

Registration

Begins Oct. 1 and will end October 31. Registration is for all boys and girls currently in Kindergarden-6th grades.

Cost for Upward Basketball 1st-6th grade is \$85

Cost for Upward Cheerleading K-6th grade is \$85

Cost for Upward Kindergarten League is \$60

A \$10 late fee is assessed after Oct. 31.

How to sign up for Upward Basketball

You will need to fill out an Upward Registration form (you need Acrobat Reader to view the form). You can mail the form to the church or bring it by the church office. A registration form and the registration fee will be the only way your child's spot will be guaranteed.

Kindergarten League

Our kindergarten league is different from the rest of our Upward League in that it will be held on Thursdays from 4:30-5:30 and they will only meet one a week. There will be four teams and they will rotate through specific stations and learn how to play basketball from the basics. They will rotate through a passing, ball handling and dribbling, shooting, and defense station. They will play lead up games and then scrimmage at the end of their practices toward the end of the season. They will receive a uniform and awards just like the rest of the league.

Our Season

The FBC Upward season run from December through February. There are usually two practices in December and then practices and games for eight weeks starting in January and ending in February.

How to Become a Coach

Anyone who would like to coach a team in the FBC Upward team must fill out and turn in a coaches application, attend the coaches orientation, and the coaches workshop. Coaches and Assistant coaches are paired by League Commissioners. Click here for dates of coaches orientation and workshop.

Evaluation Day-Upward Basketball

Every child who is signed up for Upward Basketball must attend Evaluation Day. Evaluation day is where each child will be evaluated on certain skills with a time limit. Every player is given a score, which then is put into the computer to make the teams even and fair. Parents will also be able to check their child's shorts and jersey sizes.

Evaluation Day-Upward Cheerleading

Upward Cheerleaders are welcome to come to Evaluation day. It will be important that they pick up league information and check their sizes. They will not be evaluated on their skills, but they will have an opportunity to familiarize themselves with the league.

Practice Starts

Practice will begin the second week of December. Our league has 1, 1-hour practice per week. Your child will not practice more than 1 hour a week. Your child will practice at a specific time on specific night for all 10 weeks of practices. Practices will be held at the First Baptist Church Gym. Upward 5th and 6th graders will practices at FBC gym as well as CD Fulkes Middle School across the street from the FBC Gym.

Games

Games are played on Friday night or Saturday day.

Games are one hour and will only be once a week. Games will always run on schedule! Your child will play or cheer for 8 games.

Games are played on the half court for 1st-4th boys and girls at the FBC gym.

Upward 5th and 6th graders will play on a full court at CD Fulkes or the Texas Baptist Children's Home.

Awards

Every week a child will receive a star award, these stars can be ironed on their uniform shirt. A green star will be given out for participating in learning a verse during their devotion time of each weeks practice. A colored star will be given out after the child's game each week for performance during the game. Also an special award gift is given out to each participant at the end of the season Award Ceremony.