



# NORTH UNION TOWNSHIP 2026 BASKETBALL LEAGUE PRACTICE SIGN-UP



## TUESDAY'S at REC CENTER

|           | TEAM | COACH            |
|-----------|------|------------------|
| 4:30-5:15 | 9U   | Rob Garofalo     |
| 5:15-6:00 | 5U   | Leo Workman      |
| 6:00-6:45 | 11U  | Ryan Rates       |
| 6:45-7:30 | 16U  | Ryan Rates       |
| 7:30-8:15 | 7U   | Trent Livingston |
| 8:15-9:00 | 9U   | Daryl Shea       |

| TEAM | COACH          |
|------|----------------|
| 11U  | Jarrold Shaw   |
| 11U  | Anthony Howard |
| 13U  | Anthony Howard |
| 16U  | Anthony Howard |
| 13U  | Jenn Thomas    |
| 11U  | Jenn Thomas    |

*\*By signing the above, you are responsible for your team and any damages that may occur to the Rec Center during your scheduled practice time. There is no food or drinks allowed in the gymnasium. Water is allowed for players.*

*Thank you for your cooperation,  
North Union Recreation Center*



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## WEDNESDAY'S at REC CENTER

**4:30-5:15**  
**5:15-6:00**  
**6:00-6:45**  
**6:45-7:30**  
**7:30-8:15**  
**8:15-9:00**

| TEAM | COACH          |
|------|----------------|
| 11U  | David Winfrey  |
| 5U   | Keshawn Ramsey |
| 13U  | Ryan Gondek    |
| 9U   | Adam McDonald  |
| 13U  | Chris Miller   |
| 5U   | Phil Mosley    |

| TEAM | COACH           |
|------|-----------------|
| 9U   | Abbey Plutch    |
| 7U   | Reggie Grooms   |
| 11U  | Reggie Grooms   |
| 7U   | Brandon Collins |
| 9U   | James Williams  |
| 13U  | James Williams  |

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# NORTH UNION TOWNSHIP 2026 BASKETBALL LEAGUE PRACTICE SIGN-UP



## **THURSDAY'S at REC CENTER**

**4:30-5:15**  
**5:15-6:00**  
**6:00-6:45**  
**6:45-7:30**  
**7:30-8:15**  
**8:15-9:00**

| TEAM | COACH            |
|------|------------------|
| 5U   | Gregory Bechtold |
| 5U   | Teona Griffith   |
| 11U  | Teona Griffith   |
| 5U   | Mark Chick       |
| 13U  | Leonard Tucker   |
| 16U  | Gregory Bechtold |

| TEAM | COACH          |
|------|----------------|
| 9U   | Nick Thomas    |
| 11U  | Rob Garofalo   |
| 16U  | Teona Griffith |
| 7U   | Steve Strange  |
| 7U   | Corey Nesser   |
| 9U   | Corey Nesser   |

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## FRIDAY'S at REC CENTER

|           | TEAM | COACH         |
|-----------|------|---------------|
| 4:30-5:15 | 13U  | Jason Beck    |
| 5:15-6:00 | 16U  | Jason Beck    |
| 6:00-6:45 | 9U   | Matt Moreland |

|  | TEAM | COACH         |
|--|------|---------------|
|  | 13U  | Robert Marks  |
|  | 16U  | Shawn Depto   |
|  | 7U   | Donnie Yowler |

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