

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.

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 (2nd 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 th & 6 th 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	
	Thurs 430-530p	Courtside	Tonia	This is for ANY player that cannot overhand serve behind the serve line

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 th & 6 th 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)	Outsides	Tues 630-730p	Courtside	Callie	Outsides work on front row and back row play. Hitting timing and jump and jump float serve
	Hitting/jump serving	Wed 530-630p	Courtside	Marriah	
	Libero ONLY	Tues 530-630p	Courtside	Katelynn	Individual defense and passing
	Setting ONLY	Tues 530-630p	Courtside	Callie	Individual setting skills

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Travel Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
1x per week \$102	Rainbows	Wed 630-730p	Courtside	Callie/Rachel	All positions broke out skill work
2x Per week \$175	Hitting/Blocking	Thur 630-730p	Courtside	Tonia	Advanced skills for middles
	Setters	Tues 530-630p	Courtside	Callie	Advanced skills for setters
	Liberos	Tues 530-630	Suite ONE	Marriah	Advanced skills for liberos

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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.