

2023 4v4 Summer League & Tournaments

Play real volleyball, play every position, play all the way around, play great competition! It's a 4v4 league or tournament for players only! Coaches optional! It is the players' chance to take all the skills they've worked so hard on and just play volleyball! It's a great league to work on that jump serve and play EVERY position! Get a 4v4 team together and sign up today!

Divisions (grades for fall 2023)

Pink: 3rd - 4th grade (lite ball)

Lime: 5th - 6th grade (lite ball)

Black: 7th - 8th grade (heavy ball)

Travel: 7th - 8th grade travel level

National: 9th - 11th grade

NEW for 2023: 4v4 Tournaments

We are adding 4v4 tournaments to the Summer 4v4 schedule. Tournaments are located at Kinetic, 150 SW 14 Pl, Lincoln. Details will be coming soon.

Tournament Dates

All tournaments are on Fridays during the day
TBD

League Info

All league dates are 4 weeks consecutively on **Wednesdays**. League Matches start at 4:30pm and end at approx 9:40pm. (Requests will be honored when possible). Locations: Courtside (333 Speedway Circle ste 2) or Suite ONE (2600 Park Blvd Ste 1).

Session 1 May 10th-31st

Session 2: June 7th -28th

Session 3: July 12th -Aug 2nd

League Fees

Single match per day: \$50 per player per session

Double match per day: \$85 per player per session

**you select this option at check out (single or double match)

Optional Team Practice/Small group lesson

(for registered 4v4 teams only)

1 hour practice/lesson to be scheduled through we-are-one@nebraskaone.com

2x during summer break: \$35 per player

5x during summer break: \$75 per player

**Select which option at check out 2x or 5x

FREE 4v4 Practice Tuesday May 9th at courtside

5pm 3rd-5th grade

630pm 6th-8th grade

4v4 Info

- Up officials will be provided. Teams need to provide 1 line judge
- Warm up balls and carts also provided
- A minimum of 4 teams per session
- Teams play at least 4 matches per session
- Option to sign up for double header matches per night
- **Minimum of 5 players** per team registered for 4v4
- Players rotate like rec ball (server rotates out and comes in next rotation)
- Winning teams after round robin results will receive prizes
- No numbers or jerseys required but jerseys or similar outfits recommended
- Fun team cheers and fun team names recommended

Registration

All **individual players** must be registered for the first date of the month playing, or the tournament date you plan on playing.

Register at www.NebraskaONE.com. Click CLASSES. Select SUMMER. Click 4v4.

Finalize your TEAM registration by emailing: tonia@nebraskaone.com the following:

Team name:

Division:

5 player names on the team:

What session? May, June, or July, or multiple?

1 match per night (\$50) or 2 matches per night (\$85).

Registration deadline: 10 days prior to 1st date of your session or until full!

Your schedule will be emailed out 1 week prior to the start of each session.