

UPWARD - Frequently Asked Questions

Cost of Upward?

\$125/child per sport (\$95 early bird rates if registered before Oct. 21st.

What forms of payment are accepted?

Cash & Check or Visa & Mastercard (online registrations only)

Who do they make the check out to? The Church at Polaris

Are there any discounts for enrolling multiple children?

NO

Is there a scholarship program?

YES - Parent / Guardians are to fill out the UPWARD Scholarship Application and return it to the church office. The application will be evaluated, and the parent / guardian will be notified within 10 working days from the time they submit the application to the office.

What does the fee include for basketball?

UPWARD basketball uniform (reversible jersey, t-shirt, & shorts), UPWARD basketball magazine, UPWARD car magnet, UPWARD music CD, and awards.

What does the fee include for cheerleading?

UPWARD Cheerleading uniform (top, mock-turtleneck, skort), 2 cheer pom-poms, UPWARD cheerleading megaphone, UPWARD face decals, UPWARD cheerleading magazine, UPWARD car magnet, UPWARD music CD, and awards.

What age / grade can sign-up for UPWARD?

Grades K - 6. 5 year olds that aren't in Kindergarten yet can also sign-up as long as they turn 5 by November 1st.

What sports are being offered for the winter season?

Basketball (for boys & girls), and Cheerleading (for girls).

When is basketball practice? Thursday or Fridays

Guardians will be notified of the practice schedule once registrations are complete and schedules are made. Notification will be made by coaches in December. Grade K - Practice will be 1/2 hour before the scheduled game on Saturdays.

When is cheerleading practice?

Cheerleading practice will be on Friday nights, beginning the first week of January. Practice will be from 6:00 - 7:00 PM in the Children's Auditorium. Kindergarten squads will practice ½ hour before their game once games begin.

When are games?

Games will take place only on Saturdays beginning the third weekend in January. They will continue every Saturday for 9 weeks with an all league bye on the 5th week. Times will be determined once the teams are drafted. Generally younger children will play early & older children will play later.

When do games generally start and end on Saturdays?

Games will begin at 8:00 AM and end approx. 6:00 PM.

Will there be multiple half court games going on at the same time?

YES - 2 half or cross court games will be played at the same time.

How long do games last??

Games last 1 hour.

Where will basketball *practice* be?

In the CAP main auditorium.

Where will basketball *GAMES* be?

In the CAP main auditorium.

Will games take place in other locations other than CAP?

NO

Will boys and girls play on the same team together?

Grade K will be co-ed. All other teams will be separate boy and girl divisions.

Does a family have to be a member of The Church at Polaris to join UPWARD?

NO

Is Upward a “church group” developed by CAP?

NO - Upward is a national organization that is devoted to promoting the character and self-esteem in every child. UPWARD is offered to communities through organizations and churches locally.

How can a person find out more information about UPWARD?

Visit their website at www.upward.org .

Does UPWARD offer any other sports?

YES - Aside from basketball, and cheerleading, UPWARD also offers soccer and flag football. We only offer basketball and cheerleading here at CAP.

Can a person sign-up a child after evaluation night?

Generally no – Registration will close November 6th. If we still have openings in the division you desire to register, we will gladly accept your registration after the close date.

They’ve registered and paid for their child, but now realized that UPWARD is going to conflict with other activities they’re already enrolled in. Can parents / guardians obtain a refund?

Yes. Please see our Refund Policy posted on our website.

When will my child receive their uniform?

Coaches will hand out player kits and uniforms at their first practice.

What is a team parent?

A team parent assists and supports the coach and players. A team parent may help distribute snacks, fill water bottles, and make phone calls, etc. as the coach needs

What is “carpool link” on the registration form?

This is a “link” to let us know if there is someone else a child may be carpooling with for practices and games, so they can be assigned to the same team.

I’m not sure what size to choose. Can we try something on to be sure?

YES. Children will have the opportunity to try on uniforms at evaluation night.

Will my child have to try-out?

NO - Every child is accepted to play with UPWARD. There are no try-outs. There is only an evaluation night to assess each player’s skill level

If there are no try-outs, then what is “evaluation night”?

Evaluation night will help coaches assess their skills so that teams can be drafted more evenly.

My child has never played before or my child is shy and timid....Can they still play?

YES – Upward provides the perfect environment for kids to learn the basics of basketball while having fun.

My child isn’t very good (or hasn’t played before); will they have to sit on the bench every game?

NO - Every child will play an equal amount of time each game regardless of their skill level.

Will background checks be conducted on coaches, assistant coaches, and referees?

YES

Who is the contact person for the UPWARD program at CAP?

Keith Griffith