

2024 Summer Classes are 5 weeks long

Session 1: May 13th to June 18th (No classes May 27th & 28th)

Session 2: July 1st to July 31st

Locations: Suite ONE (2600 Park blvd Ste. 1) and **Courtside** (333 Speedway Cir Ste 2)

Thank you for your trust in Nebraska ONE for your volleyball training. 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 2024 If classes are full, there will be a waitlist created.

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**

5 th & 6 th Quick Start Session 1 and 2	Day/Time	Location	Coaches	Class Focus
Per session price: 1x per week \$95 2x Per week \$170	Mon 4:30-5:30p	Suite ONE	Callie	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Tues 4:30-5:30p	Suite ONE	Rachel	

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 \$95 2x Per week \$170 (setting included for the 2x per week discount)	Serving/Ball control	Mon 4:30-5:30p	Courtside	Jenna Jones	Angle passing & serving for points
	Hitting/jump serving	Mon 5:30-6:30p Tues 6:30-7:30p	Courtside Courtside	Jenna Jones Callie Kohl	Hitting timing and jump and jump float serve
	Setting ONLY	Mon 6:30-7:30p	Courtside Kratos Ct3	Michelle Sjuts	Individual setting skills
	Overhand serve	Tues 4:30-5:30p	Courtside	Callie	Correct Form for maximizing power on overhand serve
ADD Kratos for \$80	Work outs	Mon 6:45-7:30p	Courtside	Kratos	Jump higher, be faster, Use your core!

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.

Travel Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: 1x per week \$95 2x Per week \$170 (all included for the 2x per week discount)	Hitters	Tues 5:30-6:30p	Courtside	Callie	Advanced skills for hitters
	Setters	Tues 5:30-6:30p	Courtside	Callie	Advanced skills for setters
	Liberos	Tues 6:30-7:30p	Suite ONE	Rachel	Advanced skills for liberos
ADD Kratos for \$80	Work out training	Tues 6:30p-7:15p	Courtside	Kratos	Jump higher, be faster, Use your core!

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.

About your coaches:

- **Michelle** Sjuts (Lynch) is a former Husker setter/jump serving specialist. Michelle also has 3 active kids, she is our setting specialist.
- **Rachel** Culwell (Schwartz) 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 Nebraska ONE alumni, she played through the program 14s on up on a team that went to Nationals at least twice. She went on to play at Nebraska Wesleyan and coaches Nebraska ONE club teams 12 Apex and 16 Lime.
- **Jenna** Jones (Rouzee) is a former UNK Loper and All-American setter. Jenna is a full time coach for Nebraska ONE and assistant at NWU with two little girls, Remi and Charli!
- **Tonia** Tauke Dorn is a former Husker middle and club director. Tonia has 2 daughters and 2 sons.