



Coach Murphy
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Pac 5 Cougar News

A team

Myeia
Ariahn
Lauren
Kristie
Charlene
Selena
Donquie
Jackie

B team

Darlene
Makayla
Sanaa
Jaelah
Bella
Bernice
Nyla
Marbella
Krystal

Upcoming Events

Nov. 19

Prepare a Thanksgiving meal
Volleyball playoffs

Dec. 3

Volleyball championship

Dec. 5

Basketball practices begins

Dec. 6

Royal Friends Dance
Recital in El Monte

Dec. 17th

Upland Awards

Dec. 30

Upland Christmas Party



Standings

B League

Cougars 6-2
Hawks 5-3
Ravens 5-3
Huskies 4-4
Panthers 0-8

A League

Hawks 6-2
Panthers 6-2
Cougars 6-2
Ravens 2-6
Huskies 0-8



Prepare a Thanksgiving Meal

When: November 19th

Preparation: The A's will be making Pumpkin Pies 9:30am- 11:00am.

The B's will be making Apple Cobbler at 10:30am- 12:00 noon.

Meet: @PCC in the kitchen at the gym

Dinner: The dinner is for the Karena and Royal Friend recital.

SCHEDULE

Wednesday, Nov. 16th- Volleyball practice and clubmeeting

Saturday, Nov. 19th- Playoffs and prepare a Thanksgiving Meal!

Monday, Nov. 21st- Volleyball prac. and clubmeeting 4:30-5:45

Wednesday, Nov. 23rd- No Activities

Saturday, Nov. 26th- No Activities



V O L L E Y B A L L G A M E S Saturday, Nov. 19

B League

Cougars vs.

Huskies

1:00pm @ PCC

A League

Cougars vs. Hawks

3:15pm in Arcadia

Awards is coming soon!

- To earn your main award you must complete 2 cooking projects, 2 sewing projects, 2 craft projects, 2 service hours and 2 Bible questionnaires.
- If you are a 6th grader and made honor roll show Mrs. Murphy your report card to earn an award.
- To earn a volleyball award you may not miss more than 2 games.
- To earn a volleyball letter. B's must have 55% passing and 65% serving. The A's must have 60% passing and 70% serving.