



## First Baptist Church of Rochester Upward Basketball - 2025 Season Parent FAQ

**Purpose** Our goal is to support families and provide the best possible sports experience in our community. Each player will have an opportunity to join a team, learn new skills, make new friends, and develop self-esteem in a positive Christian environment. Upward Basketball leagues are conducted in churches throughout the U.S. and Canada. Come join the thousands who have discovered a great Upward sports experience!

**Ages & Divisions** Our Upward Basketball league is for kids in grades Kindergarten through 6th Grade Separate boys & girls leagues with a maximum of 10 players per team.  
(Note: Players must be at least 5 years old as of January 1st)

Division Levels	Goal Height	Basketball Size
Level 1 (K5)	7.5 ft.	27.5"
Level 2 (1st/2nd Grade)	8 ft.	27.5"
Level 3 (3rd/4th Grade)	9 ft.	27.5"
Level 4 (5th grade and up)	10 ft.	28.5"

**Players Benefits** Each basketball player will receive:

- 1-hour weeknight practice per week (total of 9 practices)
- 1-hour Saturday game per week (total of 8 games)
- Upward Reversible Jersey
- Upward T-Shirt
- Upward Basketball

**Registration Details & Cost** Registration opens on 09/09/2024 and runs through 11/19/2024.

Early Registration Fee is \$100.00 and ends 10/31/2024

Registration Fee is \$110.00 after 10/31/2024

Discounts: \$10.00 off your second child

\$20.00 off your third child and above

Register now at <https://registration.upward.org/UPW86310>

Tell your friends and neighbors so they can plan to join you in January!



**Key Dates** The league runs from January 6, 2025 - March 15, 2025. Below are the key dates:

- September 9, 2024 ~ Registration begins
- October 31, 2024 ~ Last day to register at the early registration rate
- November 1, 2024 ~ Registration rates increase by \$10 per child
- November 11, 2024 ~ Evaluation Night #1
- November 19, 2024 ~ Evaluation Night #2
- December 31, 2024 ~ Participants are notified of team placement by this date
- January 6, 2025 ~ Week practices begin
- January 18, 2025 ~ First Game Day
- February 14-21, 2025 ~ Mid-Winter Break (no games or practices)
- March 15, 2025 ~ Last Game Day



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### Evaluation Nights

In an attempt to draft fair and equal teams, each basketball player must be evaluated according to height, skill, and assertiveness. Evaluations take approximately 20-30 minutes and are held in the church gym. Each basketball player must attend one of the two Evaluation Nights.

- Evaluation Night - Option #1: November 11, 2024
  - Last Names A-L arrive anytime between 6:30 and 7:00pm
  - Last Names M-Z arrive anytime between 7:00 and 7:45pm
- Evaluation Night - Option #2: November 19, 2024
  - Last Names A-L arrive anytime between 6:30 and 7:00pm
  - Last Names M-Z arrive anytime between 7:00 and 7:45pm

### Jersey Sizing Guide

Please use the sizing guide below to determine the correct jersey size.

	US SIZES	CHEST (IN)	
YOUTH	YXS	4-5	22-23
	YS	6-8	24-26
	YM	10-12	28-30
	YL	14-16	31-33
MEN	AS		34-36
	AM		38-40
	AL		42-44
	AXL		46-48
	A2XL		50-52



*The basketball jersey is designed to be longer so that it will stay tucked into the jersey. Choose the size that best fits the chest.*

### Shorts Sizing Guide

Shorts are an optional purchase at \$10 (not included in the player registration fee). Please use the sizing guide below to determine the correct size.

	US SIZES	WAIST (IN)	HIP (IN)
YXS	4-5	22-23	23-24
YS	6-8	22-24	25-27
YM	10-12	25-27	28-30
YL	14-16	28-30	31-33
AS		28-30	33-35
AM		32-34	37-39
AL		36-38	41-43
AXL		40-42	45-47
A2XL		44-46	49-51





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**Practices** Each team is assigned a 1-hour practice time. The day of the week and time will stay constant throughout the season.

- Practice nights are Monday, Tuesday, or Thursday
- Practice times are 5:00 pm, 6:00 pm, 7:00 pm, or 8:00 pm
- Typically the younger divisions practice at the earlier times and older grades at the later times subject to coach work schedules.
- Mid-Winter Break - there will be no practices the week of February 17, 2025
- Each practice includes a Biblical themed devotional; this year we will look at some of the miracles of Jesus.

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**Games** Each team will play a total of 8 games, one each Saturday during the season.

- First game day is Saturday, January 18, 2025
- Last game day is Saturday, March 15, 2025
- Mid-Winter Break - there will be no games on Saturday, February 15, 2025
- Game schedules for the entire season will be handed out on the first practice night.
- Game times can be anytime between 9:00am and 5:00pm.
- Game times will vary from week to week. Younger divisions will play morning games.

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**How Teams are Formed** Teams will be formed as follows:

- There is a maximum of 10 players per basketball team.
- No co-ed teams. Boys are placed with boys; girls are placed with girls.
- Each player signs up as an individual not as a group or team.
- We do not form teams by school or neighborhood.
- A player may request up to 2 friends to be on the same team, but they must be in the same division to request to play together.
- Teams are drafted after Evaluation Nights.

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**Contact Details** For more information contact:

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