

**2024 Winter Classes are 6 weeks long**

**Session 1: Jan 15<sup>th</sup>-Feb 26<sup>th</sup> (no class Mon Feb 19<sup>th</sup>)**

**Session 2: Feb 27<sup>th</sup> -April 8<sup>th</sup>**

**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).

**NOTE: You must register (and pay) for the class to be registered. Make up classes available**

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.

**Club 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 club level we also offer a Setting only class**

**NOTES:**

The class must be registered and paid for to complete registration  
If classes are full, email us and 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	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175	Mon 430-530p	Suite ONE	Rachel Culwell	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Thur 430-530p	Suite ONE	Tonia Tauke	

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> Club Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$102 2x Per week \$175 (setting included for the 2x per week discount)	Hitting/Jump serve	Wed 530-630p	Suite ONE	Callie Kohl	Must have overhand serve down
	Overhand Serve	Thur 430-530p	Suite ONE	Tonia Tauke	Individual Hitting Skills
	Liberos	Mon 630-730p	Suite ONE	Rachel Culwell	Individual back row skills
	Setting	Mon 630-730p	Suite ONE	Jenna Jones	Individual setting skills

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.

**NOTE: Team classes are ALL SKILLS.** Teams are grouped with other compatible teams to make good classes for each level of teams we have. Per session price: 1x per week \$102 2x Per week \$175

Team Class	Day/Time	Location	Head Coach

ONE Z (\$84 in addition to ONE Z dues)	Mon 430-530p Wed 5p-6p	Courtside Courtside	Katelynn Seitz Katelynn Seitz
All 11s-12s Local teams	Mon 430-530p Wed 430-530p	Courtside Suite ONE	Callie Kohl Callie Kohl
11-12 Travel teams	Thur 430-530p	Courtside	Michelle Sjuts & Jenna Jones

**About your coaches:**

- **Tonia** Tauke is a former husker middle, Nebraska ONE club director
- **Rachel** Culwell (Schwartz) is a former husker libero, and national champion
- **Michelle** Sjuts is a former husker setter/jump server, and national champion, current assistant coach at Lincoln Lutheran (3 time state champs).
- **Katelynn** Seitz is a former Waverly high school coach and current Nebraska ONE high school director
- **Callie** Kohl is a former Nebraska ONE player and then went on to play at Nebraska Wesleyan. She received her degree in sports management and is our event coordinator at Nebraska ONE.
- **Jenna** Jones is a former all American setter, went on to coach in college and is back for the 2024 season
- **Keri** Leimbach is a current Nebraska ONE player and current Husker commit. 3 time state champion with Lincoln Lutheran