a **Begins may 24 th make up dates will be emailed	Courtside	Tonia	Team-like practice for players wanting to be on travel teams

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About your coaches:

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- **Michelle** Sjuts (lynch) is a former husker setter/jump serving specialist. Michelle also has 3 active kids she is our setting specialist and coaches our k-4th kids.
- **Rachel** Culwell (Schwartz) is a former husker and national champion libero. Rachel is a current full time coach for Nebraska ONE and mom of two.
- **Claire** McDermott is a Nebraska ONE alum. And former Pius X player and coach (in the championship days). She currently a high school director for Nebraska ONE and coaching 18 Black, 16 Lime, and 12 Riot.
- **Abbie** Parde is a Nebraska ONE alum and from Geneva. She is currently the assistant coach at Nebraska Wesleyan and coached 18 black and 16 black this club season.
- **Brian** Stutz came to Nebraska from South Carolina where he was a club coach and tournament director. He has a strong passion for the game and it shows with coaching.
- **Alexa** Mustard is a Nebraska ONE alumni, she played through the program 12s on up and has coached ever since (5 plus years). She coached 2 club teams this season and led the ONE Z 5th & 6th graders.
- **Tonia** Tauke is a former husker middle and Nebraska ONE club director.