



FAQs about Upward Basketball & Cheerleading

What is Upward Basketball or Cheerleading?

Upward Sports programs provide fun instruction and healthy competition for Boys and Girls Basketball teams. Cheerleading team instruction is also available.

How long is the season?

Basketball teams practice once a week starting after Thanksgiving and continue practices throughout the entire season. Eight Saturday games days are added in January/February. Cheerleading teams follow this same schedule with weekly practices and eight Saturday games to cheer at. The season wraps up with a special Awards Celebration.

What will my child learn?

Upward Sports focus on learning basketball or cheerleading skills through drills, faith-building practice night devotions, quality uniforms, and high-energy Saturday game days.

Is Upward Basketball competitive?

There are 4 age divisions – Kindergarten (coed), 1st/2nd grade (coed), and 3rd/4th Grades (girls and boys leagues), 5th/6th Grades (girls and boys leagues). The age divisions have rules that allow a more competitive experience as players develop. Players rotate playing time equally to ensure each child can improve their skills. Our league includes games with teams from 3 area churches to provide better competition.

What makes Upward Basketball and Cheerleading unique?

Upward Sports are focused on providing a positive sports experience for kids, with volunteer coaches and referees who love kids and love the sports. We work together to create an atmosphere of affirmation rather than criticism for referees, coaches, and players.