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Matt Colvin Coaches: Jeff Nauta, Steve Ritsema Brooke

Ala Ryland Belka Jacob Birmingham Cole Nauta Jacob

Hall Luke McIntire Nolan Mikulenas Josef Steenwyk

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Only]• Sitting On Ground In Splits (reach And Hold Foot For A Few Seconds, One At A Time) The Players Will Then Close In To Form A Tight Circle Where They Will Do The Following: • Left Hand On Right Shoulder Of Girl They Are Standing Beside To The Left • The Right Hand Pulls The Right Foot Up Jan 8th, 2024.

U-8 AYSO Coaches Manual - Eastern

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