



## Apponequet/Old Colony Lakers 2024-25 Roster

#	Name	Pos.	Yr.	Hometown
7	Nathan Navega	D	Sr.	
10	Ryan Abreau	D	Sr.	
11	Ryan Vincent	D	Sr.	
13	Jared Freitas	D	Sr.	
21	Grady Dionne	D	Sr.	
33	Quincy Alves	G	Sr.	

**Head Coach:** Ed Botelho

**Assistant Coaches:** Nate Farrington, Billy Rocha