**UPWARD FAQ’s 2023-24**

NO BASKETBALL OR CHEERLEADING EXPERIENCE NECESSARY!

Upward is designed to give children and their families a positive sports experience, promoting character, self-esteem, and salvation through sports. The purpose of Upward is to recognize the winner in every child by offering a non-competitive, non-threatening environment where every participant gets equal playing time. Every player receives a star award following each game to recognize a positive contribution he or she made that day.

Immanuel Church offers both basketball and cheerleading Basketball is for boys and girls 1st through 6th grade. Cheerleading is for girls Kindergarten through 6th grade.

PRACTICES:

* Basketball practices take place on Monday, Tuesday, Thursday and Friday, no Wednesdays.
  + Each team practices 1 night per week, the same night every week.
  + Each practice is about an hour.
* Cheerleading is separate from basketball, but will meet for practice on the same nights, one night per week, also about an hour.
* Practice days/times and game day schedules will not be announced until December. After Evaluation Day, team rosters, practice schedules and game times on game days will be determined.
  + At this time, we are unable to tell anyone what night of the week their practice will take place. Upon registering, you can note one night that is NOT a good practice night for you.
* Coaches will contact their team parents about mid-December and give details regarding practices and games.
* Practices begin on January 8th and games begin January 20th

GAMEDAYS:

* The game day season begins on January 20th and ends on March 9th.
* All games are played on Saturdays on the church campus.
* The earliest game starts at 8am, and the last usually begins at 2 or 3pm, depending on how many teams we end up with.
* Each team plays for 1 hour, with a short team meeting afterward, usually 15-20 minutes or so.
  + Families are in and out in about an hour and a half each Saturday.
* Cheerleading times vary, but cheering takes place during the games on these Saturday schedules.

REGISTRATION AND FEES:

* Online registration is open.
* Fees are $125 and includes their team jersey with T-shirt (basketball) or cheer top and skort (cheerleading).

UNIFORM COLORS 2024: Blue and Red

NEW THIS YEAR:

After many requests over the last couple years, we have decided to host an Upward Basketball League for 7th and 8th graders! This league will practice for an hour on Friday and then play directly after.

We’ll need enough registrations to make at least two teams. Without enough registrations, we will not host a 7th and 8th grade league.

EVALUATION DAY:

* Evaluations will be held on Saturday, December 2nd between 9am & 12pm.
  + Stop by anytime during these hours for your 20 minute evaluation.
* Evaluations are important – please make every effort to attend. This allows us to fairly distribute skills and abilities among all teams.
  + If you are unable to attend Evaluation Day, please contact Jake Bunjo to make alternate arrangements. [jake.bunjo@lansnaz.com](mailto:jake.bunjo@lansnaz.com)
* During evaluation time, parents will determine sizing for their child’s uniform, players will be evaluated on basic skills (No experience necessary - Beginners welcome!) and parents attend a brief, general meeting for an overview of the league.

VOLUNTEER:

* There are so many ways to be involved with Upward! Many volunteers are required to offer a successful program. See the “volunteer” section of the main page to sign up.
* Clearances are required to serve in all capacities. See the “clearances” section on the main page for all details.