

2022 Summer Classes are 6 weeks long

Session 1: May 16th to June 24th (No classes May 30st)

Session 2: June 27 to Aug 12th (No classes June 30 to July 5th)

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 2022

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.

7 th -8 th Quick Start Session 1 and 2	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175	Mon 5-6p	Suite ONE	Rachel	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Tue 430-530p	Suite ONE	Callie	

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	Holly	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)	Middles Only	Tues 630-730p	Suite ONE	Brian	Specific tips for middle
	Outsides Only	Tues 630-730p	Courtside	Holly	Specific tips for Outsides
	Setters Only	Tues 430-530p	Courtside	Michelle	Specific tips for Setters
	Liberos Only	Mon 7-8p	Suite ONE	Rachel	Specific tips for liberos
	Freshman Prep	Mon 630p-8	Courtside	Claire & Holly	Prep for all things high school
ADD Kratos for \$80	Work out training	Mondays 530p-615p	Courtside	Kratos	Jump higher, be faster, Use your core!
**Special dates June 1 to July 27 9 weeks for \$215	13s/14s travel 1 hour Front row focus. 45 mins kratos	Wed 1030-1230a Kratos first class 1130-1230	Courtside	Holly	High level skill detail for front row focus.
**Special dates June 1 to July 27 9 weeks for \$215 DO BOTH VB classes for \$345	13s/14s travel 1 hour back row focus 45 mins kratos	Wed 1230 to 230p class 1230p Kratos 145p	Courtside	Holly	High level skill detail for back row focus

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.

About your coaches:

- **Michelle** Sjuts (lynch) is a former husker setter/jump serving specialist. Michelle also has 3 active kids she is our setting specialist.
- **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.
- **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.
- **Callie** Kohl is a Nebraska ONE alumni, she played through the program 14s on up on a team that went to nationals at least twice. She went on to play at Nebraska Wesleyan and coaches Nebraska ONE club teams 11 Flames and 14 Kasai.
- **Holly** Ochsner is a Nebraska ONE and Nebraska Premier Alumni. Volleyball is her passion especially the attention to skill detail. She coaches Nebraska ONE classes and coaches Nebraska ONE 14 Black