

Dear Upward Parents,

Greetings! We are excited to be starting our 18th season of Upward Basketball and Cheerleading at Trinity Presbyterian Church. The mission of Upward Sports is to promote the discovery of Jesus through sports. Registration will open on October 1, 2024 with games beginning in January 2025. Program information and key dates are shown below.

Registration: Registration begins online on October 1, 2024. The registration link will be found on the Trinity Presbyterian Church webpage (<https://trinitysouthlake.org/serve/upward/>). Registration will be on a first come, first serve basis; however, priority will be given to those parents who plan to serve as head coaches, particularly returning coaches. Registration ends on December 14, 2024.

Cost: The cost for the league is \$125 per participant. You can receive a \$10 per child discount if you register by October 31, 2024. In addition, siblings receive a \$25 per participant discount. Education, Military and Scholarships are available, contact John Monrad for more information.

League Format/Carpool Links: We anticipate having capacity for approximately 28-30 teams this season. We are planning boys' and girls' divisions in each of the following age groups: 1st/2nd Grade, 3rd/4th Grade, and 5th/6th Grade, for a total of six divisions. To offer a specific division we require enough players to sign up for a minimum of four teams. At Upward we strive to create balanced, competitive teams in part by conducting player evaluations and having the league determine team placement. We do not allow coaches to bring entire teams to the league. We also understand it is fun to have a friend on a team and there are situations where carpooling is a necessity. As a result, we are happy to offer carpool links/friend requests between two players. However, the two players involved must request each other when completing the online registration.

Evaluations: To aid the team placement process, all players must attend an evaluation session where they will complete shooting, dribbling and agility drills. The evaluation schedule is shown below. Players do not need to arrive at the start of the session, just sometime during their designated time period. If you have multiple children in your family participating, they can all be evaluated at the same session. Players in the 5th/6th Grade divisions may be asked to participate in a short scrimmage as well. Cheerleaders do not need to attend an evaluation.

Basketball Evaluation Schedule:

- 1st & 2nd Graders: Monday, Nov. 4 between 6:00pm-7:30pm
- 3rd & 4th Graders: Thursday, Nov. 7 between 6:00pm-7:30pm
- 5th & 6th Grade Boys: Saturday, Nov. 9th between 9:00am-10:30am
- 5th & 6th Grade Girls: Saturday, Nov. 9th between 10:30am-11:30am
- Make-up Evaluations (all ages): Saturday, Nov. 9th between 9:00am-11:30am

Season Key Dates: You will be contacted by your coach after team placements are complete, tentatively scheduled for December 18, 2024. Practices start the week of January 6, 2025. We will have a seven-game season with the first games on January 18, 2025 and the last games on March 1, 2025. We anticipate games to be played on Saturdays; however, depending on league size, 5th/6th Grade division games could also be played on Friday nights.

Finally, if you are interested in coaching, refereeing or have additional questions please call or email. Thank you and we look forward to another fantastic Upward season in 2025!

God Bless - John Monrad -Upward Director, Trinity Presbyterian, Email: upward@trinitysouthlake.org