

| Team | Head Coach | Assistant Coach | Practice Times |
|---------------------------------|-------------------|------------------------|------------------------|
| 18 Black | Dustin Moore | Deb Robertson | T/TH 7:30-9:30* |
| 18 White | Winston Kwong | Noelle Peterson | M/W 6:00-8:00 |
| 17 Black | Jacky Yao | Lauren Bajtos | T/TH 7:30-9:30* |
| 16 Black | Jess Torres | Mike Pitts | T/TH 7:30-9:30* |
| 16 Green | Nikki Rodamer | Pat Garrett | T/TH 7:30-9:30 |
| 16 White | Jenn Covey | Hannah Fields | M/W 7:30-9:30 |
| 15 Black | Annie Feller | Kimberly Meyers | M/W 5:30-7:30* |
| 15 Green | Sarah Esquivel | Catherine Furtado | T/TH 5:30-7:30 |
| 14 Black | Will Lo | Corrinne Khuen | T/TH 5:30-7:30 |
| 14 Green | Jesse Sultzer | Shayna Crawford | T/TH 5:30-7:30 |
| 14 White | Tori Arild | Brandon Tiongson | T/TH 5:30-7:30 |
| 13 Black | Jenn Covey | Aime Hernandez | M/W 5:30-7:30 |
| 13 Green | Lauren Ding | Lanea Brown | M/W 5:30-7:30 |
| 12 Black | Stephanie Angel | Cary Mastasugu | T/TH 5:30-7:30 |
| 12 Green | Melisa Randall | Josh Busby | M/W 4:00-6:00 |
| *third practice time TBD | | | |
| | | | |
| 16 Area | Nicole Brown | Merhan Karimi | M/W 7:30-9:00 |
| 16 Area 2 | Julie Cromuex | | M/W 7:30-9:00 |
| | | | |
| 15 Area | Becky Miller | Nic Rao | T/TH 7:30-9:00 |
| 15 Area 2 | AJ Miller | | M/W 7:30-9:00 |
| | | | |
| 14 Area | Colleen Burke | Merhan Karimi | M/W 6:00-7:30 |
| 14 Area 2 | Syd LaFollette | Nic Rao | M/W 6:00-7:30 |
| | | | |
| 13 Area | Winston Kwong | Josh Busby | M/W 4:30-6:00 |
| 13 Area 2 | Shayna Crawford | Miko Baker | M/W 4:30-6:00 |
| | | | |
| 12 Area | Tori Arild | Maddison O'Carroll | T/TH 4:00- 5:30 |
| 11 Area | Amber Biddle | Miko Baker | T/TH 4:00- 5:30 |
| | | | |
| Rec Director | Joe Fuston | | T or TH 4-5:30 + F 5-7 |