

2023 Fall Classes

Session 2: Oct 24th to Dec 1st (No classes Oct 31, Nov 1-2 for State & Nov 22-24 for thanksgiving, Make-up classes will be Dec 6th & 7th)

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. All Grades for fall 2023

Our focus for this age is overhand serve and pass set hit. We pride ourselves on young players receiving the detailed information to make correct body movements for volleyball skills now. So when they get older, faster, bigger, stronger, they are still doing the skills correctly. Just more precise and powerful!

All classes \$72. Session 1 or session 2.

Ages 4-5 (pre K-K) all skills

Mondays 5p-6p Suite ONE coach Rachel

Ages 6-7 (1st-2nd) all skills

Mondays 5-6p Suite ONE coach Rachel

Ages 7-8 (2nd-3rd grade)** all skills

Thursdays 530-630p Courtside coach Tonia

All classes \$84. Session 1 or session 2.

3rd -4th grade** all skills

Tuesdays 430-530p Courtside Coach Callie

TEAM LEVEL 3rd/4th grade played or planning to play on a team this winter

Players at this level knows the basics of overhand serve and pass-set-hit.

Liberos (serve and pass) Mondays 530-630p Courtside coach Callie

Setting Mondays 530p Courtside coach Katelynn

Session 2 only All skills Wednesdays 630-730p Suite ONE

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.