

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

NEW CLASS:

"The Real Bro's" (brothers) Boys class 2nd-5th grade: Wed 5-6p Courtside

All skills classes 6 weeks \$72.

K-2nd Grade Mon 530p-630p coach Callie at SUITE ONE

2nd-3rd Grade Mon 530p-630p coach Michelle Sjuts at Suite ONE or Tues 430p-530p Holly at Courtside

All skills classes 6 weeks \$84.

3rd-4th Grade Mon 430p-530p coach Callie at Suite ONE or Tues 430-530p Holly at Courtside

Team 3rd/4th grade (ONE Z)—Playing on a team this fall. Expanding on the basics of overhand serve and pass-set-hit. Mon 430-530p coach Claire at Courtside

About your coaches:

- **Michelle** Sjuts is a former Husker volleyball player, and currently an assistant coach at back to back state champions: Lincoln Lutheran. Michelle has been coaching Nebraska ONE since 2003 with some time away to start her family. She's a great teacher of skills especially setting.
- **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.