

## 2022 Upward Basketball – FAQ's

### **What is Upward Sports?**

Upward is a national youth sports program with the mission of “Promoting the Discovery of Jesus Through Sports”. Upward helps young athletes develop mentally, athletically, spiritually and socially – producing players who excel both on and off the court while having lots of fun! Highlands has participated in Upward since 2005.

### **How long is the season?**

10 weeks. Practices begin the week of January 3. Games begin January 11 (1-2<sup>nd</sup> grades) and 12 (3-6<sup>th</sup> grades). The season ends on March 12<sup>th</sup>.

### **Cheerleading this season?**

Unfortunately, there will be no cheerleading this season. As we restart Upward, we are taking a measured approach by focusing on basketball while also reducing the number of basketball teams than in past seasons. We hope to have cheerleading return in 2023.

### **When will my child practice and play games?**

- 1-2<sup>nd</sup> grade basketball teams will practice for 30 minutes on Fridays beginning at either 5pm or 6:45 pm. Practices will be followed immediately by games.

- 3-4 and 5-6<sup>th</sup> grade basketball teams will practice for one hour a week between 5-8pm on Monday through Thursday. One-hour games will be played on Saturdays with 3-4 grade games starting between 8:30am and 1pm; 5-6<sup>th</sup> grade games will start between 2:30 and 7pm.

Coaches will have game schedules at first practices.

### **What is the refund policy?**

If your children is registered but subsequently unable to play before their first practice, we will provide a full refund. No refunds will be made once practices begin the week of January 3<sup>rd</sup>.

### **Can I request a specific coach for my child?**

Players are not allowed to select their coach. They are assigned to teams using & skill assessments to help create balanced teams.

### **Can I request a specific practice night?**

No - however, if you desire, during registration you will have the opportunity to choose one exclusion night that your child cannot practice. *We will attempt to honor this exclusion night request.*

### **Can my child request to be on a friend's team?**

If this is your child's *first year* in HCC Upward and was invited by a friend, please let us know during the registration process by giving us the friend's name. We will attempt to place your child with that friend. (Applies to *first year* players only).

### **What clothing or equipment does my child need?**

- Players will receive a jersey and t-shirt to wear under the jersey. Optional Upward shorts may be purchased during registration or players may use shorts of their choosing. We provide all basketballs. *Do not* bring personal basketballs to the gym.  
- Players should wear non-marking athletic shoes and bring a water bottle to practices and games. They will wear uniforms to games and are encouraged to wear them to practices also.

### **What is the purpose of skill assessments?**

All basketball players must attend a 15-minute individual skill assessment on October 16 or 23. This involves basic dribbling, shooting and running and is NOT a test. The information from the assessment helps us build balanced teams.

### **Are there any safety precautions being taken due to COVID 19?**

The health and safety of all participants, their families, coaches, referees and other volunteers is of highest priority to us. Please see our COVID safety measures at: (link to COVID info on Upward web site)

### **Will I or my child need to wear a mask?**

We will monitor and follow state guidelines related to indoor youth sports, including guidance on mask wearing, to ensure both compliance and safety for everyone.