

2024 Fall Classes

Session 1: Sept 16th to Oct 17th

Session 2: Nov 13th to Dec 18th (No classes Nov 27th for thanksgiving)

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**

Grade level is what grade players will be in FALL 2024

The class must be registered and paid for to complete registration

If classes are full email katelynn@nebraskaone.com to be added to the waitlist

7 th -8 th Quick Start Session 2	Day/Time	Location	Head Coach	Class Focus
1x per week \$105	Wed 430-530p	Suite ONE	Callie	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
2x Per week \$185	Thur 530-630p	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.

7 & 8 th Club Level Session 2	Class	Day/Time	Location	Head Coach	Class Focus
1x per week \$105 2x Per week \$185	Setters	Mon 530-630p	Courtside	Tonia	Club level takes your skills to a teamwork level
	Serve Pass	Tues 430-530p	Courtside	Katelynn	
		Thur 430-530p	Suite ONE	Rachel	
Hitting/Jump serving	Tues 530-630 Wed 430-530p	Suite ONE Courtside	Callie Katelynn		

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 2	Class	Day/Time	Location	Head Coach	Class Focus
1x per week \$105 2x Per week \$185	Setters	Wed 630-730p	Courtside	Katelynn/Callie	Setters working on advanced moves to improve their court vision and accuracy
	Front Row Play	Wed 630-730p	Courtside	Katelynn/Callie	Working on blocking and hitting
	Back Row Play	Wed 530-630p	Courtside	Katelynn/Callie	Passers and front row players that play 6 rotations
*invited teams only	Position Training	Tues 730-830p	Courtside	Tonia	Focus on all skills and 6v6 play

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 4.

Katelynn Seitz is the Nebraska ONE high school director and assistant club director of Nebraska ONE.

Jenna Jones is a former UNK all American setter, and former college coach at Wesleyan and Doane and a mom of 2.