

# Upward 2018 Practice Schedule

MONDAYS		Unlock: Brad W.	Lockup: Brad W.	
<b>Team</b>	<b>Practice Night</b>	<b>Practice Time</b>	<b>Division</b>	<b>Head Coach</b>
Shock	Monday	5:00 PM	5 <sup>th</sup> 6 <sup>th</sup> 7 <sup>th</sup> 8 <sup>th</sup>	Wilson
Comets	Monday	6:00 PM	1 <sup>st</sup> 2 <sup>nd</sup>	Stowers / Miller

TUESDAYS		Unlock: Brad W.	Lockup: Joe B.	
<b>Team</b>	<b>Practice Night</b>	<b>Practice Time</b>	<b>Division</b>	<b>Head Coach</b>
Falcons	Tuesday	5:30 PM	K	Griffith / Youngr
Trail Blazers	Tuesday	6:30 PM	1 <sup>st</sup> 2 <sup>nd</sup>	House

WEDNESDAYS		Unlock: Jara W.	Lock Up:	
<b>Team</b>	<b>Practice Night</b>	<b>Practice Time</b>	<b>Division</b>	<b>Head Coach</b>
Green Rangers	Wednesday	6:00 PM	1 <sup>st</sup> 2 <sup>nd</sup>	Crows
Knicks	Wednesday	5:30 PM	3 <sup>rd</sup> 4 <sup>th</sup>	Wyant
CHEER	Wednesday	5:00 PM	K-1 <sup>st</sup>	Wilson

THURSDAYS		Unlock: Brad	Lock Up: Jara	
<b>Team</b>	<b>Practice Night</b>	<b>Practice Time</b>	<b>Division</b>	<b>Head Coach</b>
Timberwolves	Thursday	6:30 PM	K	Boner / Norris
Rockets	Thursday	5:30 PM	3 <sup>rd</sup> 4 <sup>th</sup>	Basenberg
Explosions	Thursday	5:30 PM	3 <sup>rd</sup> 4 <sup>th</sup>	McDaniel
Tune Squad	Thursday	6:30 PM	3 <sup>rd</sup> 4 <sup>th</sup>	Odle
CHEER	Thursday	5:30 PM	4 <sup>th</sup> - 7 <sup>th</sup>	Hammonds
CHEER	Thursday	6:00 PM	2 <sup>nd</sup> - 3 <sup>rd</sup>	Wilson

**FINAL COPY**

*Rev. 1/15/18*