



**UPHS ATHLETICS**  
**HOME OF THE PANTHERS**

**Sports Offered:**

**Football**  
**Boys Cross Country**  
**Girls Cross Country**  
**Basketball**  
**Soccer**  
**Track**  
**Cheerleading**  
**Dance**

**Qualities of Every Great Team**

1. Knows exactly what it stands for
2. Can Articulate what the team stands for
3. Everyone is committed to the values
4. Follow their covenants regardless of the record

**UPHS Core Covenants**

1. We follow the rules
2. We work to improve daily
3. We develop TEAMS
  - T- Together
  - E- Everyone
  - A- Achieves
  - M- More
4. We respect everyone

## COACHING ROSTER

<b>Position</b>	<b>Name</b>	<b>Email Address</b>
<b>Sports Administration</b>		
Athletic Director	Jim Feldkamp	<a href="mailto:jfeldkamp@uprep.com">jfeldkamp@uprep.com</a>
<b>Football</b>		
Head Coach	Antonio Ragland	<a href="mailto:coachraglanduprep@yahoo.com">coachraglanduprep@yahoo.com</a>
	Stephen Booker	<a href="mailto:coachb222@yahoo.com">coachb222@yahoo.com</a>
	Hanif Echols	<a href="mailto:hechols@uprep.com">hechols@uprep.com</a>
	Kenneth Heard	<a href="mailto:heard2vzw.blackberry.net">heard2vzw.blackberry.net</a>
	Kelvin Boyd	
<b>Cross Country</b>		
Head Boys Coach	Eric Davie	<a href="mailto:coachableone@comcast.net">coachableone@comcast.net</a>
Head Girls Coach	Shara Marbry	<a href="mailto:smile_shara@yahoo.com">smile_shara@yahoo.com</a>
<b>Cheerleading</b>		
Head Coach	Camille Redmond Mrs. France	<a href="mailto:camille.redmond@gmail.com">camille.redmond@gmail.com</a>
<b>Boys Basketball</b>		
Varsity Head Coach	Arnette Jordan Willie Tucker Derrick Hayes	<a href="mailto:arnettejordan@yahoo.com">arnettejordan@yahoo.com</a>
JV Head Coach	Eric Davie	<a href="mailto:coachableone@comcast.net">coachableone@comcast.net</a>
<b>Girls Basketball</b>		
Varsity Head Coach	Logan Lanier	<a href="mailto:lanierjr.logan@rocketmail.com">lanierjr.logan@rocketmail.com</a>
JV Head Coach	James Hunter Kandice Perryman	<a href="mailto:james1525@hotmail.com">james1525@hotmail.com</a>
<b>Soccer</b>		
Head Coach	Dino Mangano Loren Roumelle	<a href="mailto:dinomangano@yahoo.com">dinomangano@yahoo.com</a>
<b>Dance Team</b>		
Head Coach	,Carolyn Matigian	<a href="mailto:cmatigian@uprep.com">cmatigian@uprep.com</a>
<b>Track</b>		
Co-Head Coach	Kenneth Heard	<a href="mailto:heard2vzw.blackberry.net">heard2vzw.blackberry.net</a>
Co-Head Coach	Willie Tucker	

## **UPAC- UNIVERSITY PREP ATHLETIC CLUB**

**Meeting** : Every 1<sup>st</sup> Wednesday of the month at 6:00 pm inside the yellow building

**Contact**: [upacupa@yahoo.com](mailto:upacupa@yahoo.com)

Board Chair            Tieyessia Blocker  
Board Co-Chair        Kelly Sparks

The University Prep Athletic Club is a committee composed of parents and other civic minded adults cooperating with the administration of UPA, Detroit, Michigan, to give moral and financial support to the various high school athletic programs.

### **Apparel**

The UPAC is selling T-Shirts and Sweatshirts

T-Shirts	Small-XL	\$10.00
	2XL-3XL	\$12.00
Hoodies	Medium- XL	\$15.00
	2XL- 3XL	\$17.00

For more information contact Tieyessia Blocker at 313-887-0194

## **ANNOUNCEMENTS**

### **UPHS Home Field for Football, Soccer and Track is**

Plymouth Education Center  
1460 E. Forest Ave.  
Detroit, MI 48207

### **UPHS Track Game field is:**

Chandler Park Academy  
20100 Kelly Rd.  
Harper Woods MI 48225

### **UPHS Home Field for Cross Country is**

Cass\_ Benton Park in Northville  
7 Mile Rd. and Hynes Dr.

### **XC (Cross Country) information meeting**

will be on Wednesday, May 27<sup>th</sup> at 4:15 pm  
in the High School Gymnasium interest meeting  
Conditioning will start in the summer

### **Football conditioning has started**

Monday – Thursday in the Weight Room 4-6 pm  
Saturday in the Weight Room 11- 2 pm

## SPORTS CALENDAR

### May 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>
<b>4</b> 7:15 am soccer practice @upa	<b>5</b> soccer game @Star Academy	<b>6</b>	<b>7</b> soccer game @Summit	<b>8</b> 5pm soccer game @upa vs. Harper	<b>9</b> Track Meet Championship 9:-00 am @ Chandler Pk
<b>11</b> 7:15 am soccer practice @upa	<b>12</b> 5pm soccer game @Western	<b>13</b>	<b>14</b> 5pm soccer game @upa vs. Star	<b>15</b>	<b>16</b> <b>CAPP III</b> 9am @ HS yellow bld
<b>18</b> 4:30pm soccer game @Harper Clearing house mtg. 5:30 pm blk box	<b>19</b> 5pm soccer game @upa vs. Summit	<b>20</b>	<b>21</b> 5pm soccer game @Caesar Chavez	<b>22</b> No School	<b>23</b> Soccer Vs. Football fun game 4pm
<b>25</b> Memorial Day	<b>26</b> soccer practice @Plymouth 4pm	<b>27</b> Cross Country mtg 4:15 @ HS gym	<b>28</b> soccer practice @Plymouth 4pm	<b>29</b>	<b>30</b>

### June 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> All Coaches Mtg 4pm @ HS blue blg	<b>2</b>	<b>3</b>	<b>4</b> Independence Day	<b>5</b> Senior's last day	<b>6</b>
<b>8</b> Last day for football conditioning	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> School's Last day	<b>13</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Gym refurbished	<b>20</b> Gym refurbished
<b>22</b> Gym refurbished	<b>23</b> Cross Country Conditioning 4pm@ HS	<b>24</b>	<b>25</b> Cross Country Conditioning 4pm@ HS	<b>26</b>	<b>27</b> Cross Country Conditioning 10 am @ Bell Isle
<b>29</b>	<b>30</b> Cross Country Conditioning 4pm@ HS				

### July 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> Cross Country Conditioning 4pm@ HS	<b>3</b>	<b>4</b> Independence Day
<b>6</b> MHSAA Dead Week	<b>7</b> MHSAA Dead Week	<b>8</b> MHSAA Dead Week	<b>9</b> MHSAA Dead Week	<b>10</b> MHSAA Dead Week	<b>11</b> MHSAA Dead Week
<b>13</b>	<b>14</b> Cross Country Conditioning 4pm@ HS	<b>15</b>	<b>16</b> Cross Country Conditioning 4pm@ HS	<b>17</b>	<b>18</b> Cross Country Conditioning 10 am @ Bell Isle
<b>20</b>	<b>21</b> Cross Country Conditioning 4pm@ HS	<b>22</b>	<b>23</b> Cross Country Conditioning 4pm @ HS	<b>24</b>	<b>25</b> Cross Country Conditioning 10 am @ Bell Isle
<b>27</b>	<b>28</b> Cross Country Conditioning 4pm @ HS	<b>29</b>	<b>30</b> Cross Country Conditioning 4pm@ HS	<b>31</b>	

### August 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>
<b>3</b> No Gym Usage Terry days	<b>4</b> No Gym Usage Terry days	<b>5</b> No Gym Usage Terry days	<b>6</b> No Gym Usage Terry days	<b>7</b> No Gym Usage Terry days	<b>8</b> Cross Country Conditioning 10 am @ Bell Isle
<b>10</b>	<b>11</b> Cross Country Conditioning 4pm	<b>12</b> Cross Country Conditioning 4pm	<b>13</b> Cross Country Conditioning 4pm	<b>14</b>	<b>15</b> Cross Country Conditioning 10 am @ Bell Isle
<b>17</b>	<b>18</b> Cross Country Conditioning 4pm	<b>19</b> Cross Country Conditioning 4pm	<b>20</b> Cross Country Conditioning 4pm	<b>21</b>	<b>22</b> Cross Country Conditioning 10 am @ Bell Isle
<b>24</b>	<b>25</b> Cross Country Conditioning 4pm	<b>26</b> Cross Country Conditioning 4pm	<b>27</b> Cross Country Conditioning 4pm	<b>28</b> Football game @ upa vs. clarencville 5pm	<b>29</b> Cross Country Conditioning 10 am @ Bell Isle
<b>31</b>					

