

# 16 Regional – Kara

COACH: KARA TONNEBERGER  
MASTER COACH: ABBY AIKEN

## Practice Schedule:

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

## iMove Session:

Wednesday 6:30 - 7:30pm

## Tournament Schedule:

Jan 5 | Lakeshore Power League – Grand Rapids  
Jan 19 & 20 | MLK Challenge – Fort Wayne  
Jan 26 | Lakeshore Power League – Grand Rapids  
Feb 9 | Lakeshore Power League – Grand Rapids  
Feb 23 | Lakeshore Power League – Grand Rapids  
March 9 & 10 | MVA Winter Bash – Grand Rapids

Name	Position	Uniform #	Grad Year	Height	Reach	Approach	College
Keanna Desarmo	Outside Hitter	12	2021	5'6"	7'3"	8'10"	No verbal commitment
Carli Kennett	Outside Hitter	25	2022	5'8"	7'2"	8'10"	No verbal commitment
Ashley Vanderjagt	Middle Hitter	35	2021	5'9"	7'6"	9'2"	No verbal commitment
Olivia Stoll	Outside Hitter	45	2021	5'7"	7'5"	8'11"	No verbal commitment
Abigail Scroggs	Middle Hitter	47	2022	5'8"	7'4"	9'2"	No verbal commitment
Katie Costello	Setter	49	2021	5'7"	7'2"	8'10"	No verbal commitment
Gabriana Dyer	Defensive Specialist	51	2021	5'2"	6'5"	8'3"	No verbal commitment
Sawyer Vrugink	Outside Hitter	73	2021	5'9"	7'2"	9'1"	No verbal commitment
Allie Dekkinga	Defensive Specialist	86	2021	5'2"	6'9"	8'0"	No verbal commitment