

**2025 Winter Classes are 5 weeks long**

**Session 1: Jan 13<sup>th</sup> -Feb 14<sup>th</sup>**

**Session 2: Feb 18<sup>th</sup> -March 24<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**

**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.

**QUICK START IS OPEN TO PLAYERS OUTSIDE NEBRASKA ONE**

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 \$105	Tue 430-530p	Suite ONE	Jenna Jones	Overhand serve and pass. Introduce the pass set hit

**Nebraska ONE team players only**

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: \$105	Hitting	Tue 530-630p	Suite ONE	Callie Kohl	Individual hitting Skills
	Serve/Pass	Wed 530-630p	Suite ONE	Jenna Jones	Individual Hitting Skills
	Liberos	Tue 630-730p	Courtside	Michelle Sjuts	Individual back row skills
	Setting	Mon 630-730p Wed 630-730p	Suite ONE Suite ONE	Jenna Jones Jenna Jones	Individual setting skills

Team Class (Nebraska ONE only)	Day/Time	Location	Head Coach
ONE Z 5 <sup>th</sup> /6 <sup>th</sup> grade (\$72 in addition to ONE Z dues)	Tues 430-530p Wed 430-530p	Suite ONE Suite ONE	Kim Stoebner Jenna Jones
12Thunder.11Boom.11Ocean	Thur 430-530p	Courtside	Rachel Culwell
12Gladiators.12BlkDiamonds 12Bomberz/Ballers	Mon 430-530p	Suite ONE	Callie Kohl
11 Hurricane.11dynamite 10chaos.10Tracy/Sienna	Tue 430-530p	Courtside	Michelle Sjuts

**About your coaches:**

- **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 (4 time state champs).
- **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 full time for Nebraska ONE