

# 2022 Summer Camps

**Head Coaches:** Claire McDermott, Katelynn Seitz, Tonia Tauke, Rachel Culwell, Holly Ochsner  
Coaches may be requested, other coaches also available upon request

**Location:** Courtside (333 Speedway Cir Ste 2)

## Team Camp

(register via email as a team starting April 15<sup>th</sup> until full)

### Volleyball is a team sport come to camp as team!

- Teams of any age/grade/skill level can choose any **2 consecutive** days below.
- Team Camp is \$80 per player
- Pricing for 8-12 players (more or less? call for quote)
- Team Camp will cover:
  - complete skill detail (requests welcome) with an emphasis on teamwork
  - your next level of rotations, serve receive, transition, and free ball plays
  - importance of team communication and information sharing
- To reserve your team camp, please email: [tonia@nebraskaone.com](mailto:tonia@nebraskaone.com)

### Pick 2 days for team camp from 9-Noon

May 30<sup>th</sup>-June 3<sup>rd</sup>

July 11<sup>th</sup>-15<sup>th</sup>

June 6<sup>th</sup>-10<sup>th</sup>

July 18<sup>th</sup>-22<sup>nd</sup>

June 13<sup>th</sup>-17<sup>th</sup>

July 25<sup>th</sup>-29<sup>th</sup>

June 20<sup>th</sup> -24<sup>th</sup>

## Individual Camps

(register as an individual starting April 15<sup>th</sup> online at [www.NebraskaONE.com](http://www.NebraskaONE.com))

- Individual camp is \$80 per player for 2 day. \$25 for 1 day.
- Register online at [www.NebraskaONE.com](http://www.NebraskaONE.com)

**Club Prep 4<sup>th</sup>-7<sup>th</sup> Grade: July 27<sup>th</sup> -28<sup>th</sup> 1230p-3p**

Club Prep covers advanced skills required for fall teams right before tryouts.

**Travel Prep 6<sup>th</sup>-8<sup>th</sup> Grade: July 27<sup>th</sup>-28<sup>th</sup> 9a-noon**

Travel prep covers skills, communication, anticipation it takes to be successful at the travel level.

**Jump Serving 5<sup>th</sup>-7<sup>th</sup> Grade: June 16<sup>th</sup> OR July 11<sup>th</sup> 10-noon**  
(jump float and top spin)

**All Hitting skills 5<sup>th</sup>-7<sup>th</sup> Grade: June 16<sup>th</sup> OR July 11<sup>th</sup> 1230-230p**

**Calling all Setters 5<sup>th</sup>-7<sup>th</sup> Grade: June 20 OR July 18 1230-230p**

**Passing/Defense 5<sup>th</sup>-7<sup>th</sup> Grade: June 20 OR July 18 10a-Noon**