



BASKETBALL

PARENT ORIENTATION FLYER

Welcome to Upward Basketball!

In Upward Basketball, ***Every Child Is A Winner.***

This season, you will participate in a league that will redefine the word *winner*.

Today's sports culture has created a "win at all cost" mentality. However, in Upward, success is not based on wins and losses. Coaches are trained that success is determined by how they convey salvation, character, and self-esteem to each child. Upward defines winning as *learning and/or teaching lessons in the game of life.*

Be a Winning Parent!

As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Players will look to their parents, coaches, and referees as models for sportsmanship, respect for authority, and positive attitudes. Through your positive participation in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

What you can do to ensure a meaningful experience for your child:

- Make sure your child arrives on time to practices and games.
- During games, let the coach correct player mistakes. A player should learn to listen and respond to the coach during play. Instructions coming from the spectators cause confusion to the players.
- Cheer for both teams. This gives each player twice the affirmation.
- Support the volunteer referee with positive comments only. They are giving their time to your child.
- After the game, join your child's team and cheer for each player as they receive their game-day stars.
- After each practice, ask your child about the practice devotion and Scripture that was shared with him/her.
- Find positive actions that took place during practices and games that you can praise your child for.



Practices

- Players will receive their player items at practice (jersey, T-shirt, Winner Magazine, etc.). They will be passed out by his/her coach at one of the first practices.
- Each evening will have practices and devotions followed by scrimmages/games and conclude with distributions of stars.
- During each practice, a coach will deliver a short devotion to the players.
- Teams will have the opportunity to learn Scripture verses together.

Games

- Typical games will have 6 periods lasting 6 minutes with substitutions between periods.
- Following each game, teams and parents gather together as each player is awarded a star.
 - › The blue star represents *Best Effort*
 - › The gold star represents *Best Sportsmanship*
 - › The gray star represents *Best Offense*
 - › The red star represents *Best Defense*
 - › The white star represents *Christlikeness*

Rules Unique to Upward Basketball

You will receive a complete list of rules in the *Parent's Guide to Upward Basketball* which you will receive with your child's player items.

Format

A unique element of this league is the game format:

- Referees lead both teams in prayer at center court before every game.
- No division standings are maintained in any division. Such standings add unnecessary pressure and intensity.
- Referees will call and explain all violations.
- All coaches will adhere to the substitution system.

Substitutions

This substitution system is designed to provide every player equal opportunity for improvement.

The substitution system ensures that:

- Every child will play at least half of the game.
- No child will sit out back-to-back six minute segments.
- The starting lineup changes every game.
- In most cases, each child will play against someone of equal ability.
- Coaches are not open to making unfair substitutions or being accused of such actions.
- Coaches are free from monitoring playing time for each player.
- Playing time for all players is virtually even over the course of the season.



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