

2025 Fall Classes**Session 1: Sept 15th to Oct 17th****Session 2: Nov 10th to Dec 12th** (No classes Nov 26 & 27th for thanksgiving pick a make up)**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: 12, 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: 10, 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.

NOTES:

Grade level is what grade players will be in FALL 2025

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

5th & 6th Quick Start Session 1 & 2	Day/Time	Location	Coaches	Class Focus
Per session price: 1x per week \$105 2x Per week \$185	Thurs 530-630p	Suite ONE	Jenna	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Session 1 only Wed 430-530p	Suite ONE	Katelynn	
	Session 2 only Wed 6p-7p	Suite ONE	Tonia	

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.

5th & 6th Team Level Session 1 & 2	Class	Day/Time	Location	Coach	Class Focus
Per session price: 1x per week \$105 2x Per week \$185 (setting included for the 2x per week discount)	Serve/Pass	Tues 430-530p Thur 430-530p	Courtside Suite ONE	Callie Jenna	Angle passing & serving for points
	Hitting/jump serving	Tues 530-630p	Courtside	Callie	Hitting timing and jump and jump float serve
	Setting ONLY	Tue 530-630p Thur 630-730p	Suite ONE Suite ONE	Jenna Jenna	Individual setting skills
	Session 1: Front Row	Wed 430-530p	Courtside	Tonia	Hit/block/transition
	Session 2: front row	Wed 5p-6p	Suite ONE	Tonia	

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 & 2	Class	Day/Time	Location	Head Coach	Class Focus
1x per week \$105 2x Per week \$185	Setting ONLY	Tue 530-630p Thur 630-730p	Suite ONE Suite ONE	Jenna Jenna	Advanced skills for Setters
	Session 1: Liberos	Mon 630-730p	Courtside	Callie	Advanced Skills for back row play
	Session 2 Liberos	Wed 5p-6p	Courtside	Katelynn	Advanced Skills for back row play
	Session 1: front row	Wed 430-530p	Courtside	Tonia	Advanced blocking and hitting
	Session 2: front row	Wed 5p-6p	Suite ONE	Tonia	Advanced blocking and hitting
	Butterflies (session 1 & 2)	Mon 530-630p	Suite ONE	Tonia	Travel team only all skills
	session 2 only Butterflies	Tues 630-730p	Suite ONE	Jenna	

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:

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 2.

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.