

## 2023 Fall Classes

**Session 1: Sept 11<sup>th</sup> to Oct 13<sup>th</sup>**

**Session 2: Oct 24<sup>th</sup> to Dec 1<sup>st</sup> (No classes Oct 31 & Nov 22-24 for thanksgiving)**

**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](mailto:we-are-one@nebraskaONE.com).

### CLASS FORMAT:

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 (2<sup>nd</sup> 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.

**Team level (Player max: 10, Coaches: 2):** Played Nebraska ONE on a team (club or ONE Z) or played for a different club or developmental club team. **At team level we also offer a Setting only class**

**Travel level (Player max: 8, Coach 1):** Played on a club team (from any club) that traveled outside of Nebraska or are evaluated by our coaches to be a travel level player. Exhibits strong volleyball skills, athletic ability, and effort. **At travel level we also offer Middles, Setters, and Liberos**

### NOTES:

**Grade level is what grade players will be in FALL 2023**

The class must be registered and paid for to complete registration

If classes are full we will start a waiting list to add times.

5 <sup>th</sup> & 6 <sup>th</sup> Quick Start Session 1 and 2	Day/Time	Location	Coaches	Class Focus
Per session price: 1x per week \$102 2x Per week \$175	Mon 430-530p	Courtside	Katelynn	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Wed 430-530p	Courtside	Callie	

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.

5 <sup>th</sup> & 6 <sup>th</sup> Team Level Session 1 and 2	Class	Day/Time	Location	Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175 (setting included for the 2x per week discount)	Serve/Pass	Tues 630-730p	Courtside	Callie	Angle passing & serving for points
	Hitting/jump serving	Wed 530-630p	Courtside	Marriah	Hitting timing and jump and jump float serve
	Libero ONLY	Mon 530-630p	Courtside	Callie	Individual defense and passing
	Setting ONLY	Mon 530-630p	Courtside	Katelynn	Individual setting skills

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<b>Travel Level Session 1 and 2</b>	<b>Class</b>	<b>Day/Time</b>	<b>Location</b>	<b>Head Coach</b>	<b>Class Focus</b>
1x per week \$102	Rainbows	Wed 730-830p	Courtside	Callie/Rachel	All positions broke out skill work
2x Per week \$175	Hitting/Blocking	Thur 630-730p	Courtside	Tonia	Advanced skills for middles

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.

**About your coaches:**

**Rachel** (Schwartz) Culwell is a former husker and national champion libero. Rachel is a current full time coach for Nebraska ONE and mom of two.

**Callie** Kohl is a former Nebraska ONE, SW high school and Nebraska Wesleyan Player. Callie also has a degree in sports management and this summer she came on full time with Nebraska ONE.

**Tonia** Tauke is a former Husker middle and club director for Nebraska ONE mom of 2.

**Katelynn** Seitz is the Nebraska ONE high school director and assistant club director of Nebraska ONE.

**Marriah** Buss is a former Nebraska ONE player, played college volleyball at UNO and is now coaching classes with us.