Frisco First Upward Basketball & Cheerleading 2021-2022

Frequently Asked Questions (FAQ)

COVID-19 Specific Information:

The league will monitor community requirements for crowd size, mask wearing, and other issues surrounding the spread of COVID-19. Our goal is always the safety of our players, coaches and families. At the outset of the season, there will be no specific things in place regarding COVID-19, and we will communicate requirements for practice and games according to current local, state and federal guidelines if something changes.

Major Changes for 2021-2022:

- Season practices are planned to start in early-November
- Games are slated to start in early-December (3 games will be played in December)
- The season is planned for completion by February 13

These league year changes are meant to allow for us to better utilize time around holidays, and to complete the season in advance of early spring activities starting.

What is Upward Sports?

Upward Sports is the world's largest Christian-based kids sports league. Nearly 600,000 children in 48 U.S. states and Canada participate in Upward Sports Leagues and Camps hosted by more than 2,800 churches.

Who can participate in Upward Sports at Frisco First?

Frisco First will be accepting players from K5 through Sixth-Grade this year to participate in Basketball and Cheerleading.

When do I register my child for Upward Basketball?

Upward Early Registration begins on September 1st and will continue until midnight on September 15th.

Regular Registration begins on September 16th and will continue until midnight on October 15th.

We can only accommodate certain maximum amounts of players for each division, so register early to avoid being on the waitlist.

How do I register my child for Upward Basketball?

Online registration is highly recommended and will be available throughout the entire open registration period. Click here to access Basketball Registration and Cheer Registration.

If you are not able to complete online registration, please reach out directly to Cindi Wright at 469-200-7766.

What forms of payment can I use?

Registration is considered complete only when a completed registration form and payment have been received. Payment by credit or debit card directly through online registration ONLY is highly recommended and will guarantee placement into the program (or on the waiting list if the division is full). Registrants may opt to pay in person at Frisco First by cash or check (made payable to Frisco First). Registrants choosing this option MUST submit payment with the registration form or it will not be accepted.

How much is the registration fee and what is it used for?

Early Registration for the 2021-2022 season is $125, and regular registration is $140. The registration fee covers the operating expenses of running the league, uniforms, and the end-of-season closing ceremony. There are some changes from Upward beginning this year that impacts our league costs for uniforms and supplies.

Now that I have registered my child, what is the next step?

Everyone must attend one basketball evaluation. They will take place at Frisco First as follows (subject to change):

Dates subject to change, but are currently:

Monday, September 27th: 5:30-8:00

Monday, October 4th: 5:30-8:00

Monday, October 18th: 5:30-8:00

Teams are then formed based on evaluation scores and experience. Normally, the average evaluation time is about 30 minutes, but with pre-registration, we should be able to expedite this. The older the player, the longer the evaluation may take.

We will continue using Signup Genius like last year to expedite evaluations.

What if my child cannot attend an evaluation?

If you do not attend an evaluation, you will not be guaranteed a spot and could be placed on a waiting list. Every participant MUST attend an evaluation date unless alternate arrangements have been made.

What happens at the evaluation sessions?

Evaluations are not tryouts. Evaluations are a way of gathering objective data on the skills of each athlete. Evaluations are meant to be informative for the families and fun for the athlete as we incorporate dribbling, shooting, and agility drills. All athletes and their parents or guardians will receive information which will provide important details for the season. In addition, participants verify uniform sizing and have their height recorded. No sample uniforms will be available this year to try on. Please refer to the sized below:

B-Ball Jersey

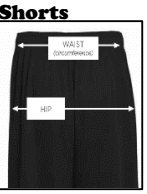
US SIZES		CHEST (IN)
YXS	4-5	22-23
YS	6-8	24-26
YM	10-12	28-30
YL	14-16	31-33
AS		34-36
AM		38-40

B-Ball Uniform

US SIZES		CHEST (IN)
YXS	4-5	22-23
YS	6-8	24-26
YM	10-12	28-30
YL	14-16	31-33
AS		34-36
AM		38-40

Basketball Shorts

US SIZES		WAIST (IN)	HIP (IN)
YXS	4-5	22-23	23-34
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



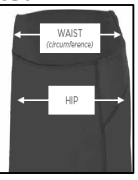
Cheer Top

US SIZES		CHEST (IN)
YXS	4-5	22-23
YS	6-8	24-26
YM	10-12	28-30
YL	14-16	31-33
AS		34-36
AM		38-40

Cheer Skort

Cheer Skort

US SIZES		WAIST (IN)	HIP (IN)
YXS	4-5	20-22	23-24
YS	6-7	22-24	26-28 1/2
YM	8-10	25-27	30-32
YL	12-14	28-30	34-36
AS	4-6	26 1/2 - 27 1/2	37-38
AM	8-10	28 1/2 - 29 1/2	38-40
AL	12-14	30 1/2 - 32	42-44



What happens following the evaluations?

We assign coaches and begin creating teams based on the evaluation scores. Please be patient as we take the time to create teams that are well-balanced based on all team member's skills, as well as developing practice times and locations.

What if I need to cancel my registration?

Prior to October 16th you can cancel your registration and receive a full refund. The scale for refunds after this date is as follows. One thing to note is that if you chose not to participate, or depart the league while games are

still being conducted, no refunds will be offered. If the league stops for some reason, then the scale will be followed.

October 16th – 1st Game Date: Refund amount is $60.00

After 1st Game: Refund amount is $50.00

After 2nd Game: Refund amount is $35.00

After 3rd Game: Refund amount is $20.00

The reason for the scale is that most costs for Upward are front-loaded.

When will I receive team assignments?

Team assignments will be provided to coaches prior to the first practice the week of November 7th (tentative date, subject to change). The coaches will contact you to introduce themselves, confirm your team, and inform you of your first practice date and time.

Can I request that my child plays on the same team with friends?

We are NOT guaranteeing friend requests this year. Only siblings within same Level will be guaranteed to be on the same team. We will also consider carpool situations with verification in writing. We ask for your understanding and hope that you see the value in how this system works. It is a great opportunity for all of us to make new friends.

Where are the practices held?

All practices are held at Frisco First Church – 7901 Main Street – Frisco, TX 75034

When is practice held?

Tentatively, the week of November 7th is the first practice week. Your coach will provide you with your practice schedule once it has been determined. Practices are one hour in duration, once per week on either Sunday, Monday, Tuesday, or Thursday.

When and where are the games played?

The first games are tentatively scheduled on Friday, December 3rd and Saturday, December 4th, depending on playing level. Games will be held at the Frisco First Gym.

Will the games always be played at the same time?

Games are played at various times, but the age groups are normally around the same timeframe each week.

Levels 1, 2, and 3 (Grades K-4) will be played on Saturday. The earlier ages are earlier in the morning.

Level 4 (Grades 5 and 6) will be played on Friday evenings.

When is the full season schedule available?

We do our best to get the schedules to you as soon as possible after the teams are formed, and our goal is to have them to you by November 19th.

How will I know if a game or practice get cancelled?

When challenging weather happens or other circumstances arrive, we submit the cancellation of practices (only for church closure) and games through email and on our Facebook page. If your coach needs to cancel a practice for another reason, they will utilize their preferred communication preference.

Are the players required to wear uniforms?

Yes. Uniforms are included in your registration fee. Each basketball player will be provided a practice t-shirt, reversible jersey, and reversible shorts. Each cheerleader will be provided a cheer top and skort, along with a mock turtleneck. The uniforms will be ready close to the first practice.

Is there a team photo available?

We are planning to have team and individual photos provided again by SchoolPix. More details will be provided later in the season from the coaches and posted on our Facebook page.

Is there an awards celebration?

Yes, we are planning to bring back the awards celebration at the end of the season. We will comply with all federal, state and local mandates regarding public gatherings. More details will be provided later in the season from the coaches and posted on our Facebook page.

Please feel free to contact Cindi Wright or Dan Mann if you have any additional questions. Thank you for your interest in Upward Sports!

How is Upward Sports different from other youth sports organizations?

Upward Sports provides a fun sports experience based on healthy competition for kids, teaching skills for the sports arena and values for life. Upward Sports creates a positive environment for kids to learn sport skills without the pressure of "win-at-all-cost" leagues. With supportive coaches, equal playing time and a family-friendly schedule, Upward Sports Leagues are fun for the whole family.

What will a child in an Upward Sports League take away from his or her experience?

Participants gain both athletic skills and values for success on and off the court—including sportsmanship, teamwork, integrity and respect. Young athletes enjoy valuable game-time experience that improves their skills and builds healthy self-confidence as they learn from coaches who care. But Upward Sports is even more than a game-day experience, providing youth with a supportive community and fun activities to help them develop character.

How is it possible to give every child equal playing time?

Upward Sports Leagues offer competitive games through a drafting system created to balance talent on each team. Combined with a unique substitution system, this enables Upward Sports Leagues to provide kids with equal playing time over the course of a season.

Does a child's family have to be a member of a church in order for him/her to participate?

No, Upward Sports is a community-based kids sports program most frequently hosted by a church. Children and volunteers of any faith—or no faith—participate in Upward Sports.

Can I request a specific coach?

We allow parents to coach their child's team, but do not generally allow coach requests outside of that unless the child has special needs that can only be accommodated by a specific coach.

Can I bring in my own team?

No. Upward Sports Leagues do not allow preformed teams, whether they are formed outside the league or have played together within the league in the past. We use a specialized drafting system created to balance talent on each team, which also allows players to play against other players of similar talent and ability.

What do I need to do to volunteer?

Volunteers are needed in a variety of roles including, but not limited to; coaching, team parents, referees, game day coordination (scoreboard, court readiness, announcements) etc. Coaches and referees will need to complete a coaching application and submit to a background check (paid for by Frisco First). Please contact Cindi Wright or Dan Mann for further information

I don't know anything about the sport, can I still coach?

Some general knowledge of the sport is helpful when you are coaching, but if you are willing to spend some time learning, you can still coach! We offer training for all of our coaches, in addition to practice plans and drills.

Who do the Upward teams play?

Upward is an in-house league, we only play other Upward teams within our organization at Frisco First. We do not play teams from other leagues or organizations.

Other Questions?

Please contact Cindi Wright (cindi.wright@friscofirst.church) or Dan Mann (fbcfriscoupward@gmail.com).