



PLAY WITH PURPOSE

FAQs about Upward Basketball & Cheerleading

What is Upward Basketball or Cheerleading?

The 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 play games on eight Saturdays in January and February. The season wraps up with a special Awards Celebration. Cheerleading teams follow this same schedule with weekly practices and eight Saturdays cheering at games.

What will my child learn?

These programs focus on learning basketball and 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 (K5, 1st & 2nd Grade, 3rd & 4th Grade, 5th & 6th Grade) with rules that allow a more competitive experience as players develop. Players rotate playing time equally to ensure everyone can improve their skills. Our league includes games with teams from three 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.