



16th Annual Fall NVL

Nebraska Volleyball League

August 14th thru October 8th

Players in 2nd-3rd & 4th-6th & 7th-8th

Join a Nebraska ONE team for our fall season club-like program for Lincoln, Omaha, and the surrounding area teams to compete against great competition this fall!

Register Here: <https://nebraskaonevolleyball.sportngin.com/register/form/499083966>

NVL Divisions

7th-8th Grade

4th-6th Grade

(motivated 3rd graders welcome to tryout for 4th grade teams)

2nd-6th Grade Train & Play 4v4

(players not ready for teams but want to get started)

Tournament Dates for 4th-8th Grade Teams

Sept 10th Elkhorn/Lincoln

Sept 17th Lincoln/Elkhorn

Sept 23rd 4v4 style (4th-6th grade)

Sept 24th 4v4 style (7th-8th grade)

Oct 1st Elkhorn/Lincoln

Oct 8th Lincoln/Elkhorn

NOTE: teams are guaranteed 3 matches (6 sets) per tournament

All tournaments start at either 8a or 1p. Sites/Waves are announced 5 days prior

Sites are Spikes, Courtside, Kinetic in Lincoln. Or UBT in Elkhorn.

Tournament for 2nd-6th Train & Play (scroll to end for details/pricing)

Saturday Sept 23rd Lincoln

Saturday Oct 7th Lincoln

Nebraska ONE 4th-8th Grade Fall Team Info

- 1 weekly team practice
 - Practice day/time based on player/coach schedule.
 - Practices are held at Suite ONE or Courtside (both near 5th and van dorn)
 - Click google form, to fill your player's availability: <https://forms.gle/1a3r43HHT3jQ8ry49>
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 4 6v6 tournaments
- 1 4v4 tournament (splitting your team in half) everyone gets to play all the way around. Everyone gets to be setter and serve!
- 8 weekly Kratos work outs per player (45 min each) Aug 16-Oct 10th (6th-8th grade only)
- 6 clinic hours of your choice (there will be a survey)
- Total Nebraska ONE Fees: \$355 (6th-8th grade) and \$305 (4th-5th grade)
- Jersey: \$38 for players needing solid black. Free size exchanges for life of that jersey
- **All players MUST REGISTER at [www. Nebraska ONE.com](http://www.NebraskaONE.com) "tryouts"**
- Direct link to tryouts in SPORTS ENGINE: <https://nebraskaonevolleyball.sportngin.com/register/form/499083966>
- Returning players must be registered for tryouts OR "returning player (no tryouts)"
- Tryouts are optional for returning players. If you don't attend tryouts we will evaluate you based on prior season.
- Questions? Contact tonia@nebraskaone.com.

Tryouts at 333 speedway Cir Ste 2

register online under "tryouts":

Make up dates available. Contact tonia ASAP tonia@nebraskaone.com

Wed August 9th

2nd-4th grade: 4:30pm

5th-6th grade 6pm

7th-8th grade: 7:30pm

Thur August 10th

2nd-4th grade: 4:30pm

5th-6th grade: 6pm

7th-8th grade: 7:30pm

Tryout Fee: \$15 per player

Tryout Prep Summer Camp, Courtside 333 Speedway Cir Ste 2

Register online under "Summer Camps" <https://www.gomotionapp.com/team/nenov/page/home>

Local Team 4th-7th Grade Aug 7th & 8th noon-2p

Travel Team 6-8th grade Aug 7th & 8th 9-11:30am

Fee: \$80 per player

Pre Tryout Clinics at 333 Speedway Cir Ste 2

Direct link to register: <https://www.gomotionapp.com/team/nenov/page/home>

Coaches are available for questions 15 minutes following each clinic

2nd-4th Grade:

Aug 3rd 530p-630p

5th-8th Grade:

Aug 3rd 645p-745p

Fee: \$15 per player per clinic

Nebraska ONE 2nd-6th Grade Train & Play Team Info

- 1 weekly 45 minute practice (day/time will be determined by parents)
- weekly 4v4 games (15 minutes)
 - please fill out google form for practice availability: <https://forms.gle/1a3r43HHT3jQ8ry49>
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 2 Saturday tournaments
- Total Nebraska ONE Fees: \$175
- NOTE: We do have players tryout as we break girls into 2 practice groups based on ability.

All players MUST REGISTER at www.NebraskaONE.com "tryouts"

Direct link to tryouts in SPORTS ENGINE: <https://nebraskaonevolleyball.sportngin.com/register/form/499083966>