



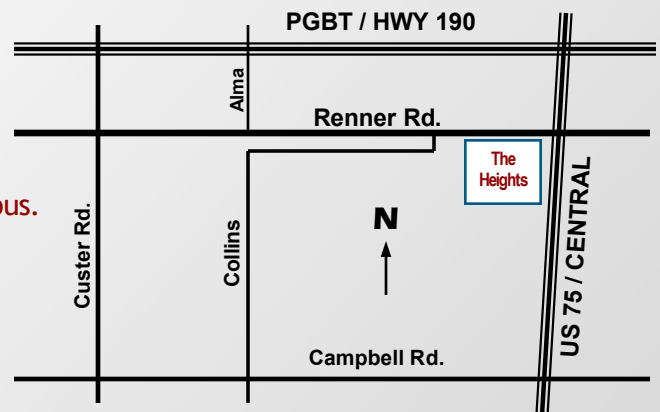
FACT SHEET 2011-12

WHAT: Upward is a Basketball League and Cheerleading Program for the whole community. Children do not have to attend a church to participate. *All are welcome to join the fun!*

WHO: Girls and Boys currently enrolled in **K – 6th Grades**. All children enjoy Upward whether or not they have any previous sports experience.

WHY: Upward offers a fun, encouraging sports environment. It is specifically designed to provide equal opportunities for children of all skill levels to develop athletic abilities, enjoy being on a team, and cultivate spiritual lessons and life skills.

WHERE: **The Heights Baptist Church**
 201 W. Renner Rd.
 Richardson, Texas 75080
 Church Office is on the south side of the campus.
 Office Hours: 8:30 am – 5:00 pm Mon–Fri
 Family Life Center/Gym is on the west side of the church campus.



HOW & Registration Process
 Registration fee per child is **\$90**.

HOW Early Discount fee is **\$80** if you register by **October 4**.

MUCH: Registration deadline is **October 20**.

The fee provides for a three-piece high quality uniform, special items, a trophy & gift for each participant, and an End-Of-Season Celebration.

Registration may be done in one of three ways:

1. **Complete a Registration Form** (Available at the church office and various places throughout the church.) Return it in person or by mail along with a check payable to: “THBC”
2. **Register online** at www.TheHeights.org/Grow/Children
3. **Print the registration form** from the above website and mail or bring it to the church office with a check payable to: “THBC”

WHEN:**IMPORTANT DATES TO KNOW**

★ **Registration:** Begins August 28 and ends October 20.

★ **Evaluation/Uniform-Sizing Events:**

- Thursday – September 29 – 6 - 8 pm
- Saturday – October 1 – 2 - 4 pm
- Monday – October 3 – 6 - 8 pm
- Tuesday – October 4 – 6 - 8 pm ~ Last Day of Discounted Registration!
- Monday – October 10 – 6 - 8 pm
- Thursday – October 20 – 6 - 8 pm ~ LAST DAY TO REGISTER!

All Basketball and Cheer participants **MUST ATTEND ONE** of the above events in order to receive the correct uniform size. – All Basketball players will have their skills evaluated at these events. Basketball players **WILL NOT** be placed on a team until they have been evaluated. – You may **COME** on **ANY DATE** and at **ANY TIME** during whichever event is convenient for you. – All events will be held at The Heights' Gym.

★ **Coaches will contact their teams:** During October 31 – November 4

★ **Practices begin on:** November 10 (*Thu*), 11 (*Fri*), 14 (*Mon*), and 15 (*Tue*)
 Teams practice **once per week** for one hour on their assigned day and time. Your team's weekly practice will be on **Monday, Tuesday, Thursday, or Friday** and the assigned practice time will be either **4:30, 5:30, 6:30, or 7:30 pm**. There will be three practices before the first game.

★ **Game Days:** There are **eight games** in our season.

UPWARD GAME DAYS

<u>December</u>	<u>January</u>	<u>February</u>
2 & 3	6 & 7	3 & 4
9 & 10	13 & 14	10 & 11
	20 & 21	
	27 & 28	

All games are on Saturdays with the exception of some 5th/6th grade games that may be on Friday evenings. Game times on Saturdays are scheduled such that game times progress from youngest to oldest throughout the day. K /1st play in the morning, 2nd/ 3rd/4th play morning/mid-day/afternoon and 5th/6th play late afternoon/evening.

★ **END-OF-SEASON CELEBRATION** ★ – Sunday, February 12 ★

FOR MORE INFORMATION:

EMAIL: Upward@TheHeights.org

Co-Director: Ellen Balch

Co-Director: Annette Ard

VISIT: TheHeights.org/Grow/Children

