



Practice Schedule

Monday

Sparks- 5:30pm-6:45pm-Practice Begins August 12th

Coaches: Marcy Colwell marcy.colwell@dakotaspirit.com
Kiley Aschoff kiley.aschoff@dakotaspirit.com

Embers- 6:00pm-6:50pm- Practice Begins September 30th

Coaches: Heidi Klein Heidi.klein@dakotaspirit.com
Maddie Miller Maddie.miller@dakotaspirit.com

Tuesday

Intensity-5:30pm-7:00pm- Practice Begins August 6th

Coaches: Tina Viss tina.viss@dakotaspirit.com
Ashley Rehfeldt Ashley.r@dakotaspirit.com

Xplosion- 5:45pm-7:45pm- Practice Begins August 6th

Coaches: Adrian Ness Adrian.ness@dakotaspirit.com
Molly Christianson mchristianson@dakotaking.com

Wednesday

Firecrackers-6:30pm-7:45pm- Practice Begins October 2nd

Coach: Maddie Miller Maddie.miller@dakotaspirit.com

Thursday

Sparklers-4:30pm-5:15pm- Practice Begins August 22nd

Coaches: Ashley Kemmis Ashley.kemmis@dakotaspirit.com
Lindsay Stroman

Heat- 5:00pm-6:30pm- Practice Begins August 15th

Coaches: Ashley Rehfeldt Ashley.r@dakotaspirit.com
Kiley Aschoff

Fusion-6:00pm-7:30pm- Practice Begins August 15th

Coaches: Megan Doherty megan.doherty@dakotaspirit.com
Lyndsey Kessler lyndsey.kessler@dakotaspirit.com

Friday

Flash-5:00pm-7:00pm- Practice Begins August 9th

Coaches: Tina Viss tina.viss@dakotaspirit.com
Megan Van Heerde megan@dakotaspirit.com