



## Upward Basketball 2017-2018

### Sandia Presbyterian Church

Dear Upward Parents:

Welcome to the 2017-2018 Upward Basketball and Cheerleading Season at Sandia Presbyterian Church! This is our **16<sup>th</sup>** season of Upward, and we are excited to announce that we have 309 participants! This breaks down to 38 basketball teams and 1 cheerleading squad.

Just a couple of reminders as we start our new season: please, **no food or drink** should be brought into the gym, and along with this, **WATER BOTTLES ARE NOT ALLOWED**. The children can at any time during the practices and games go out to the drinking fountains in the lobby area to get a drink of water. Also, during practices, they can bring a water bottle and leave it on the counter outside of the door that enters into the gym. We do apologize for any inconvenience; however, we want to be able to continue offering programs such as Upward to our church members as well as to the public, so we need to protect and maintain our floor.

We will again be following Upward's direction and using the smaller size basketball for the 1<sup>st</sup>-2<sup>nd</sup> graders. If you are purchasing a ball for your youngster to practice with, the size to get for 1<sup>st</sup>-2<sup>nd</sup> graders is 25, available at [Upwardfan.com](http://Upwardfan.com); all other grades will use 28.5. Although we have enough for practice, your youngster may bring their ball to use as well, but please be sure that their name is clearly marked on it. On Game Days, **PLEASE LEAVE THE BALLS AT HOME**. The league uses special game balls and will have enough for each team to use to warm up.

Each player will receive:

- A reversible game jersey and t-shirt (Cheerleaders receive a cheer top and a skirt)  
\*Inform your coach immediately of an incorrect size or damaged Winner's Kit item.
- Reversible Shorts/Socks/Turtleneck– only if you ordered them
- Upward car magnet
- Teamupward.com practice cards
- Parent's Guide to Upward Basketball (make sure you find and keep this)
- Iron-on award stars after each practice and game (given out by your child's coach) (cheerleaders receive star stickers to put on their megaphones)
- End of Season Award given to every player at Award's Night Celebration

As far as the care of your garments, Upward advises that you:

- Machine wash cold with like colors in the gentle cycle
- Do not use bleach. Use only non-chlorinated detergent when washing your child's uniform.
- Do not tumble dry – line dry flat.
- Do not iron.
- Do not dry clean.

Star applications:

- Use an iron set at medium high temperature
- Set the iron to no steam
- Press using both hands for 15-20 seconds
- Do not move the iron back and forth as in ironing, just press down firmly

Finally, parents are always welcome in the gym to watch practice, but we ask that you let the coaches handle the practice. **Also, if you bring a younger sibling along, please keep them with you in the gym area.** For their safety and the safety of others, we can not have them playing in the lobby area or running around outside unsupervised. We appreciate your help in this matter.

If you have any questions or comments, you can contact me, or my assistant Crystal Jackson at 856-5040. We are happy to have you with us, and together we hope to have another wonderful and exciting season of Upward!

In His Service.

**Mike Molony** - Upward League Director

