

## Stacia Eggers

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**Position:**

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

**Alma Mater:**

UNI, 2004 & 2006

**Cell Phone:**

(515) 770-1417

**Teams:**

Football, Men's Basketball

## Andrea Greve Coello

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**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:**

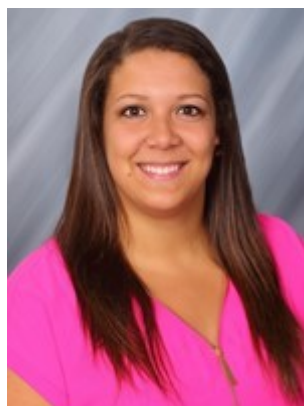
(563) 920-2436

**Teams:**

Women's Basketball, Softball, Volleyball, Swimming & Diving

## Jadyn Spencer

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**Position:**

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

**Alma Mater:**

University of Alabama, 2015 & 2016

**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 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

