

# 17 Regional – Alyssa

COACH: ALYSSA VANDYKE  
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

Name	Position	Uniform #	Grad Year	Height	Reach	Approach	College
Sadie Dozeman	Defensive Specialist	11	2020	5'2"	6'7"	8'6"	No verbal commitment
Jenisa Henry	Outside Hitter/DS	87	2019	5'7"	7'1"	9'2"	No verbal commitment
Raeli Heppe	Outside/Middle Hitter	95	2019	5'10"	7'0"	8'8"	No verbal commitment
Mackenzie Martin	Outside Hitter	91	2019	5'9"	7'2"	8'11"	No verbal commitment
Ella Mealey	Outside Hitter	17	2021	5'6"	7'0"	9'0"	No verbal commitment
Haley Nauta	Defensive Specialist	32	2020	5'8"	7'2"	8'7"	No verbal commitment
Alexa Steele	Setter	76	2019	5'7"	7'2"	8'10"	No verbal commitment
Elizabeth Thomas	Setter	93	2019	5'8"	7'6"	8'11"	No verbal commitment
Whitney VandenBosch	Middle Hitter	54	2020	5'9"	7'4"	8'10"	No verbal commitment