CITY OF BANGOR
PARKS & RECREATION

Youth In-House Basketball Practice Schedule 2026

Location	Time Slot	Day	Team	Coach	Age
Bangor Parks & Rec	5:30-6:30PM	Monday	Rookie Wreckers	Alex Lawrence & Caitlyn Wood	2/3 Boys
	6:30-7:30PM	Monday	Rim Rockers	Benjamin Sprague	2/3 Boys
	5:30-6:30PM	Tuesday	Ruby Raptors	Christopher Martin & Michelle Paul	2/3 Girls
	6:30-7:30PM	Tuesday	Rapid Rebounders	Adam Stanley	2/3 Boys
	5:30-6:30PM	Wednesday	Golden Gladiators	Vanessa Pena	2/3 Girls
	5:30-6:30PM	Friday	Silver Spears	Emily Adams & Ayzlynn Gifford	2/3 Girls
	6:30-7:30PM	Friday	**TRAVEL TEAMS**		
Vine St.	5:30-6:30PM	Wednesday	Clutch Crew	Joe Hutton	2/3 Boys
	6:30-7:30PM	Wednesday	Net Ninjas	Daniel Coffin & Justin Belanger	2/3 Boys
	5:30-6:30PM	Thursday	Slam Dunk Squad	Zach Ladd & Chris Whitney	2/3 Boys
	6:30-7:30PM	Thursday	Emerald Eagles	Meghan Smith & Chris Whitney	2/3 Girls
Mary Snow	5:00-6:00PM	Tuesday	Buzzer Beaters	Brad Haase & Eva Marks	2/3 Boys
	6:00-7:00PM	Tuesday	Dunk Dynasty	David Glynn	2/3 Boys

2/3 Girls

Ruby Raptors
Golden Gladiators
Emerald Eagles
Silver Spears

2/3 Boys

Net Ninjas
Rookie Wreckers
Rapid Rebounders
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