

# 16 Regional – TJ

COACH: TJ FREDRICK  
MASTER COACH: CRAIG VLIETSTRA

**Practice Schedule:**

Monday 6:30 – 9:00pm  
Wednesday 7:30 – 9:30pm

**iMove Session:**

Wednesday 6:30 - 7:30pm

**Tournament Schedule:**

Jan 6 | Lakeshore Power League – Grand Rapids  
Jan 27 | Lakeshore Power League – Grand Rapids  
Feb 10 | Lakeshore Power League – Grand Rapids  
Feb 17 - 18 | Presidents' Day Challenge – Lansing/Detroit  
Feb 24 | Lakeshore Power League – Grand Rapids  
March 3 & 4 | MVA Winter Bash – Grand Rapids

Uniform #	First Name	Last Name	Graduation Year
66	Skylar	Baker	2020
41	Anna	Brown	2020
4	Megan	Jones	2020
18	Mya	Kaywood	2020
51	Ashley	Kilinski	2020
65	Grace	Lilly	2021
96	Katherine	Mullennix	2020
29	Zoe	Ornelas	2020
33	Macey	Sevigny	2020
27	Paige	VanderGoot	2021