

2024 Winter Classes are 6 weeks long

Session 1: Jan 15th-Feb 26th (no class Mon Feb 19th)

Session 2: Feb 27th -April 8th

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. 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 (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.

Club level (Player max: 10, Coaches: 2): Played club level on a team or played for a different club or developmental club team

7 th -8 th 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	Jenna Jones	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.

7 th -8 th Club Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
	Overhand Serve	Thur 430-530p	Suite ONE	Tonia Tauke	Secrets to Serve and pass to wins games.
	Liberos	Mon 630-730p	Suite ONE	Rachel Culwell	Individual back row skills
	Setting	Mon 630-730p	Suite ONE	Jenna Jones	Individual Setting skills

NOTE: For our 13s and 14s please select the skills you would like to work on in a competitive setting. We will design kratos times so you can take a class and go to kratos.

Team classes	Day/Time	Location	Head Coach
14 Ice. 13 Black Out/Kasai			
Liberos & Setters	Thur 630-730p	Courtside	Jenna Jones & Michelle Sjuts
All Hitters	Thur 530-630p	Courtside	Michelle Sjuts & Jenna Jones
14 Cyclones/Shockwave. 13 Rebels/TNT			
Setters & Liberos	Tue 630-730p	Courtside	Rachel Culwell & Keri Leimbach
All Hitters	Tue 530-630p	Courtside	Rachel Culwell & Keri Leimbach
14Sidney and 13Adanna	Wed 630-730p	Suite ONE	Callie Kohl & Keri Leimbach

Club team players receive 2 free class sessions. Coupon code will be emailed to you. Coupon code can be used for any 2 class sessions listed. Not just team class. Any call

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
- **Kerri** Leimbach is a current Nebraska ONE player and current Husker recruit. 3 time state champion with Lincoln Lutheran