



18th Annual Fall NVL

Nebraska Volleyball League

August 11th thru October 5th

Players in 2nd-8th grade

Join a Nebraska ONE team for our fall season club-like program for Lincoln, Omaha, and the surrounding area teams to compete against great competition this fall!

REGISTER HERE: www.nebraskaone.com

NVL Divisions

7th-8th Grade

4th-6th Grade

(motivated 3rd graders welcome to tryout for 4th grade level teams)

2nd-6th Grade Train & Play 4v4

(players not ready for teams but want to get started)

Tournament Dates for 4th-8th Grade Teams

Sept 7th Elkhorn/Lincoln

Sept 14th Lincoln/Elkhorn

Sept 20st 4v4 style (4th-6th grade)

Sept 21st 4v4 style (7th-8th grade)

Sept 28th Elkhorn/Lincoln

Oct 5th Lincoln/Elkhorn

NOTE: teams are guaranteed 3 matches (6 sets) per tournament

All tournaments start at either 8a or 1p. Sites/Waves are announced 5 days prior

Sites are Spikes, Courtside, Kinetic in Lincoln. Or UBT in Elkhorn.

Tournament for 2nd-6th Train & Play (scroll to end for details/pricing)

Saturday Sept 20th Lincoln

Saturday Sept 27th Lincoln

Nebraska ONE 4th-8th Grade Fall Team Info

- 1 weekly team practice beginning Aug 25th
 - Practice day/time based on player/coach schedule.
 - Practices are held at Suite ONE or Courtside (both near 5th and van dorn)
- Click google form, to fill your player's availability: <https://forms.gle/3ToWmWjG4W5nuapx9>
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 4 6v6 tournaments
- 1 4v4 tournament (splitting your team in half) everyone gets to play all the way around. Everyone gets to be setter and serve!
- 8 weekly Kratos work outs per player (45 min each) Aug 25th -Oct 5th (6th-8th grade only)
- 6 clinic hours of your choice (there will be a registration) Aug 11th-27th
- Total Nebraska ONE Fees: \$365 (6th-8th grade) and \$305 (4th-5th grade)
- Jersey: \$48 for players needing solid black. Free size exchanges for life of that jersey
- **All players MUST REGISTER at www.NebraskaONE.com "tryouts"**
- Direct link to tryouts: <https://www.members.nebraskaone.com/registration/43582>
- Returning players must be registered for tryouts OR "returner (no tryouts)"
- Tryouts are optional for returning players. If you don't attend tryouts we will evaluate you based on prior season.
- Questions? Contact tonia@nebraskaone.com.

Tryouts at 333 speedway Cir Ste 2

register: <https://www.members.nebraskaone.com/registration/43582>

Make up dates available at the clinics OR Contact tonia ASAP tonia@nebraskaone.com

Wed August 6th

2nd-4th grade: 4:30pm

5th-6th grade 6pm

7th-8th grade: 7:30pm

Thur August 7th

2nd-4th grade: 4:30pm

5th-6th grade: 6pm

7th-8th grade: 7:30pm

Tryout Fee: \$15 per player

Tryout Prep Camps, Courtside 333 Speedway Cir Ste 2

Register online under "Summer Camps"

INDIVIDUAL SKILLS

Jump serve/pass: July 8th/22nd 12-2pm

Setting: July 1st/29th 12-2pm

Libero: July 1st/24th 9-11am

Hitting: July 2nd/30th 9-11am

TEAM PREP (I want to be on a team)

July 23rd-24th club level 1-3pm

Aug 5th-6th club level 12-2pm

Aug 5th-6th travel level 9-11am

Pre Tryout Clinics at 333 Speedway Cir Ste 2

Clinics are an add on to your NVL registration:

<https://www.members.nebraskaone.com/registration/43582>

Coaches are available for questions 15 minutes following each clinic

2nd-4th Grade:

Mon, Aug 4th 530p-630p

5th-8th Grade:

Mon, Aug 4th 645p-745p

Fee: \$15 per player per clinic

Nebraska ONE 2nd-6th Grade Train & Play Team Info

- 1 weekly 45 minute practice (day/time will be determined by parents)
- weekly 4v4 games (15 minutes)
 - please fill out google form for practice availability:
<https://forms.gle/3ToWmWjG4W5nuapx9>
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 2 Saturday tournaments (Sept 20 and 27)
- Total Nebraska ONE Fees: \$195
- NOTE: We do have players tryout as we break girls into practice groups based on ability.

All players MUST REGISTER: <https://www.members.nebraskaone.com/registration/43582>