

Q. What items do I need to participate?

A. A uniform t-shirt & jersey (basketball) or top & skirt (cheerleading) is included with the registration fee. Basketballs, Pom Poms and all other items to participate in the program are included. Shoes, socks & shorts are the only items required to participate. Optional shorts (basketball) or mock turtlenecks (cheer) are available at an extra cost.

Q. What height are the rims and what basketball sizes are used?

A. Each grade and gender uses a specific size basketball to fit their program. The older grades use standard issue basketballs while the younger grades and girls leagues typically use 28.5 inch basketballs. Rim heights for the program are: K5: 8 foot, 1st&2nd : 9 Foot; 3rd -8th : 10 Foot

Q. Can my 5 year old who's not in Kindergarten participate?

A. Yes, as long as they're 5 by the first practice.

Q. What day's are practices?

A. Practices are held on weekday nights, typically between the hours of 5pm & 8pm. The specific practice night for your child will be determined by available gym space, coach availability and numerous other factors. When registering you can excluded a night that you know won't work for your family and we try our best to honor those needs, but we don't promise specific nights. Each league director and coach staff will attempt to accommodate all your needs surrounding practice night day/time but we do have over 800 children in the leagues and are limited to the gym locations that we use to practice.

Q. How often are practices

A. Practices are held on weekday evenings for one hour, one day a week, typically between the hours of 5pm & 8pm.

Q. Do the boys and girls play basketball together?

A. Depending on the number of children registered for each grade, the K5 does and possibly 1st or 2nd grade programs may have co-ed teams. Typically all 3rd grade and up programs are gender specific.

Q. Are the leagues grouped by age or grade?

A. All teams & leagues are grouped by grades. Each grade will be evaluated on the number of players registered to determine the specific pairings with the goal of having teams for each specific grade. In the event that there are not enough

participants in a specific grade then multiple grades will be combined to form enough teams (minimum of 4) to form a league for games.

Q. When are games?

A. All games are played on Saturdays, typically between the hours of 8am & 4pm. Each game lasts for one hour. The program has 8 games for the season and one bye week. The first games are usually towards the end of January with the final game on the no later than the last Saturday in March.

Q. What's the purpose of the Basketball evaluation?

A. The main purpose of evaluations is to gather information on each player in order to create equal teams and to gather accurate sizing information.

Q. How much playing time will my child get?

A. Upward Sports unique substitution system offers players on each team equal playing time and also provides every child the opportunity to be in the starting lineup over the course of the season. No child sits the bench!

Q. My child is a really good basketball player should I put them up a grade?

A. We feel that the way the league is designed provides for all levels of play. We have an evaluation system that gauges every player's abilities. We use this to try and create balanced teams; each team typically has a couple really good players, a bunch in the middle and a few on the weaker side. During games, the coaches match up players by ability. The best player on each team face each other, number 2 vs number 2 and so on. This way even the individual match ups are competitive. However if we find a player is just way ahead everyone else we're more than willing to move them up.