

UPWARD SPORTS FAQ'S

Who can play Upward sports? Our program is open to all boys and girls within the community who are in Kindergarten through 5th grade during the sport season in which they are registered.

What is included in the registration cost? The \$80 fee covers the cost of the uniform and costs associated with the league. Your child will receive a jersey, shorts, socks and a cool end of the year award! Soccer players must provide their own shin guards and cleats. Football players must provide their own mouth guard.

What can I expect at evaluation? Each child is evaluated before the team selection process to create competitive balanced teams. Your child will go thru a quick series of sport appropriate drills to assess his/her skill level. Sizing uniforms will be available to help determine the proper uniform size to order. The entire process only takes 15-20 minutes!

How often will my child practice? Your child will have a one hour practice once a week on Monday, Tuesday, Thursday or Friday. Please indicate on the registration form if there is a night that your child can not practice and we will try our best to accommodate that request.

Where are practices held? Basketball practices are held in the FMC gym. Soccer and flag football teams practice on our off-site fields which are located at the future site of Davidson Academy (near the intersection of Drakes Creek Road and Stop Thirty Road in Hendersonville).

When and where are the games played? All basketball games are played in the FMC gym on Saturdays. Soccer games and flag football games are played on Saturday mornings at our off-site fields (see practice question above).

When will I be contacted by a coach? Your child's coach should contact you about a week before practices are scheduled to start. If you have not been contacted 2 days before practices start, please email the Upward Team at upward@fbchtn.org.

How can I volunteer? There are many opportunities available in our Upward program! Our program would not be possible without our wonderful volunteers. Each season we look for parents to assist as coaches, assistant coaches, and referees. No experience necessary - just a love for children and a desire to help them grow closer to Jesus! You can also volunteer as your child's team parent to assist the coach with phone calls and snacks. If you are interested in helping or have more questions please email the Upward Team at upward@fbchtn.org.