

Team	Head Coach	Assistant Coach	Assistant / Manager	Coaches	Players	Roster	Practices	
BU19 Eagles	Shannon Palmer	Frank Strobel		2	10	11/22	Upper Gen	Mon/Wed 7:00-8:30pm
GU19 Regals	Charles Fix	Michelle Croom	Michael Wills	3	17		Upper Gen	Mon/Wed 7:00-8:30pm
BU15 Dragons	Michael Murphy	Justin Talmadge		2	16	11/18	Upper Gen	Tue/Thu 7:00-8:30pm
GU15 Big Hearts	Chris Tuttle			1	14		Upper Gen	Mon/Wed 7:00-8:30pm
BU14 Gold Sabertooths	Rob Carroll			1	16		Upper Gen	Tue/Thu 7:00-8:30pm
GU14 Golden Eagles	D'Arcy Gholston			1	18		Upper Gen	Tue/Thu 7:00-8:30pm
BU13 Blue Shockwave	Dan Whitmore	<i>Roxanne Nelson?</i>		1	18	11/18	Upper Gen	Tue 6-7pm / Fri 6-7:30pm
BU13 Evergreen	Derek Butcher	Louis Whitford		2	17		Upper Gen	Tue/Thu 6:00-7:00pm
BU12 Falcons	Patrick Conner	John McLaughlin	<i>Chris Baird?</i>	2	14	9/14	Upper Gen	Mon/Wed 6:00-7:00pm
BU12 Lightning Cheetahs	Matt Stroh			1	14		Upper Gen	Mon/Wed 6:00-7:00pm
BU12 Schnacks	Dave Couture	Patricia Pearson		2	14		Upper Gen	Tue/Thu 6:00-7:00pm
BU11 Avengers	Arthur Schile	Orest Houlebec	Neel Blair	3	10	9/14	Lakewood	Tue/Thu 6:00-7:00pm
BU11 Stellar Jays	Eli Weiss	Jelani Jackson		2	11		Lakewood	Tue/Thu 5:00-6:00pm
GU11 Lightning Bolts	Dave Darby			1	13		Lakewood	Tue/Thu 5:00-6:00pm
GU11 Thunderbolts	William Brewster	Jonita Bernstein	Kelly Haley	3	12		Lakewood	Tue/Thu 6:00-7:00pm
BU10 Bulldogs	Scott Strandberg			1	8	7/12	Brighton	Tue/Thu 6:00-7:00pm
BU10 Jackrattlers	Gregg Greene	Leslie Neihart		2	9		Lakewood	Mon/Wed 6:00-7:00pm
BU10 Lightning Bolts	Pancho Flores-Honores	Young-Bean Song		2	11		Lakewood	Mon/Wed 5:00-6:00pm
GU10 Black Widows	Osama Quotah	Alexander Schoffer		2	12		Lakewood	Mon/Wed 6:00-7:00pm
GU10 Golden Cheetahs	Erik Raistakka	Atlee Treasure		2	12		Lakewood	Mon/Wed 5:00-6:00pm
BU9 Thunderbolts	Mike Ritscher			1	9	5/9	Dearborn	Mon/Wed 5:00-6:00pm
BU9 Boom	David Maloney			1	9		Dearborn	Mon/Wed 5:00-6:00pm
BU9 Ninjas	Kevin Rivard			1	9		I-90 Lid	Tue/Thu 6:00-7:00pm
BU9 Shockwave	Chris Condit			1	9		I-90 Lid	Tue/Thu 5:00-6:00pm
GU9 Fire Cherries	Rick Eberhardt	<i>Liz Nettles?</i>	Carrie Koenig	2	9		Brighton	Mon/Wed 6:00-7:00pm
GU9 Pink Flamingos	Steffen Schumann	Jeremy Raaen		2	10		I-90 Lid	Tue/Thu 6:00-7:00pm
BU8 Golden Dragons	Keegan Curnutt	<i>Rex Davis?</i>		1	8	4/8	Lakewood	Mon/Wed 6:00-7:00pm
BU8 Meteors	Peter McComas	David Evanson	Roger Kim	3	8		I-90 Lid	Mon/Wed 5:00-6:00pm
BU8 Falcons	Darren Bissett			1	8		Dearborn	Tue/Thu 6:00-7:00pm
BU8 [MtB Tapia]	Inti Tapia			1	8		Gen Meadow	Mon/Wed 6:00-7:00pm
GU8 [MtB Aroneck]	Anne Aroneck			1	8		Dearborn	Tue/Thu 6:00-7:00pm
GU8 Fire Lilies	Jonah Hister	Josie Clark		2	8		Rain Beach	Tue/Thu 6:00-7:00pm
GU8 [MtB Swift]	Rod Swift			1	8		Rain Beach	Tue/Thu 6:00-7:00pm
BU7 [MtB Adams]	Sam Adams			1	7	3/6	Dearborn	Mon/Wed 5:00-6:00pm
BU7 [MtB Colburn]	Travis Colburn			1	7		I-90 Lid	Tue/Thu 5:00-6:00pm
BU7 [MtB Morris]	Robby Morris			1	7		I-90 Lid	Mon/Wed 5:00-6:00pm
BU7 [MtB Watt]	Lindsay Watt			1	7		Gen Meadow	Mon/Wed 6:00-7:00pm
BU7 Arsenal	Jonah Hister	Cary Guglielmo		2	7		Rain Beach	Tue/Thu 5:00-6:00pm
GU7 Rangers	Andrew Sechrist			1	7		Dearborn	Mon/Wed 6:00-7:00pm
MtB All U6	David Chernicoff	Thomas Koelsch Inti Tapia	Adam Mendoza	4	35		Gen Meadow	Mon/Wed 5:00-6:00pm

Upper Genesee

Turf Lights U13-U19

Time	Monday				Tuesday				Wednesday				Thursday				Friday			
	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4
	08/06/18				08/07/18				08/08/18				08/09/18				08/10/18			
5:00 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
5:30 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
6:00 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
6:30 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
7:00 PM	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
7:30 PM	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
8:00 PM	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United	BU19 Eagles	GU19 Regals	Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United
8:30 PM																				
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5:30 PM																				
6:00 PM	BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU13 Blue Shockwave	BU12 Schnacks			BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
6:30 PM	BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU13 Blue Shockwave	BU12 Schnacks			BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
7:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU13 Blue Shockwave	
7:30 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
8:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
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	08/20/18				08/21/18				08/22/18				08/23/18				08/24/18			
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5:30 PM																				
6:00 PM	BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU13 Blue Shockwave	BU12 Schnacks			BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
6:30 PM	BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU13 Blue Shockwave	BU12 Schnacks			BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
7:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU13 Blue Shockwave	
7:30 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
8:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
8:30 PM																				
	08/27/18				08/28/18				08/29/18				08/30/18				08/31/18			
5:00 PM																				
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6:00 PM	BU12 Falcons	BU12 Lightning Cheetahs								BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
6:30 PM	BU12 Falcons	BU12 Lightning Cheetahs								BU12 Falcons	BU12 Lightning Cheetahs			BU13 Evergreen	BU12 Schnacks				BU13 Blue Shockwave	
7:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		MBL coaching clinic (U6-U10)		MBL coaching clinic (U11+)			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles			BU13 Blue Shockwave	
7:30 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		MBL coaching clinic (U6-U10)		MBL coaching clinic (U11+)			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
8:00 PM	BU19 Eagles	GU19 Regals	GU15 Big Hearts		MBL coaching clinic (U6-U10)		MBL coaching clinic (U11+)			BU19 Eagles	GU19 Regals	GU15 Big Hearts		BU15 Dragons	BU14 Gold Sabertooths	GU14 Golden Eagles				
8:30 PM																				

Lower Genesee

Turf

Lights

U12-U19

Time	Monday				Tuesday				Wednesday				Thursday				Friday			
	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4
5:00 PM	08/06/18				08/07/18				08/08/18				08/09/18				08/10/18			
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Rainier Beach

Grass No lights U7-10 60 mins

Time	Monday				Tuesday				Wednesday				Thursday				Friday					
	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4		
	08/06/18				08/07/18				08/08/18				08/09/18				08/10/18					
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5:30 PM			Seattle United	Seattle United			Seattle United	Seattle United					Seattle United	Seattle United								
6:00 PM			Seattle United	Seattle United			Seattle United	Seattle United					Seattle United	Seattle United								
6:30 PM			Seattle United	Seattle United			Seattle United	Seattle United					Seattle United	Seattle United								
7:00 PM			Seattle United	Seattle United			Seattle United	Seattle United					Seattle United	Seattle United								
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	08/20/18				08/21/18				08/22/18				08/23/18				08/24/18					
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8:30 PM																						
	08/27/18				08/28/18				08/29/18				08/30/18				08/31/18					
5:00 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United		
5:30 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United		
6:00 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United		
6:30 PM			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United			Seattle United	Seattle United		
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7:30 PM																						
8:00 PM																						
8:30 PM																						

Dearborn Park Grass No Lights U7-U10 60 mins

Time	Monday 09/03/18				Tuesday 09/04/18				Wednesday 09/05/18				Thursday 09/06/18				Friday 09/07/18																																																			
	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4																																																
5:00 PM									BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																									
5:30 PM									BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																									
6:00 PM									BU8 Falcons		GU8 [Aroneck]										GU7 Rangers		BU8 Falcons		GU8 [Aroneck]																																											
6:30 PM									BU8 Falcons		GU8 [Aroneck]										GU7 Rangers		BU8 Falcons		GU8 [Aroneck]																																											
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5:00 PM									BU9 Thunderbolts	BU7 [Adams]	BU9 Boom														BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																									
5:30 PM	BU9 Thunderbolts	BU7 [Adams]	BU9 Boom		BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																													
6:00 PM	GU7 Rangers		BU8 Falcons		GU8 [Aroneck]		GU7 Rangers		BU8 Falcons		GU8 [Aroneck]																																																									
6:30 PM	GU7 Rangers		BU8 Falcons		GU8 [Aroneck]		GU7 Rangers		BU8 Falcons		GU8 [Aroneck]																																																									
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5:00 PM	BU9 Thunderbolts	BU7 [Adams]	BU9 Boom						BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																									
5:30 PM	BU9 Thunderbolts	BU7 [Adams]	BU9 Boom						BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																									
6:00 PM	GU7 Rangers		BU8 Falcons						GU8 [Aroneck]		GU7 Rangers						BU8 Falcons		GU8 [Aroneck]																																																	
6:30 PM	GU7 Rangers		BU8 Falcons						GU8 [Aroneck]		GU7 Rangers						BU8 Falcons		GU8 [Aroneck]																																																	
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5:00 PM	BU9 Thunderbolts	BU7 [Adams]	BU9 Boom														BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																	
5:30 PM	BU9 Thunderbolts	BU7 [Adams]	BU9 Boom		BU9 Thunderbolts	BU7 [Adams]	BU9 Boom																																																													
6:00 PM	GU7 Rangers		BU8 Falcons		GU8 [Aroneck]		GU7 Rangers						BU8 Falcons		GU8 [Aroneck]																																																					
6:30 PM	GU7 Rangers		BU8 Falcons		GU8 [Aroneck]		GU7 Rangers						BU8 Falcons		GU8 [Aroneck]																																																					
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Genesee Meadow

Grass No lights U6-U7 60 mins

Time	Monday				Tuesday				Wednesday				Thursday				Friday							
	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4	section 1	section 2	section 3	section 4				
09/03/18					09/04/18					09/05/18					09/06/18					09/07/18				
5:00 PM	[Shaded]								U6 Program															
5:30 PM																								
6:00 PM													BU8 [Tapia]		BU7 [Watt]									
6:30 PM													BU8 [Tapia]		BU7 [Watt]									
7:00 PM									[Shaded]				[Shaded]				[Shaded]							
7:30 PM																								
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09/10/18					09/11/18					09/12/18					09/13/18					09/14/18				
5:00 PM									U6 Program															
5:30 PM	U6 Program								U6 Program															
6:00 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
6:30 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
7:00 PM	[Shaded]				[Shaded]				[Shaded]				[Shaded]											
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09/17/18					09/18/18					09/19/18					09/20/18					09/21/18				
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5:30 PM	U6 Program								U6 Program															
6:00 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
6:30 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
7:00 PM	[Shaded]				[Shaded]				[Shaded]				[Shaded]											
7:30 PM																								
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09/24/18					09/25/18					09/26/18					09/27/18					09/28/18				
5:00 PM									U6 Program															
5:30 PM	U6 Program								U6 Program															
6:00 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
6:30 PM	BU8 [Tapia]		BU7 [Watt]						BU8 [Tapia]		BU7 [Watt]													
7:00 PM	[Shaded]				[Shaded]				[Shaded]				[Shaded]											
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