

Nebraska ONE High School Club Team Information 2023

Like every year, Nebraska ONE looks to make teams around our returning players at 15s-18s. Every high school player must attend a tryout, we feel as coaches this helps to evaluate the girls at their current skill level and correctly place girls on teams not only based on skill level, but commitment level, communication skills, and effort! We had high school teams qualify for USAV nationals in Indianapolis & Phoenix this past season and know that teams are motivated to get back to Nationals this season! Excited to see what this season brings!

Our team selection timeline for Nebraska ONE is as follows:

You must register for the timeslot corresponding with player age.

Registration is OPEN until the day of tryouts. *Walk-ins Welcome.

To Register:

ALL PLAYERS MUST ATTEND TRYOUTS

REGISTER HERE: <https://nebraskaonevolleyball.sportngin.com/register/form/744449980>

If you are unable to attend tryouts email katelynn@nebraskaone.com to schedule a 1-1 tryout. Your 1-1 tryout must be complete PRIOR to November 6th, teams will be decided November 6th!

Tryouts:

- November 6th:
 - 15s 9am
 - 16s 11am
 - 17-18s 1p
- \$20 per player
- Pre-Tryout Clinics: Monday Oct 24th 7:30-9p Wednesday October 26th 7:30-9p Tuesday November 1st 7:30-9p \$15 per session**player must be done with their high school season to attend. Register here: [Program Detail \(gomotionapp.com\)](#)
- Teams are announced Nov. 6th at tryouts and deposit is due at that time to accept your team spot **alternate payment plans available email katelynn@nebraskaone.com to set up
- Nov 9th & 13th team meetings (time TBD)
- Team meetings will include apparel sizing, discuss travel schedule, and all paperwork , and post-dated checks for any travel tournaments your team decides on are due. We will also have a rep from Hudl, Ecell, and our nutritionist Brooke Smith there to go over what they will be providing our club with this season.

Practice Player Option:

- Cost: \$400
- Receive long sleeve team shirt
- Attend local tournaments that teams need a player for or be added to travel roster *travel cost not included
- This price includes practices and position training

Travel info for the 2023 Nebraska ONE travel teams, , We feel our club season should be anchored by our favorite tournaments and what our parents, players, and coaches have annually enjoyed the most about club season with Nebraska ONE!

2023 travel tournament options:

**NOTE: LPS spring break is March 13th-17th Easter is April 9th

*Your team decides on 1-3 options

Kansas City MLK Qualifier:

January 14th-16th (18s)

Northern Lights Thaw-Minneapolis:

Jan 27th-29th (17s & 18s)

President's Day (Omaha):

February 18th-20th (12s-18s)

Denver: AAU Grand Prix Qualifier

March 4th-6th

Mideast Qualifier:

March 17th-19th 16s-18s in Indianapolis

March 31st-April 2nd 15s in St. Louis

Minneapolis

March 24th-26th (15s-16s) (17s-18s Non-qualifier)

Kansas City:

April 1st-3rd (15 Open, 15 USA, 16s-17s)

April 7th-9th (15 American, 15 Liberty, 18s non-qualifier)

Chicago:

April 7th-9th

Dallas:

April 7th-9th (15s American)

April 14th-16th (15 Open/USA/Liberty 16s-17s)

AAU Grand Prix Qualifier April 22nd-23rd in Lincoln

Region BID tournament April 30th

Nebraska ONE high school teams can expect for 2023

6 local tournaments in Nebraska (dates TBD by parents/coach)

1 Region bid Tournament to nationals in Nebraska (if applicable, no refunds)

1-3 travel tournaments decided on by coaches/parents* extra cost

1 mandatory weekday practice Jan-April

1 mandatory weekend practice Jan-April

1 weekday position specific college coach nights Jan-April

6 pre-season position trainings Nov/Dec

Kratos Workouts

5-6 Optional Saturday morning clinics dates TBD

Recruiting assistance **additional cost

Club Dues Per Player: \$1250

Proposed payment plan Nov: \$300 Jan: \$350 Feb \$300 March \$300. *Contact for additional payment options

Additional Costs:

- President's Day: \$190 (includes short sleeve jersey)
- Apparel Package
- Travel tournaments: \$250 per tournament
- Top travel teams will have an additional fee for hudl, nutrition, and an additional weekly practice