

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)

Updated Aug 21th

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. **At travel level we also offer Middles, Setters, and Liberos**

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

7th-8th Quick Start Session 1 & 2	Day/Time	Location	Head Coach	Class Focus
1x per week \$105 2x Per week \$185	Session 1 Wed 430-530p	Suite ONE	Katelynn	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Session 2 Wed 6-7p	Suite ONE	Tonia	
	Thur 530-630p	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.

7 & 8th Club 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	Club level takes your skills to a teamwork level
	Serve/Pass	Session 1 only Wed 7p-8p	Courtside	Tonia	
	Hitting/jump serving	Tues 530-630p Thur 530-630p	Courtside Courtside	Callie Callie	
	Session 2 Only Front Row	Wed 5-6p	Suite ONE	Tonia	Hit/Block/Transition

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 setting
	Hitting/Jump serving	Tue 630-730p	Courtside	Callie	Working on blocking and hitting
	Liberos	Session 1 only Wed 7-8p	Courtside	Tonia	Passers and front row players that play 6 rotations
	Liberos	Session 2 only Wed 5-6p	Courtside	Katelynn	Passers and front row players that play 6 rotations
*invited teams only	Rainbows (7 th)	Session 1 only Mon 630-730p	Courtside	Callie	Focus on all skills and 6v6 play
		Session 2 only Mon 530-630p Thur 630-730p	Courtside	Mike	
	Rainbows (8 th)	Session 1 only; Mon 730-830p Session 2 only Mon 630-730p Tues 730-830	Courtside Courtside	Callie	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.