

2025 Winter Classes are 5 weeks long**Session 1: Jan 13th -Feb 14th****Session 2: Feb 18th -March 24th****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****Quick Start is open to players outside of Nebraska ONE**

7 th -8 th Quick Start Session 1 and 2	Day/Time	Location	Head Coach	Class Focus
Per session price: \$105	Mon 430-530p	Courtside	Callie Kohl	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.

Nebraska ONE players ONLY

7 th -8 th Grade Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: \$105	Outsides (hitting)	Tue 530-630p Thur 630-730p	Suite ONE Courtside	Callie Kohl Callie Kohl	Outside hitters do it all
	Liberos	Tues 630-730p	Suite ONE	Rachel Culwell	Individual back row skills
	Setting	Mon 630-730p Wed 630-730p	Suite ONE Courtside	Jenna Jones Jenna Jones	Individual Setting skills

Team classes (Nebraska ONE only)	Day/Time	Location	Head Coach
14Kasai.13Apex.14Flames. 13Kryptonite	Thur 530-630p	Courtside	Rachel Culwell
14Blkout.14Unite.13Phoenix.13 Dawgs	Tues 530-630p	Courtside	Jenna Jones & Michelle Sjuts
13Aces. 13Anna/Ellie	Wed 630-730p	Suite ONE	Jenna Jones
14chaos.14vat.14Inferno	Mon 530-630p	Courtside	Callie Kohl
Hybrid (\$72 in addition to dues)	Mon 430-530p	Courtside	Callie Kohl

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