



## **Local Club team info (4<sup>th</sup> grade-8<sup>th</sup> grade) Jan to April 2022** (one z & 4v4 info below)

Included in your local club team fees:

- 1 coach
- 1 almost mandatory team practice per week based on your team's schedule
- 12 skills classes Jan-April
- 1 preseason tournament Spikes or Courtside
- 5 one day tournaments in Nebraska
- 1 4v4 tournament
- 1 team t-shirt with player names and numbers on the back
- 1 team bonding event (pending covid restrictions)
- \$25 off coupon for fall session 2 classes Oct 25<sup>th</sup>-Dec 9<sup>th</sup>.

**Club fees** (other payment plans available)

Email [tonia@nebraskaONE](mailto:tonia@nebraskaONE) for pricing details.

### Add ons to your base club fees

Jerseys (see below) & optional warm ups and other optional apparel items

USA volleyball annual membership ([www.gpvb.org](http://www.gpvb.org)) for details

Kratos (volleyball specific work outs) will be an option for an additional fee both Jan-April & Oct-Dec

### Local team Jersey info

For 2022 club season our jersey will be:

- Basic Black Long sleeve from NVL 2021 and Club 2021: (\$38 for new players only)
- NEW: Short sleeved dye sub Lime: (\$38 for all players)
- Size exchanges for returning players are free in BLACK ONLY.

### **Important dates mark your calendars:**

- Oct 20<sup>th</sup> registration deadline
- Sunday Oct 31<sup>st</sup> club open house from Noon-2p
- January 5<sup>th</sup> First week of club practice
- Last week of club practice is prior to your last scheduled tournament
- Tournament schedules are based on your team's individual availability

### **Tryouts for club (4<sup>th</sup>-8<sup>th</sup>) and ONE Z (4<sup>th</sup>-6<sup>th</sup> only)**

***Motivated 3<sup>rd</sup> graders are welcome to tryout for 4<sup>th</sup> grade teams.***

**Wednesday Oct 20<sup>th</sup> at Courtside, 333 Speedway Cir Ste 2 \$20 per player**

4<sup>th</sup>-5<sup>th</sup> grade 4:30p (3<sup>rd</sup> graders playing at 4<sup>th</sup> grade level welcome)

6<sup>th</sup> grade 5:45p

7<sup>th</sup> grade 7p

8<sup>th</sup> grade 8:30p

**Wednesday Oct 27<sup>st</sup> ONE Z Team and 4v4 Tryout ONLY Courtside, 333 Speedway Cir Ste 2: \$20 per player**

4<sup>th</sup>-6<sup>th</sup> grade 6:30p (3<sup>rd</sup> graders playing at 4<sup>th</sup> grade level welcome)

Registration is required online: <http://nebraskaone.com/teams/> Returning NVL 2021 players must register as a returning player but are not required to tryout. It is optional.

### **Optional Tryout Clinics with Parent Q & A** (yes you can attend the meeting 15-20 mins following each free)

Wed Oct 13<sup>th</sup> 4<sup>th</sup>-8<sup>th</sup> grade 6:30-8p . \$15 per player



## **ONE Z teams (4<sup>th</sup> grade-6<sup>th</sup> grade) February to May 2022**

The ONE Z 6v6 teams will attend group instruction on Friday nights in February-March. Mid-March, teams will break into their own practice slots and start competition in YMCA spirit league. There are also 3 pre determined spring NVL tournaments similar to the fall NVL tournaments going on right now.

- 6 Friday night team training classes Feb/March
- 8 team practices March/April
- 3 NVL tournaments (dates TBD)
- 6+YMCA Sunday Games April/May
- 1 Nebraska ONE t-shirt
- 1 Nebraska ONE Black jersey\*\*\*
- 1 team coach
- 7 - 8 teammates

**Player fee:** email [tonia@nebraskaone.com](mailto:tonia@nebraskaone.com) for pricing details

\*\*Players who already have a black long sleeve jersey (Free black jersey exchanges) will receive a \$25 credit for Nebraska ONE apparel items (warm ups, back packs, etc).

\*\*Players responsible for the YMCA Spirt fee, must register online at YMCA website.

### **Important dates mark your calendars:**

- Oct 27<sup>nd</sup> registration deadline
- Oct 31<sup>st</sup> apparel orders/try on only Noon-2p
- Mid Feb first practice for ONE Z group sessions
- Last practice the week before your YMCA game (May)



## **2<sup>nd</sup>-5<sup>th</sup> Grade 4v4 Train & Play Oct-Dec 2021, Jan-Feb 2022, March-April 2022**

- 1 weekly 45 minute practice
  - weekly 4v4 games (15 minutes)
  - \$25 off coupon to add a 1 weekly class to perfect skills
  - 1 Nebraska ONE t-shirt
  - 1 4v4 Tournament Each Session:
  - No tryouts register for each session of Train & Play at [www.nebraskone.com](http://www.nebraskone.com) under classes
- Session Fee \$135

Oct 25<sup>th</sup>- Dec 9<sup>th</sup>: Tournament Date Sunday Nov 14<sup>th</sup>  
2<sup>nd</sup>-3<sup>rd</sup> grade Mondays 630p-730p  
4<sup>th</sup>-5<sup>th</sup> grade Fridays 5p-6p

Jan 10<sup>th</sup> -Feb 25<sup>th</sup> Tournament Date: TBD  
2<sup>nd</sup>-3<sup>rd</sup> grade Tuesdays 630p-730p or Fridays 430-530p  
4<sup>th</sup>-5<sup>th</sup> grade Wednesdays 5p-6p or Fridays 530p-630p

Feb 28- Apr 22 (off LPS spring break March 14-18) Tournament Date: TBD  
2<sup>nd</sup>-3<sup>rd</sup> grade Tuesdays 630p-730p  
4<sup>th</sup>-5<sup>th</sup> grade Wednesdays 5p-6p