



# Shaker High School

## Girls Varsity Gymnastics

### 2022 - 2023

Athletics Director: Sean Colfer  
Assistant: David Stadlander

445 Watervliet Shaker Rd  
Latham, NY, 12110  
(518) 785-5511  
northcolonie.org

#### Coaches:

- Keshia Ramirez, Head Coach
- Keri Lockhart, Asst Coach

#### Players (12)

NAME	GRADE
Sadhika Ambadipudi	9
Emma Brammer	10
Alyssa Caiano	12
Kayla Conway	10
Isabel DeFilipo	10
Alyssa Kearns	Graduated
Catriona Molano	10
Vidya Narra	9
Lindsey Nguyen	9
Alexandra Phoenix	9
Theresa Sirtori	10
Caroline Stark	10