

	LAKERS	LAKERS	LAKERS	OREGON	HIGH SCHOOL	DUKE	DUKE	DUKE	OREGON	DUKE	DUKE	DUKE	LAKERS	LAKERS	LAKERS
	5:15-7:15	5:15-7:15	5:15-7:15	5:15-7:15	5:15-7:15	5:30-7:15	5:30-7:15	5:30-7:15	7:15-9:15	7:15-9:15	7:15-9:15	7:15-9:15	7:15-9:15	7:15-9:15	7:15-9:15
MONDAYS	14 HYBRID	13 ELITE	15 ELITE(6-9)	skills&drills	14 ELITE	12 AMER	13 AMER	PRIVATES	16-3 AMER	16-ELITE	18 ELITE	15 AMER	15 HYBRID	17 ELITE	15 ELITE(6-9)
TUESDAYS	12 AMER	12 ELITE	11'S	Volleytotz	14 ELITE				14 AMER				16-2 AMER	17-2 AMER	15 HYBRID
WEDNESDAYS	13 AMER	15 ELITE(6-9)	13 ELITE	skills&drills	14 HYBRID				16-ELITE				18 ELITE	17 ELITE	15 ELITE(6-9)
THURSDAYS	11'S	12 ELITE	17-2 AMER	Volleytotz	14 ELITE				16-3 AMER				16-2 AMER	14 AMER	15 HYBRID
FRIDAYS	14 HYBRID	13 ELITE	12 ELITE	PRIVATES	PRIVATES				16-ELITE				15 AMER	17 ELITE	PRIVATES

AGE	TEAM	COACH	ASST
18	18-1 ELITE	GORS	GORS
17	17 ELITE	DOMINGUEZ	HISER
17	17 AMER	HARTMAN	
16	16 ELITE	GARCIA	SAMPSON
16	16-2 AMER	FREEMAN	MOORE
16	16-3 AMER	PONCE DE LEON	
15	15 ELITE	CARR	VASQUEZ
15	15 HYBRID	LANE	TAYLOR
15	15-3 AMER	LINDSAY	VALLE

ATTENDANCE DRIVEN STRENGTH TRAINING			
15-1	MON/WED	5:15-6	
16-1	MON/WED	6:15-7	
17-1	MON/WED	6:15-7	

AGE	TEAM	COACH	ASST
14	14 ELITE	SANCHEZ	ADORANTI
14	14 HYBRID	LINDSAY	ROSA
14	14 AMER	GIBSON	
13	13 ELITE	DOMINGUEZ	WHITFIELD
13	13 AMER	PETERS	
12	12 ELITE	GARCIA	NASSICK
12	12 AMER	DATIL	GIBBONS
11	11'S	MUELLER	UNDERWOOD
8-16	skills&drills		
4-8	Volleytotz		

alyssa rosa

