

2026 Fall Classes**Session 1: Sept 14th to Oct 16th****Session 2: Nov 9th to Dec 11th** (No classes Nov 25 & 26th 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 are Fall 2026**

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

5 th & 6 th Quickstart Club prep Session 1 & 2	Day/Time	Location	Coaches	Class Focus
Per session price: 1x per week \$105 2x Per week \$185	Quick start Thurs 530-630p	Suite ONE	Bill	Quick start is for players getting started in their volleyball skills. Big focus on Overhand serve and pass. Introduce the pass set hit concept
	Quick Start Wed 430-530p	Suite ONE	Tonia	
	Session 1 only Club Prep Wed 430-530p	Courtside	Fiona	Club prep: Players on ONEZ or YMCA teams that want to make club level teams next season at any club

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 Courtside	Callie Callie	Angle passing & serving for points
	Hitting/jump serving	Wed 530-630p Thur 730-830p	Suite ONE Courtside	Tonia Jenna	Hitting timing and jump and jump float serve
	Travel prep: Session 1 only	Thur 530-630p	Courtside	Callie	Wanting to make travel teams for next season
	Setting ONLY	Mon 530-630p Wed 530-630p	Courtside Courtside	Fiona Fiona	Individual setting skills

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Travel Level Session 1 & 2	Class	Day/Time	Location	Head Coach	Class Focus
1x per week \$105 2x Per week \$185	Setting	Mon 530-630p Wed 530-630p	Courtside Courtside	Fiona Fiona	Advanced skills for Setters
	Liberos	Mon 530-630p	Courtside	Tonia	Advanced Skills for back row play
	Rainbows	Wed 630-730 Thur 630-730	Suite ONE Courtside	Tonia Jenna	Travel team only all skills

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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.

Fiona Nepo Fonoti is a former national champion and all American setter for Nebraska 1995-1998.(tonia's setter and roommate). Fiona has been coaching college the last 10 years at Iowa state, Ohio state, Kansas State, and Virginia. And has made Nebraska her home. She will be coaching in the same league as the super novas in Washington DC starting in November so we are excited to have her session 1.

Bill Hamilton is formerly the Great Plains Volleyball Tournament/Registrar. For Nebraska ONE he will be running tournaments and administration along with on the court instruction.