

SWBA Sunday Winter 2025-26 Schedule

Nov 30, 2025

Team Name	Captain	Captain's Email
1. San Diego Avalanche	Dori O'Rourke	dori@realgolfimprovement.org
2. Half Fast	Cherri Gase	cbgase@icloud.com
3. Young At Heart	Sheri Vandeventer	svandeve4@live.com
4. Half Court Hoopsters	Diane Koczur	dianekoczur@gmail.com
5. Basket Cases	Anna Kane	akanes2010@yahoo.com
6. Still Got Game	Sheri Vandeventer	svandeve4@live.com
7. Hoop It Up	Aurora Brown	browncdf@cox.net
8. Triple Threat	Jill Spitzer	jillbspitzer@hotmail.com
9. Ladies of the Court	Yaeko Sunada	yaekosunada@gmail.com
10. Sisters United	Karen Harris	karenharrismn@hotmail.com
11. Legends	Cyrce Mellor	cyrcecmd@yahoo.com
12. Lady Hawks	Jackie Luzak, Paula Hamar	jalezak@att.net, phamar5@cox.net
13. Red Hot Hoopsters	Twantonette Wesley-Smith, Debbie Krongard	twesleysmith@yahoo.com, deborahkron@mac.com
14. Queen Bees	Shannon Rose	shanmrose@icloud.com
15. Lioness	Stacie Neldaughter, Joy de Beyer	staciejodi@aol.com, jdebeyer@gmail.com
16. Caterpillars	Yaeko Sunada	yaekosunada@gmail.com
17. Shooters	Carol Whaley, Annie Nielsen	cawhaley@cox.net, anielsen111@gmail.com
18. Golden Girls	Jeanne Herlihy	jeanneherlihy30@gmail.com
19. Splash	Allex Nellias	allex.nellias@gmail.com

Team listed on left wears white (home)

Team listed on right wears dark (visitor)

Please sit on the west side of the court (on the left as you walk in the door).

Please sit on the east (right) side of the court.

	9:30 AM	10:00 AM	11:00 AM	11:00 AM	12:00 PM	12:00 PM	1:00 PM	1:00 PM	2:00 PM	2:00 PM	3:00 PM	Break
	Rookie	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Down
Dec 14	18	<u>19</u> vs 13	16 vs 15	<u>19</u> vs 18	1 vs 3	14 vs 17	10 vs 12	11 vs 9	4 vs 6	5 vs 8	2 vs 7	2
Dec 21	6	2 vs 3	6 vs 1	19 vs <u>16</u>	11 vs 7	18 vs <u>16</u>	14 vs 15	17 vs 8	10 vs 12	4 vs 5	9 vs 13	13
Dec 28	Happy Holidays											
Jan 4												
Jan 11	7	13 vs 15	8 vs 7	17 vs 16	1 vs 5	9 vs <u>10</u>	2 vs 4	19 vs <u>10</u>	3 vs 6	18 vs 14	11 vs 12	12
Jan 18	MLK weekend. Gym open. No games.											
Jan 25	1	10 vs 14	16 vs 9	4 vs 1	8 vs 15	6 vs <u>11</u>	7 vs 3	<u>19</u> vs 11	13 vs 17	12 vs 18	5 vs 2	2
Feb 1	2	7 vs 11	16 vs 13	1 vs 2	3 vs 4	12 vs 14	5 vs 6	<u>9</u> vs 8	15 vs 10	<u>9</u> vs 19	18 vs 17	17
Feb 8	Super Bowl. Gym open. No games.											
Feb 15	5	14 vs 13	16 vs 17	9 vs 5	8 vs 10	18 vs 11	3 vs 1	4 vs 2	6 vs 7	<u>12</u> vs 15	<u>12</u> vs 19	19
Feb 22	10	8 vs 9	10 vs 18	16 vs 14	13 vs 12	17 vs 15	<u>17</u> vs 19	6 vs 11	3 vs 5	7 vs 2	1 vs 4	4
Mar 1	12	<u>8</u> vs 7	<u>8</u> vs 19	12 vs 16	5 vs 3	17 vs 18	6 vs 4	13 vs 11	9 vs 10	2 vs 1	15 vs 14	15

"Rookie" team runs the rookie training. "Break Down" team makes sure everything is put away after the last game.

Pay online at <https://community.ymcasd.org/s/registration>, or pay at the front desk.

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