

NO TOURNAMENTS DURING SPRING BREAK MARCH 14-22, 2025 (NO SCHOOL 3/16-20/26)		
Regionals (G/S Division) 13u-15u @ DesMoines April 11-12, 2026 (16u-18u @ DesMoines March 28-29, 2026)		
Coach Natalie - (319) 440-7177		Coach Nikki - (310) 749-0772
12u Team - Tournaments		13u Team - Tournaments
Jan 17 - Adrenaline - Hiawatha		Jan 18 - Adrenaline - Hiawatha
Jan 31 - Adrenaline - Hiawatha		Feb 7 - Iowa One, Cedar Falls
Feb 15 - Dubuque Insanity- Peosta		Mar 1 - Adrenaline - Hiawatha
Feb 21 - Iowa Select (G)- Davenport		Mar 28 - Iowa Select (Q), Davenport
		Apr 11-12 - IA Regionals -W. Des Moines
Coach Brianna - (319) 360-1447		
14u Team - Tournaments		Coach Nikki - (310) 749-0772
Jan 10 - Ohana (Q), Grimes		15u Team - Tournaments
Jan 18 - Adrenaline - Hiawatha		Jan 3-Dubuque Insanity (15/16 Q),Peosta
Feb 14 - Iowa One, Cedar Falls		Jan 31 - Ohana (Q), Grimes
Feb 21 - Iowa Select (G), Davenport		Feb 14 (15) - Iowa One, Cedar Falls
Mar 28- Palestra (S), North Liberty		Feb 21 (15) - Boost VBC, Coraville
Apr 11-12 - IA Regionals -W. DesMoines		Mar 29 - Iowa Select, Davenport
		Apr 11-12 - IA Regionals -W. Des Moines
Coach Meghan - (319) 440-0437		
16u Team - Tournaments		
Jan 3-Dubuque Insanity (15/16 Q),Peosta		
Jan 11- Spirit (16), Burlington		
Feb 1 - Ohana (Q), Grimes		
Feb 7-8 - Key City Clash, Dubuque		
Feb 14 (15/16) - Iowa One, Cedar Falls		
Mar 1 - Iowa Select - Davenport		
Mar 8 - Platform Elite - Bettendorf		
Mar 28-29-IA Regionals-W. DesMoines		