Stacia Eggers

Position: Associate Athletic Director for Student Services
Office of Student-Athlete Development (OSAD)


Cell Phone: (515) 770-1417

Teams: Football, Men’s Basketball

Andrea Greve Coello

Position: Athletics Academic Advisor and Life Skills Coordinator
Office of Student-Athlete Development (OSAD)

Alma Mater: UNI, 2011
University of South Florida, 2014

Cell Phone: (563) 920-2436

Teams: Women’s Basketball, Softball, Volleyball, Swimming & Diving

Jadyn Spencer

Position: Athletics Academic Advisor
Office of Student-Athlete Development (OSAD)


Cell Phone: (319) 404-9333

Teams: Men’s and Women’s Golf, Men’s and Women’s Track & Field and Cross Country, Soccer, Tennis, and Wrestling
Fall 2019 Practice Times

Men’s Basketball
Practice from 2:00-6:00pm daily
Ideally should be done with class by 2:00pm

Men’s and Women’s Cross Country
Practice from 2:00-6:00pm daily
Ideally should be done with class by 2pm

Men’s and Women’s Golf
Men – practice from 3:00-6:00pm daily
Women – practice from 2:00-5:00pm daily
Ideally should be done with class by 2 or 3pm
Mondays and Tuesdays are primary travel days

Softball
Practice from 3:00-6:00pm daily
Ideally should be done with class by 3pm

Volleyball
Practice from 2:00-5:00pm daily
Ideally should be done with class by 1:00pm
Fridays are primary travel days

Football
Practice from 2:00-6:00pm daily
Ideally should be done with class by 2:00pm
and should avoid taking night classes that begin before 6:00pm (Fridays are primary travel days)

Tennis
Practice from 2:30-5:30pm daily
Ideally should be done with class by 2pm

Women’s Basketball
Practice from 8:30-10:30am daily
Can take classes beginning at 11:00am or after

Women’s Cross Country
Practice from 2:00-6:00pm daily
Ideally should be done with class by 3:00pm

Women’s Soccer
Practice from 3:30-5:30pm M/W/F and
7:00-9:00am T/TH
Ideally should be done with class by 3:00pm M/W/F and should not begin before 9:30am T/Th

Men’s and Women’s Track
Practice from 2:00-6:00pm daily
Ideally should be done with class by 2pm

Wrestling
Practice from 3:30-6:00pm daily
Ideally should be done with class no later than 3:15pm

Swimming and Diving
All — Mon/Wed/Fri – 6:30-7:30am
Divers — Mon/Wed/Fri 1:00-3:00pm
Tues/Thurs – 7:30-9:30am and 2:30-4:00pm
Swimmers — Mon/Wed/Fri 2:30-5:00pm
Tues/Thurs – 6:00-7:30am and 2:30-5:00pm