



SDMS
SOUTH DES MOINES SEAHAWKS

HIGH SCHOOL PRACTICE ROSTER

| Class Roster | | Mon | Tue | Wed | Thurs | Fri | Sat |
|--------------|------------|---------|---------|---------|---------|---------|-----|
| Haley | Allen | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Sara | Bennett | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Erica | Benson | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Genarro | Cataldo | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Bradyen | Clark | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Grace | Crady | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Jordyn | Dubois | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Domenic | Gardner | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Drew | Garrett | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Gina | Goshon | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Devin | Greenwood | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Jordan | Hanson | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Marnie | Hoefler | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Anna | Jasper | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Ryan | Jump | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Allison | Kochheiser | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Joey | Loiocomo | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Riley | May | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Gabe | McCollough | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Griffin | McCollough | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Caleb | Meyer | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Lanchi | Nguyen | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |
| Vanessa | Pirillo | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | |



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| Genarro | Cataldo | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Javier | Santiago | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Tyler | Skalicky | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Ane | Skartvedt | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Summer | Struve | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Alexis | Trucano | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Leon | Urias | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Reese | Virden | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Taylor | Whipple | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Tyler | Whitehead | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Sam | Whitlatch | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Cooper | Worth | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Ella | Worth | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |
| Nicholas | Worthington | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM | 7:00 AM |