

Who is eligible to coach?

Here is list of expectations we have of every coach in our league:

- (1) knows and enjoys the sport
- (2) enjoys kids
- (3) is willing to carry out the Upward mission of sharing the principles and message of Jesus Christ
- (4) knows the importance of encouragement
- (5) is a motivator
- (6) is an effective communicator
- (7) leads by example and
- (8) displays commitment.

Assistant coaching positions open to anyone willing to step in and make a positive difference in the lives of kids.

All prospective coaches are subject to the approval of our church.

Note: Each volunteer in our league must pass a criminal background check.

How much of a time commitment is expected of an Upward Coach?

Our Upward seasons begin with three weeks of practice followed by seven weeks of games and practices.

Practices are one night a week and one hour long.

This would include skills/drills and devotion.

Each team will have one game per week with that game lasting approximately one hour.

If my child plays, can I be his/her coach?

Absolutely. We take great strides in making this happen.

There are factors that could affect the ability to carry this out, but we will do everything within our power to make this happen.

How will I monitor playing time for each of my players?

Using the Upward Substitution System, coaches are free from monitoring playing time for each player.

The system allows for equal playing time for each player.

The substitution system provides every child the opportunity to be in the starting lineup, requires no child to sit out back-to-back segments and allows every child to play at least half of the game. More in-depth explanation will be given during The Coach's Rally.

What is expected of me as an Upward Coach?

As an Upward Coach, your goal is to provide a great sports experience while connecting with your players and sharing the love of Jesus Christ. To accomplish this, it is important to understand your responsibilities as a coach at practices and game:

Practice

Prepare for practices by having a plan in place for skill development by following Uprise Coach's Playbook

Teach the fundamentals of the game through drills to enhance basic skills

Teach the rules of the game

Share (or partner with our Devotions Volunteer who will share) a five to eight minute devotion with your team at the end of the practice.

Distribute practice stars at the end of each practice and practice cards at the end of specific practices during the season

Do I have to come up with my own practice plan?

No. Each week of practice is completely laid out for you including skills, drills and devotions. Your coach's playbook will be complete with diagrams for the drills and everything you need to carry out a full practice.

Game

Participate in player introductions and pregame prayer led by the referees

Support the referee with positive comments throughout each game

Know and follow the substitution system each game

At the end of each game, conduct a game day star presentation with all players and parents

THE HEAD COACH OF YOUR TEAM MAY BE REQUIRED TO REFEREE THE GAME BEFORE YOUR TEAM'S GAME EACH WEEK.

What do I need to do for the weekly devotion time?

A five-to-eight-minute devotion will be required at the end of each week of practice. Devotions are age specific and are provided in the coach playbook. Spend time before practice reviewing the devotion and be prepared for the object lesson that may accompany the devotion. Assistance will be available to help enhance this area, if necessary.

What resources will Upward Sports provide?

Upward Sports provides the following resources for coaches:

- Coach polo shirt
- Coach playbook (with DVD)
- Weekly devotions (included in playbook)
- Player Stars (awards for game day)
- Substitution forms (in playbook)
- Official Upward Coach web page with tons of resources including videos and diagrams (www.myupward.org)
- Star Distribution forms (in playbook)
- League Director and Coach's Commissioner available for questions/direction
- Upward Facebook page to monitor updates.
- Upward Coach's App for smart phones

What are Upward Game Day Stars?

Upward Game Day Stars are given to each player for positive characteristics exhibited during game play.

There is an easy way of awarding these stars each game which will be explained at The Coach's Rally.

Each game day color represents a different meaning:

- RED STAR - Defense
- BLUE STAR - Effort
- GRAY STAR - Offense
- GOLD STAR - Sportsmanship
- WHITE STAR – Christlikeness
- GREEN STAR - to be given during practice time ONLY

Where will I practice?

We have strong, long-standing partnerships with the city and area schools and churches. We schedule our league practices with these partners and you can be assured that your practice location is nearby and easy to access.

Will you train me to be an Upward Coach?

Absolutely. Every coach is REQUIRED to go through training. It is of utmost importance that you place this as high priority. We purposefully offer multiple dates in order to keep it flexible for you.

