



Coach Johnson putting some of the squad through hitting drills. Left to Right: Nancy O'Loughlin, Michelle Breden, Lola Kantak, Maia Goodall, Coco, Andrea Covelli, Lisa Close, Steph Samuelson, Lizwe Nondabula, Erica Adams, Bri Giarrusso, Kate Schoenen and Aimee Gauvin.



Information being passed from Coach Johnson to T Brown, Nancy O'Loughlin, Bri Giarrusso, Lisa Close, Coco, Maia Goodall, Lizwe Nondabula, Steph Samuelson, Erica Adams, Michelle Breden and Aimee Gauvin.



Alex Montone firing off a pass.



Bri Giarrusso and Erica Adams working on footwork/agility.



Bri and Lizwe starting a drill.



Jenn O'Connor about to release a pass.



Coach Callahan working with the "Meat" (Aimee Gauvin, T Brown, Maia Goodall, Lizwe Nondabula, Nancy O'Loughlin, Lisa Close, Bri Giarrusso, and Coco).



Kicking Coach/Athletic Trainer works on long snaps with Michelle Breden.



Coach Johnson has the "D" (Erica Adama, Alex Montone, Kate Schoenen, Bri Giarrusso, Lola Kantak, Aimee Gauvin, Lizwe Nondabula and T Brown) working on reads and reactions.



Coach Johnson has the "D" (Nancy O'Loughlin, Coco, Michelle Breden, Lisa Close, Steph Samuelson, Kate Schoenen, Jenn O'Connor, Andrea Covelli and Alex Montone) working on reads and reactions.