EAST HANOVER COACHES AND PRACTICE SCHEDULE

149 RIDGEDALE AVENUE, EAST HANOVER, NJ, 07936

Team Level	Head Coach	Assistant Coach	Practice Days/Times: Starting Week of Nov. 30th	Pre-Season Practices Starting Sat Nov. 14th	Outlast Sessions (Starting week of Nov. 30th)
12 Onyx	Victoria Carrico	Lacie Merz	Tue/Thu 4-6pm, Sat 10:45am-12:45pm	Sat 10:45am-12:45pm	N/A
13 Onyx	Fred Lin	Genesis Hibbard	Mon 6:00-8:00pm, Wed 5:30-7:30pm, Sat 10:45am-12:45pm	Sat 10:45am-12:45pm	N/A
14 Onyx	Dustin Cece	Izabella Shalamov	Mon/Wed 5:30-7:30pm, Sat 10:45am-12:45pm	Sat 10:45am-12:45pm	Mon 7:30-8:00pm
15 Onyx	Mahmoud Serour	Brandon DaSilva	Mon/Wed 8:00-10:00pm, Sat 1:00-3:00pm	Sat 1:00-3:00pm	Wed 7:30-8:00pm
16 Onyx	Amar Sonnylal	Rachel Reiter	Mon/Wed 8:00-10:00pm, Sat 1:00-3:00pm	Sat 1:00-3:00pm	Wed 7:30-8:00pm
17 Onyx	Leandro Perez	Kenneth Gil	Mon/Wed 8:00-10:00pm, Sat 3:15-5:15pm	Sat 3:15-5:15pm	Wed 7:30-8:00pm
18 Onyx	Andrew Conkin	Nia Kostidakis	Mon/Wed 8:00-10:00pm, Sat 3:15-5:15pm	Sat 3:15-5:15pm	N/A
14 Diamond	Erik Narvaez	Leo Ferrari	Mon/Wed 5:30-7:30pm	N/A	Mon 7:30-8:00pm
15 Diamond	Mackenzie Crandall	Malik Dickerson	Tue/Thu 8:00-10:00pm, Sat 1:00-3:00pm	Sat 1:00-3:00pm	Tue 7:30-8:00pm
16 Diamond	Ashlynn Berns	Shaylah Ware	Tue/Thu 8:00-10:00pm, Sat 1:00-3:00pm	Sat 1:00-3:00pm	Tue 7:30-8:00pm
13 Ruby	John Mwemba	Kimi Gust	Mon 6:00-8:00pm, Wed 5:30-7:30pm		
14 Ruby	Bill Cece	Nicole Csehovics	Tue/Thu 6:00-8:00pm		
15 Ruby	Sarah Fannick	Amanda Ortiz	Tue 5:30-7:30pm, Thu 6:00-8:00pm		
16 Ruby	Dexter De Los Santos	Bella Cope	Tue/Thu 6:00-8:00pm		
11/12 Sapphire	Mike Tully	Miriam Kurtsoy	Tue/Thurs 4:00-5:30pm		
13 Sapphire	Miranda Hood	Tenley Jabanoski	Tue/Thurs 4:00-5:30pm		