



19th Annual Fall NVL

Nebraska Volleyball League

August 17th thru October 11th

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 click "register"

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 13th Elkhorn/Lincoln

Sept 20th Lincoln/Elkhorn

Sept 26th 4v4 style (4th-6th grade)

Sept 27th 4v4 style (7th-8th grade)

Oct 4th Elkhorn/Lincoln

Oct 11th 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, Speedway, Courtside, Kinetic in Lincoln. Or UBT in Elkhorn.

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

Saturday Sept 26th Lincoln

Saturday Oct 10th Lincoln

Nebraska ONE 4th-8th Grade Fall Team Info

- 1 weekly team practice beginning Aug 24th
 - Practice day/time based on player/coach schedule. (based on survey below)
 - 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/oMoJzQkaRATd9hQG7>
- 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 Kratos work outs per player (45 min each) Aug 24th -Oct 11th (6th-8th grade only)
- 6 clinic hours of your choice (there will be a registration) Aug 17th -Sept 3rd
- Total Nebraska ONE Fees: \$390 (6th-8th grade) and \$325 (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/register>
- Returning players must be registered for tryouts OR "returner (no tryouts)"
- Tryouts are suggested for returning players, or be evaluated based on last season.
- Questions? Contact tonia@nebraskaone.com.

Tryouts at 333 speedway Cir Ste 2 \$20 per player

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

Mon August 10th

2nd-4th grade: 4:30pm

5th-6th grade 6pm

7th-8th grade: 7:30pm

Wed August 12th

2nd-4th grade: 4:30pm

5th-6th grade: 6pm

7th-8th grade: 7:30pm

Pre-Tryout Clinics at 333 Speedway Cir Ste 2 \$15 per player

Coaches are available for questions 15 minutes following each clinic

2nd-4th Grade:

Mon Aug 3rd OR Tues Aug 4th 530p-630p

5th-8th Grade:

Mon Aug 3rd or Tues Aug 4th 645p-745p

Tryout Prep Camps, Courtside 333 Speedway Cir Ste 2

Register online under "Summer Camps"

Players will be divided onto courts by grade and or ability

INDIVIDUAL SKILLS 1st-3rd grade

All Skills July 21st 10a-11a

INDIVIDUAL SKILLS 4th-8th grade

Jump serve/pass: July 7th or July 13th 930-1130a

Setting: July 7th or July 14th 12-2pm

Libero: July 8th or July 14th 930-1130am

Hitting: July 8th 12-2p or July 13th 930-1130a

TEAM PREP (I want to be on a team)

2nd-5th grade July 22nd -23rd club level 930-1130am

6th-8th grade July 22nd -23rd club level Noon-2p

TRAVEL PREP (Im ready to be at travel level)

Invite ONLY class 5th/6th grade: Tuesdays July 7, 14, 21 430-530p

Invite ONLY class 7th/8th grade: Mondays July 6, 13, 20 430-530p

Aug 3rd-4th travel level 7th & 8th grade 12-2pm

Aug 3rd-4th travel level 5th & 6th grade 930-1130am

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:
- 1 Nebraska ONE coach
- 1 Nebraska ONE t-shirt
- 2 Saturday tournaments (Sept 26 and Oct 10)
- Total Nebraska ONE Fees: \$215
- 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/register>