

FBC O'Fallon Upward Flag Football 2009 – FAQ

What are Upward sports?

Upward is a fun, reliable, passionate and encouraging sports experience for boys and girls, in K5 through sixth grade. Upward provides first class, organized and detailed sports programming in basketball, soccer, flag football and cheerleading. Unique aspects of Upward include an evaluation system that promotes equal and competitive teams as well as a substitution system which allows for equal playing time for all participants. Through Upward, children are exposed to quality coaching and sport development. Upward emphasizes character and integrity instead of a “win at all costs” mentality associated with today’s sports world.

How do I obtain information about the Upward organization?

For more information about Upward Unlimited, visit www.upward.org

What age groups can play Upward Flag Football?

Boys and girls who will be in K5 - 6th grades for the 2009 – 2010 school year are eligible. Children must turn 5 by Sept 1, 2009 to participate.

Will girls be on separate teams from boys?

It is our prayer that enough girls participate so that a separate girls league will be possible, however if numbers do not allow, co-ed teams will be created.

How much does it cost for my child to participate in the Upward program and what’s included?

Early bird registration through June 30 is \$60

Early registration cost is \$65 (July 1st – July 11th)

After July 11, the cost is \$75

Registration ends July 18th

Registration fee includes: Reversible jersey, wrist coach, flag belt and flags, and many other Upward materials.

Note: Matching Upward Shorts can be purchased for an additional \$15 and must be noted on your registration form.

I'm concerned about the cost. Are scholarships available?

We will do our best to provide some type of either partial or full scholarship for families who aren't able to afford the program cost. All parents who are interested will be required to fill out a scholarship application. Additionally, as a small way of saying thank you to those who serve, **Upward has decided to sponsor any and every child who may have a parent or legal guardian who is currently deployed overseas and away from home.**

In other sport leagues, my child did not get to play as much as other children.

How is an Upward league different in that regard?

Upward has trained its church partners to implement a league that ensures all registered children will play. As coaches are trained on the Upward substitution system, they are given parameters for substituting players in and out of the game. The substitution system provides every child the opportunity to be in the starting lineup, requires no child to sit out back-to-back segments (possessions for flag football), and allows every child to play at least half of the game.

When are evaluations? Are evaluations mandatory?

Evaluation Dates - must attend one to participate

- Tuesday, July 14 (5:00 pm - 8:30 pm)

- Saturday, July 18 (9:00 am - 12:00 pm)

Yes, evaluations are required for every participant. It is also essential for each player to perform at their very best during evaluations to ensure an equalized team structure.

Are evaluations tryouts? Will anyone not make the team?

No, evaluations are not tryouts. Evaluations help Upward to determine what level of skill your child is currently at. Evaluations help us form a balance of skill when building teams, thus doing our best to prevent a "stacked" team. These evaluations also let coaches know what areas to work with your child on during practices. Additionally, "Every child is a winner" at Upward, and in that spirit every child will make the team.

When/Where are practices? How long will they last?

Practices will be held Monday, Tuesday and Thursday evenings from Aug 24th – Oct 29th on the campus of FBC O'Fallon. All practices will last 1 hour. At this point it is likely all practices will begin between 5:30 - 6:00pm.

When/Where are games? How long will they last?

Games will be held on Saturday mornings from Sept 12th – Oct 31st on the campus of FBC O’Fallon. All games will consist of four 9-min quarters and an 8-min half-time. For scheduling purposes no games will last beyond 1 hour. At this point games will likely begin at 9:00am and run through early afternoon.

How much will my child get to play during games? How many children per team?

Upward substitution methods are such that all children have equal playing time throughout the season. For Flag football, ideally we will have 10 children per team and no more than 12 children.

What size football will my child be using?

<u>Age</u>	<u>Division Size of Football</u>
K-5	Mini
1st/2nd Grade	Pee-Wee
3rd/4th Grade	Junior
5th/6th Grade	Junior

How do I let someone know that I would like to be my child’s coach or a referee?

Email – upward@fbcofallon.org with the subject line Coach / Referee volunteer
OR

Document your interest in the designated location on your child’s registration form.

Additionally, ALL coaches/referees will be required to fill out and return the Coach/Referee application form to the Upward office @ FBC O’Fallon. The best time to do this is on registration night; however it can be mailed, emailed or faxed back to the church.

Note: ALL coaches & referees will have a background check performed to aid in the safety of children participating in the program.

Is it possible for me to have my child play on the same team as a friend?

It is the goal of Upward to have an equalized team structure and in an effort to maintain the integrity of teams we will not allow for the “choosing” of teams to occur. However, if there is a legitimate requirement for carpooling – i.e. traveling several miles, brother/sister the same age – a child’s name must be entered in the carpool link section on BOTH childrens’ registration forms. We will do our best to fulfill these requests, however cannot guarantee this will occur.

How do I take care of my child's uniform?

Machine wash COLD with like colors

Gentle Cycle

Do not use Bleach. Use non-chlorinated detergent when washing your child's uniform

Do not tumble dry low - Line Dry Flat

Do not iron

Do not dry-clean