

**Seiling Lady Cats**  
**High School Roster**  
**2022-2023**

<b><u>#</u></b>	<b><u>Name</u></b>	<b><u>Height</u></b>	<b><u>Grade</u></b>
10	Rainie Nelson	5'5"	10
11	Gracie Stidham	5'6"	09
12	Braci Nyberg	5'7"	11
14	Lyndlea Nichols	5'10"	09
15	Alli Hedges	5'6"	11
20	Kadence Griffin	5'10"	09
21	Keirstin Briggs	5'10"	10
22	Kenly Gore	5'7"	11
23	Isabella Hammons	5'11"	11
24	Teagan Hamar	5'6"	10
30	Brie Hedges	5'9"	09
31	Sara Garcia Muller	5'8"	10
32	Kali Seabourn	5'10"	10
33	Aryahna Whetstone	5'11"	11
45	Paige Coons	5'10"	10

**Head Coach:** Brady Hamar

**Assistant Coaches :** Bryan Gore, Claire Shuck, Jason Radomski

**Superintendent:** Greg Gregory

**Books:** Haylee Hamar

**Strength and Conditioning:** Devin Benton

**Managers:** Haley Zonneville, Mattie Hutchison, Sage Norton,  
Baylee Chain, Emma Smart, Jaisy Baker