

13 Regional - Lauren

COACH: LAUREN HELSEN
MASTER COACH: CRAIG VLIETSTRA

Practice Schedule:

Tuesday 4:30 – 6:30pm
Thursday 4:30 – 6:30pm

iMove Session:

Thursday 6:30 - 7:30pm

Tournament Schedule:

March 24 | Spring Kick Off - Kalamazoo
April 21 & 22 | Motor City Madness - Detroit
May 6 | Big Blue Bash – Grand Rapids
May 19 & 20 | Spring Fling – Grand Rapids
June 2 & 3 | MJVBA Championships – Grand Rapids

Uniform #	First Name	Last Name	Graduation Year
70	Mikayah	Chomoa	2023
29	Ellise	Crowley	2023
77	Lillian	Gilding	2023
13	Avery	Hallead	2023
81	Reagan	Korte	2023
66	Ellie	Latunski	2023
49	Maryanna	Oconnor	2023
44	Avery	Palmateer	2023
87	Olivia	Rhoda	2023