



Upward Basketball – Frequently Asked Questions



When is the Deadline to register my kids for participating in the 2015-2016 Season?

The last day for participants registering to play the 2015-2016 Upward Basketball season is Sunday, November 1, 2015

What is the purpose of player evaluations and what happens if we miss the set evaluation dates?

Upward strives to create teams that are equally divided with kids competing against players of similar skill levels. Attendance at evaluations is important to the process of team selections and balanced competition.

If your player cannot make any of the evaluation dates, a representative from the Upward Leadership Staff will contact you to gather player information and determine skill level.

This is not the best way to ensure proper placement of your player with a team, so please note the dates for the evaluations and please plan to attend.

Can I request a certain coach or player for my kids to be placed with?

In order to create a fair and balanced basketball program with players of all skill levels, Upward does not allow players to select teams or coaches that he or she wishes to participate with.

Can I request a certain night for my players practice that works with my schedule?

During the on-line registration process you will have the opportunity to select which night does not work with your schedule. We cannot coordinate the practice times and days for kids that are at different age groups.

What can I do if I need to coordinate with another family for carpool?

During the on-line registration process, you will be asked if you have a carpool request. You are allowed one carpool request. The other participant's parents should request a mutual carpool in order to ensure the carpool request.

How old does my child need to be in order to play or cheer?

The cut off for first year players and cheerleaders is January 1st. If your player or cheerleader turns 5 before January 1st, they are eligible to play and cheer.

What is the practice schedule?

Practice starts the week of December 7th for grades 1st-5th. The practice schedule will be issued by the first week of December. Practices will be held on Monday, Tuesday, Thursday and Friday at Trinity at 5:15, 6:15 and 7:15. Practices will be held at St. Andrews on Monday, Thursday and Friday at 6:00 & 7:00. More times may be added based on the number of teams that are entered into each level.

Which teams practice during the week?

Only the 1st – 5th grade levels will practice during the week. K5 will NOT practice during the week. K5 will practice for the first 15-20 minutes of their Saturday schedule followed by the game. Cheerleaders will practice twice before the season starts and then only practice prior to the start of each game. If a 1st Grade group is grouped with a K5 group, they will not practice during the week.

How long do practices last?

Practices are held once per week for one hour. Parents are encouraged to stay for practice. Please DO NOT drop off your player outside the gym. Parents are expected to bring players in to the gym prior to the start of practice and pick up from the coach at the end of practice.

How will I know if practices are cancelled due to inclement weather?

Upward follows the Henrico County Public School cancellation schedule. If HCPS are cancelled due to inclement weather, there will be no Upward practices.

How will I know if games are cancelled due to inclement weather?

An email will be sent out prior to games notifying parents of cancellations to games due to inclement weather. A message on the Upward Weather Line will be updated in the event of cancellations due to inclement weather. The Upward Inclement Weather Number is: 804-288-6057, x322. Please DO NOT leave a message on this extension.

Are practices held on school holidays?

Upward practices will not be held during school holidays.



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Where are games played?

All games are played on Saturdays at both Trinity and St. Andrews.

Do teams make up games that are cancelled?

Upward does not make up games that are cancelled.

Does Upward do team and individual pictures?

Yes. Our 2015 Upward Picture Dates are as follows:

Trinity Teams and Cheerleaders: Saturday January 17, 2015

St. Andrews Teams: Saturday, January 24, 2015

(Times for Pictures: 1 hour prior to games on the date of picture)

Does Upward have “Make-Up” picture dates?

No... Make-Up pictures will only be held if the original date is cancelled due to inclement weather.

How do I know what size shorts, jerseys or cheer uniforms to select?

Please use your own judgment. Look at you player’s current sizes for gym shorts, tee-shirts or other jerseys. Upward suggests that you select one size larger than what you think the player should wear to account for growing kids and shrinkage as the uniforms are laundered.

What happens if you receive your uniform and it doesn’t fit?

Please inform your coach as soon as possible if you have a uniform that does not fit.