

**2026 Summer Classes are 3 weeks long****May Session: May 4<sup>th</sup>-19<sup>th</sup>****June Session: June 1<sup>st</sup>-16<sup>th</sup>****July Session: July 6<sup>th</sup>-21<sup>st</sup>****Locations: Suite ONE** (2600 Park Blvd Ste. 1) and **Courtside** (333 Speedway Cir Ste. 2)

Thank you for your trust in Nebraska ONE for your volleyball training. 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. All Grades for fall 2026**

**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 (2<sup>nd</sup> 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.

**Club level (Player max: 10, Coaches: 2):** Played Nebraska ONE on a team (club or ONE Z) or played for a different club or developmental club team. **At club level we also offer a Setting only class**

**Travel level (Player max: 8, 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**

**NOTES:**

The class must be registered and paid for to complete registration

If classes are full we will start a waiting list to add times.

<b>7<sup>th</sup>-8<sup>th</sup> Quick Start</b>	<b>Day/Time</b>	<b>Location</b>	<b>Head Coach</b>	<b>Class Focus</b>
Per session price: \$65	Tues 4:30-5:30p	Suite ONE	Callie	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.

<b>7- 9<sup>th</sup> Club Level</b>	<b>Class</b>	<b>Day/Time</b>	<b>Location</b>	<b>Head Coach</b>	<b>Class Focus</b>
Per session price: \$65	Serve/Ball Control	Mon 5:30-6:30p	Courtside	Tonia May Mike Jun/Jul	Ball Control is the name of the game
	Hit/Jump serve	Mon 6:30-7:30p Tues 630-730p	Courtside Suite ONE	Callie Kohl	Summer is the perfect time to start a jump serve
	Setting ONLY	Mon 5:30-6:30p Tues 530-630p	Courtside Courtside	Michelle Sjuts Jenna	Individual setting skills
\$65	Freshman prep	Tues 630-730	Courtside	Vat & Hannah	Make a high school team with all skills and reps
<b>ADD Kratos for \$75</b>	Work outs June/July	Tues 530-615p Mon 530-615p	Courtside Kratos		Jump higher, be faster, Use your core!

7 <sup>th</sup> -8 <sup>th</sup> Travel Level	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: \$65	Invite ONLY June July	Mon 4:30-5:30p	Courtside	Mike Rachel	Advanced skills for hitters and serve receive
	Setters	Tues 5:30-6:30p	Courtside	Jenna	Advanced skills for setters
	Liberos	Tues 5:30-6:30p	Courtside	Vat & Hanah	Advanced skills for liberos
<b>ADD Kratos for \$75</b>	KRATOS	Mon 530-615p Tues 530-615p	Courtside Kratos side		Be stronger Jump higher with Kratos workouts

#### About your coaches:

- **Michelle** Sjuts (Lynch) is a former Husker setter/jump serving specialist. Michelle also has 3 active kids, she is our setting specialist.
- **Rachel** Culwell (Schwartz) 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 Nebraska ONE alumni, she played through program 14s on up on a team that went to Nationals at least twice. She went on to play at Nebraska Wesleyan and coaches Nebraska ONE club teams 12 Apex and 16 Lime.
- **Jenna** Jones (Rouzee) is a former UNK Loper and All-American setter. Jenna is a full time coach for Nebraska ONE and was a former coach at Doane and NWU.
- **Mike** Wiese was formerly the head coach at east high school and now coaches classes/lessons and a team at Nebraska ONE.
- **Tonia** Tauke Dorn is a former Husker middle and club director.