

**Upward Practice Schedule, Locations, Goal Heights, and Ball Sizes**

Practice Night	Division	Team	Contact	Time	Location	Goal Height	Ball Size	Phone
<b>Monday<sup>1</sup></b>	1st/3rd Girls	Lady Panthers	Jana Floyd	5:30	SE	8'	25	(479) 531-7305
	1st/3rd Girls	Lady Leopards	Ronnie Hendrickson	5:30	SW	8'	25	(479) 685-7998
	1st/2nd Boys	Cougars	Jerry Floyd	5:30	NE	8'	25	(479) 531-7304
	1st/2nd Boys	Rattlers	MJ Keeler	5:30	NW	8'	25	(479) 277-1988
	3rd/4th Boys	Commodores	Jonathan Parsons	6:30	SE	9'	28.5	(479)-925-8999
	3rd/4th Boys	Hokies	Cliff Mathis	6:30	SW	9'	28.5	(479) 381-7485
	5th/6th Boys	Sting	Michael Allen	6:30	NE	10'	28.5	(479) 899-4686
	5th/6th Boys	Mercury	Ronnie Hendrickson	6:30	NW	10'	28.5	(479) 685-7998

Practice Night	Division	Team	Contact	Time	Location	Goal Height	Ball Size	Phone
<b>Tuesday</b>	1st/3rd Girls	Lady Gazelles	Kevin Tryon	5:30	SE	8'	25	(479) 787-0105
	1st/3rd Girls	Lady Bobcats	Luke Bowers	5:30	SW	8'	25	(479) 270-8056
	4th/6th Girls	Sun	Chris Jones	5:30	NW	9.5'	28.5	(479) 366-2639
	1st/2nd Cheer	Faith	Molly Gourd	5:30	Mid-Atrium or South A-100			(479) 795-1850
	3rd/4th Boys	Cyclone	Buddy Trollinger	6:30	SE	9'	28.5	(479) 225-8440
	3rd/4th Boys	Knights	Ashley Lee	6:30	SW	9'	28.5	(479) 644-7712
	5th/6th Boys	Shock	Michael Gower	6:30	NE	10'	28.5	(479) 644-4000
	5th/6th Boys	Bulls	Kevin Tryon	6:30	NW	10'	28.5	(479) 820-3141
	3rd/6th Cheer	Grace	Cynthia Gregory	6:30	South Atrium			(479) 270-3997
	4th/6th Girls	Fever	Shane Ober	7:30	NE	9.5'	28.5	(479) 254-9333

Practice Night	Division	Team	Contact	Time	Location	Goal Height	Ball Size	Phone
<b>Thursday<sup>2</sup></b>	1st/2nd Boys	Cheetahs	Don Crowley	5:30	SE	8'	25	(479) 936-1562
	1st/2nd Boys	Kangaroos	Josh Trollinger	5:30	SW	8'	25	(479) 225-5090
	1st/2nd Boys	Bears	Kristy Bailey	5:30	NE	8'	25	(479) 787-9625
	1st/2nd Boys	Rams	Kirk Laceywell	5:30	NW	8'	25	(479) 877-0712
	1st/2nd Cheer	Peace	Jessica Bridges	5:30	Mid-Atrium or South A-100			(479) 531-4826
	3rd/4th Boys	Cardinal	Chad Evans	6:30	SE	9'	28.5	(479) 366-9219
	3rd/4th Boys	Gators	Lisa Crowder	6:30	SW	9'	28.5	(479) 903-0402
	4th/6th Girls	Comet	Ronnie Bradshaw	6:30	NE	9.5'	28.5	(479) 879-6185
	4th/6th Girls	Lynx	Rosalba Diaz	6:30	NW	9.5'	28.5	(305) 215-9770
	3rd/6th Cheer	Love	Kathleen Coleman	6:30	South Atrium			(479) 957-5631

Practice Day	Division	Team	Contact	Time	Location	Goal Height	Ball Size	Phone
<b>Saturday<sup>3</sup></b>	K-Coed	Li'l Cobras	Dan Crusinbery	See Schedule		7'	25	(479) 633-2497
	K-Coed	Li'l Eagles	Jay Johnson	See Schedule		7'	25	(479) 936-0839
	K-Coed	Li'l Falcons	Chris Jones	See Schedule		7'	25	(479) 366-2639
	K-Coed	Li'l Pumas	Chad Evans	See Schedule		7'	25	(479) 366-9219
	K-Cheer	Joy	Jennifer Wilson	See Schedule		N/A	N/A	(479) 721-6333

1. January 2 practices will be moved to January 6 at the same times for all teams due to facility not being available.
2. All February 23 practices will be moved to Friday, February 24.
3. Kindergarten Practices are all on Saturdays at the time listed on the their game schedules.