

2020 Upward Basketball Schedule

Registration and Orientations		
Registration Opens	Sunday September 29	
Coach Orientation	Saturday, September 26	9am-noon
Coach Orientation	Sunday, October 27	2-4pm
Early Bird Registration Ends	Sunday November 3	
Player Evaluation Days	Tuesday, Nov 5	6-8pm
	Saturday Nov 9	9am-noon
	Tuesday Nov 12	6-8pm
Late Registration Deadline	Sunday Dec 1	
Late Player Evaluation Days	Tuesday, Dec 10	6-8pm
	Saturday Dec 14	9am-noon
Coach Orientation	Sunday, Dec 15	2-4pm

2020 Season	
Practice 1	Monday Jan 13 Tuesday Jan 14
Practice 2	Monday Jan 20 Tuesday Jan 21
Practice 3	Monday Jan 27 Tuesday Jan 28
Game #1	Saturday, February 1
Practice 4	Monday Feb 3 Tuesday Feb 4
Game #2	Saturday, February 8
Practice 5	Monday Feb 10 Tuesday Feb 11
Game #3	Saturday, February 15
Practice 6	Monday Feb 17 Tuesday Feb 18
Game #4	Saturday, February 22
Practice 7	Monday Feb 24 Tuesday Feb 25
Game #5	Saturday, February 29
Practice 8	Monday March 3 Tuesday March 4
Game #6	Saturday, March 7
Practice 9	Monday March 9 Tuesday March 10
Game #7	Saturday, March 14
*Snow Game Date	Saturday March 21
UPRISE SUNDAY	Sunday, March 22



What is it?

Who can participate in Upward Sports?

Each year one million people around the world play, coach, referee or volunteer in one of the Upward Sports Leagues especially designed for Pre-K (4yrs old) through fourth-grade boys and girls. First Baptist Upward Sports is honored to be one of the Upward Sports Leagues across the U.S. and Canada, children and volunteers of any faith or no faith are welcome to participate.

What will a child take away from Upward Sports Program?

Participants gain both athletic skills and values for success on and off the court - including sportsmanship, teamwork, integrity and respect. Young athletes enjoy valuable game-time experience that improves their skills and builds healthy self-confidence as they learn from coaches who care. But Upward Sports is even more than a game-day experience, providing youth with a supportive community and fun activities to help them develop character.

How does the Upward Sports Program work?

#1 Registration

Children register on-line to participate in the Upwards Sports program for the season (basketball, cheerleading, soccer, flag football, volleyball) for a reduced fee by the Early Bird Deadline or for regular price at the Final Registration Deadline. Their registration fee (\$60-80) covers the cost of a "Player's box" which includes: a double-sided Upward game jersey, an Upward practice t-shirt and an Upward magnet.

#2 Evaluation Days

Children who are registered are invited choose from one of many mandatory "Evaluation Days" where coaches walk them through some simple skills test for their sport in order to make sure team selections is balance and fair.

#3 Practices **1 Hour per week / 9 total practices**

Team meet three (3) times with their team and coach before their first game, and each week afterwards during the season at the same time each week. Practices include 45 minutes of pre-determined skill development followed by a 15 minute weekly "huddle".

#4 Games **1 Hour per weekend/ 7 total games**

High energy introductions are followed by fun, fair and balanced time on the court for each player that emphasizes the skills NOT the scores. These half-court games last only 1 hour and are consistent in their time and location at Bethlehem UMC (109 E Main Street Dallastown PA))

Who can participate in Upward Sports?

Upward Sports is a partnership between church, parents and coaches. Volunteer positions include:

- League Director^
- Coach* and Coach Commissioner (recruit & train coaches)
- Referees and Referee Commissioner
- Hosts: Game Day Hosts, Practice Night Hosts**

* Coaches have multiple opportunities for training (Coach Orientation events) before the season begins and follow pre-determined practice skills schedule for each practice which are included for them. All they need to do is prepare and follow what is already planned in their coach's handbook- encouraging each child to reach their potential (including awarding Upward Stars and end-of-season Awards)

Like players, coaches are expected to be committed to all practices and game days - recruiting parent "co-coaches" is a wise decision!

At times, coaches also serve as referees for other teams (knowing that fouls and penalties are minimal and fairly obvious at each level).

^ League director works closely with the coach and on-line registration to organize teams BEFORE the season begins.

** Game day and/or Practice Night Host focus on the front door to post-practice/game experience for each person (children, parents, volunteers) in order to make

What ages/details are involved in Upwards Sports?

Here is an example of the details for Upwards Basketball League

<u>Level</u>	<u>Grades</u>	<u>Height</u>	<u>Ball</u>	<u>Game Segment</u>	<u>Half time</u>	<u>Score</u>
Level 1	K, 5 yrs	7 feet	25"	6 four minute	8 minute	No
Level 2	1st-2nd	8 feet	25"	6 six minute	8 minutes	No
Level 3	3rd-4th	9 feet	28.5"	6 six minute	8 minutes	No