

2023 Winter Classes are 6 weeks long**Session 1: Jan 16th-Feb 24th****Session 2: Feb 27th -April 14th (No classes March 13-17 for LPS spring break)****Locations: Suite ONE** (2600 Park blvd Ste. 1) and **Courtside** (333 Speedway Cir Ste 2)If you have class questions, please email we-are-one@nebraskaONE.com.**NOTE: You must register (and pay) for the class to be registered. Make up classes available**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 club level on a team or played for a different club or developmental club team

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 430-530p	Suite ONE	Callie Kohl	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Wed 5-6p	Courtside	Callie Kohl	

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 th -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 (setting included for the 2x per week discount)	Hitting/Jump serve	Wed 530-630p	Suite ONE	Claire McDermott	Footwork, Jump, Timing, Transition, Power
	Ball Control Serve/Pass	Wed 630-730p	Suite ONE	Claire McDermott	Secrets to Serve and pass to wins games.
	Liberos	Mon 630-730p	Suite ONE	Callie Kohl	Individual back row skills
	Setting	Mon 630-730p	Suite ONE	Michelle Sjuts	Individual Setting skills

NOTE: For our 13s and 14s please select the skills you would like to work on in a competitive setting. We will design kratos times so you can take a class and go to kratos.

Team classes	Day/Time	Location	Head Coach
13 Titanium, Attack & 14 Black, Crossfire, Onyx, Dynamite, Vortex			
Liberos	Thur 630-730p	Courtside	Claire McDermott
Setters	Thur 630-730p	Courtside	Michelle Sjuts
Middles (blocking/transition)	Thur 530-630p	Courtside	Tonia Tauke
Outsides	Mon 530-630p	Courtside	Claire McDermott

14 Mustangs, Dominators, Blazers, Shockwave, Dominators, & 13 Riot			
Setters & Liberos	Tue 630-730p	Courtside	Rachel Culwell & Holly Ochsner
All Hitters	Tue 530-630p	Courtside	Holly Oschner & Jaime Renshaw
13 Turbo	Mon 430-530	Courtside	Claire McDermott

Club team players receive 2 free class sessions. Coupon code will be emailed to you. Coupon code can be used for any 2 class sessions listed. Not just team class. Any call

About your coaches:

- **Tonia** Tauke is a former husker middle, mom of 2, and Nebraska ONE club director
- **Rachel** Culwell (Schwartz) is a former husker libero, and national champion and mom of 2.
- **Michelle** Sjuts is a former husker setter/jump server, and national champion and mom of 3.
- **Claire** McDermott is a former Nebraska ONE player and plus state champion player and coach. Claire is also a high school director for Nebraska ONE.
- **Callie** Kohl is a former Nebraska ONE player and then went on to play at Nebraska Wesleyan. She received her degree in sports management and is our event coordinator at Nebraska ONE. She also coaches 2 club teams 11s and 15s.
- **Holly** Ochsner is a former Nebraska ONE player that continued her playing career at premier. She brings the next level of skill detail to our players and has made a big impact since she started last season.