

2026 Summer Classes are 3 weeks long

May Session: May 4th-19th

June Session: June 1st-16th

July Session: July 6th-21st

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.

NOTE: You must register (and pay) for the class to be registered. All Grades for fall 2026 If classes are full, there will be a waitlist created.

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: 10, 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: 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**

5 th & 6 th Quick Start Session 1 and 2	Day/Time	Location	Coaches	Class Focus
Per session price: \$64	Mon 4:30-5:30p	Suite ONE	Jenna	Overhand serve and pass. Introduce the pass set hit concept and learn the basic skills to do that correctly.
	Tues 4:30-5:30p	Suite ONE	Callie	

5 th & 6 th Team Level Session 1 and 2	Class	Day/Time	Location	Coach	Class Focus
Per session price: \$64	Serving/Ball control	Mon 5:30-6:30p	Courtside	Callie	Angle passing & serving for points Hitting timing and jump and jump float serve
	Hitting/jump serving	Tues 6:30-7:30p	Suite ONE	Callie	
	Setting ONLY	Mon 5:30-6:30p	Courtside	Michelle Sjuts	Individual setting skills
	ONEZ progression	Mon 630-730	Suite ONE	Jenna	Perfecting Overhand sere Pass/Set/Hit

Travel Level Session 1 and 2	Class	Day/Time	Location	Head Coach	Class Focus
Per session price: \$64	Invite ONLY June & July Session	Tues 4:30-5:30p	Courtside	Jenna	Advanced skills for hitters
\$75	Add Kratos June & July	Tues 5:30-615p	Kratos		

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 the 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 is a former coach at Doane and NWU.
- **Mike** Wiese is the former east high school volleyball coach, and is currently a lessons, class, and team coach for Nebraska ONE.
- **Tonia** Tauke Dorn is a former Husker middle and club director.