



Local Club team info (3rd grade-8th grade) Jan to April 2024 (one z info below)

Included in your local club team fees:

- 1 coach
- 1 almost mandatory team practice per week based on your team's schedule
- 12 skills classes Jan-April
- 5-6 one day tournaments in Nebraska
- 1 4v4 tournament January 21st
- 1 team t-shirt with player names and numbers on the back
- 1 team bonding event (Christmas Party week of Dec 12th)

Club fees (email tonia@nebraksaone.com)

Important dates mark your calendars:

- Register by Oct 19th
- MEETING--Oct 29th 7-830p Jerseys/Apparel/Deposits
- January 8th First week of club practice
- Last week of club practice is prior to your last scheduled tournament (in April)
- Tournament schedules are based on your team's individual availability

Tryouts for club (3rd-8th) and ONE Z (3rd-6th only)

Registration is required online: <https://nebraskaonevolleyball.sportngin.com/register/form/272490005> Returning NVL 2023 players must register as a returning player but are not required to tryout. It is optional.

Wednesday October 18th at Courtside, 333 Speedway Cir Ste 2 \$20 per player

3rd & 4th Grade 430p

5th & 6th grade 6p

7th & 8th grade Tryouts 730p

Thursday October 19th at Courtside, 333 Speedway Cir Ste 2 \$20 per player

3rd & 4th Grade 430p

5th & 6th grade 6p

7th-8th grade Tryouts 730p

Pre-Tryout Clinics (make up tryouts) 333 speedway cir ste 2

Coaches will be available for questions

\$15 per player

Register: [Nebraska One Volleyball Training Home \(gomotionapp.com\)](https://gomotionapp.com)

3rd & 4th Grade: Mon Oct 16 5p-6p

5th & 6th Grade: Mon Oct 16 615p-715p

7th & 8th Grade: Mon Oct 16 Oct 17 730p-830p

Small groups and private lessons are also available under that registration link.



ONE Z teams (3rd grade-6th grade) January/February & March/April

ONE Z is the perfect step to be club ready the following year with a combination of 4v4 and 6v6. This program starts in January and ends in APRIL with 2 sessions for those of you would rather wait until basketball season is over or be done before soccer season begins.

The 2 sessions consist of team practices and 4v4 in Jan/Feb and team practices and 6v6 in March/April

Session 1: Jan/Feb

- 1 team practice on Fridays beginning Jan 12th.
- Teams will play 4v4 on Saturdays Jan-20, 27, Feb 3, 10, 24

Session 2: March/April

- 1 team practice on Fridays through the final tournament date
- 3 6v6 tournaments March 23, April 13, April 27

Players also receive

- 1 Nebraska ONE t-shirt

Player fees: email tonia@nebraksaone.com

Important dates mark your calendars:

- Oct 19th registration deadline
- Oct 29th 6p-7p apparel/jersey/deposit
- Jan 12th Session 1 first practice
- March 8th Session 2 first practice
- Last practice the week before your last tournament

Same Tryout info as club (above)