



14th Annual Fall NVL

Nebraska Volleyball League

August 16th thru October 10th

Players in 2nd-3rd & 4th-6th & 7th-8th

Join a Nebraska ONE team for our fall season club-like program for Lincoln, Omaha, and the surrounding area teams to compete against great competition this fall!

NVL Divisions

NEW: 2nd-5th Grade Train & Play

(players not ready for teams but want to get started)

4th-6th Grade

(motivated 3rd graders welcome to tryout for 4th grade teams)

7th-8th Grade

Tournament Dates for 4th-8th Grade Teams

Sept 12th Elkhorn/Lincoln

Sept 19th Lincoln/Elkhorn

Sept 26th 4v4 style

Oct 3rd Elkhorn/Lincoln

Oct 10th Lincoln/Elkhorn

NOTE: teams are guaranteed 3 matches (6 sets) per tournament

All tournaments start at either 8a or 1p. Sites/Waves are announced 5 days prior

Sites are Spikes, Courtside, Kinetic in Lincoln. Or UBT in Elkhorn.

Tournament for 2nd-5th Train & Play (scroll to end for details/pricing)

Sunday Sept 26th Lincoln or Elkhorn 4v4 style

Nebraska ONE 4th-8th Grade Fall Team Info

- 1 weekly team practice
 - Practice day/time based on player/coach schedule.
 - Practices are held at Suite ONE or Courtside (both near 5th and van dorn)
 - Click google form, to fill your player's availability: https://docs.google.com/forms/d/1Bsf_O-NgtU6g2CsMudiFR8eY6TKCQ6THeM4WCsRMB_s/edit
- 1 Nebraska ONE coach
- 1 Nebraska ONE tshirt
- 4 6v6 tournaments
- 1 4v4 tournament (splitting your team in half) everyone gets to play all the way around. Everyone gets to be setter and serve!
- 8 weekly Kratos work outs per player (45 min each) Aug 16-Oct 10th (6th-8th grade only)
- 6 clinic hours of your choice (there will be a doodle)
- Total Nebraska ONE Fees: \$325 (6th-8th grade) and \$300 (4th-5th grade)
- Jersey: \$38 for players needing solid black. Free size exchanges for life of that jersey
- **All players MUST REGISTER at [www. Nebraska ONE.com](http://www.NebraskaONE.com) "tryouts"**
- Returning players must be registered for tryouts OR "returning player registration"
- Tryouts are optional for returning players. If you don't attend tryouts we will evaluate you based on prior season.
- Questions? Contact tonia@nebraskaone.com.

Tryouts at 333 speedway Cir Ste 2

register online under "tryouts": <https://nebraskaonevolleyball.sportngin.com/register/form/174492348>

Make up dates available. Contact tonia ASAP tonia@nebraskaone.com

Wednesday August 11th

2nd-4th Grade: 5pm

5th-6th grade 6pm

7th Grade: 7:30pm

8th Grade: 9pm

Fee: \$15 per player

Tryout Prep Camp, Courtside 333 Speedway Cir Ste 2

Register online under "camps" <https://www.gomotionapp.com/team/nenov/page/home>

4th-7th grade Club Team Level: July 27th & 28th 12:30p-3p

6th-8th grade Travel Team Level July 27 & 28th 9a-Noon 6th-8th

Fee: \$80 per player

Pre Tryout Clinics at 333 Speedway Cir Ste 2

register online under "clinics": <https://www.gomotionapp.com/team/nenov/page/home>

Coaches are available for questions 15 minutes following each clinic

4th-6th Grade:

July 22nd July 29th 530p-630p

Aug 4th 515p-615p

7th-8th Grade:

July 22nd July 29th 645p-745p

Aug 4th 515p-615p

Fee: \$12 per player per clinic

Nebraska ONE 2nd-5th Grade Train & Play Team Info

- 1 weekly 45 minute practice (day/time will be determined by parents)
- weekly 4v4 games (15 minutes)
 - please fill out google form for practice availability: https://docs.google.com/forms/d/1Bsf_O-NgtU6g2CsMudiFR8eY6TKCQ6THeM4WCsRMB_s/edit
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 1 Sunday 4v4 tournament Sept 26th
- Total Nebraska ONE Fees: \$135

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