



North Main Upward Basketball and Cheerleading

Important Information

Be a part of our team:

- North Main Upward Sports is **100% volunteer** and this season we plan on having almost 28 teams plus 2 cheerleading squads; however, we cannot be successful without **your help**. Upward makes it very easy to be a coach as we have a ton of resources to be successful. Plus, we can match you with a mentor coach to help you out if it is your first year in our program. If being a head coach is still intimidating and you love kids, then please be an assistant. With the uncertainty of covid and to keep our teams as small as possible for more playing time, **we need more coaches** to meet our goal of having 2 coaches per team.
- If you love basketball and kids but cannot commit to practices, please consider being a referee. Referees get to show up, love on kids and go home. You will be surprised that refereeing is a lot of fun and you get to be a coach on the floor plus our refs don't take much slack from the fans.
- If being a coach or ref is not up your ally, then please help us by volunteering in our concession stand, the Snack Shack. It was closed last season due to covid and our families really missed it. Please consider donating a few hours on a Saturday handing out treats and warm smiles to our wonderful families. The proceeds of the Snack Shack go directly back into our program to help pay for scholarships and gym improvements. Be on the lookout for a signup email coming soon.

Teams and Coaches Meeting:

- We will have a **mandatory** coach's meeting **Sunday, October 24th 7-9 PM** to review Upward Rules and Expectations, solidify teams and choose practice nights and times. **This is for coaches only** (if you want to coach, please contact me asap). Within a few days of this meeting, your coach will contact you to introduce themselves and review their practice day and time. If you don't hear from your coach by **Friday, October 29th** please let me know as there is sometimes communications error.

Practices:

- Practices will start the week of **November 1st** with an additional practice **on Saturday, November 6th**. Your coach will set your practice days and times and they should stay consistent from week to week. Your team will practice for one hour one day per week. Parents are allowed to stay for practice but must sit above the gym floor to not distract the players. Players should bring a water bottle with their name on it and a basketball if they have one.

Games:

- Games will be Saturday mornings starting **November 13th**. Game times are looking to start anytime between 8-2 pm for basketball and 9 or 10 o'clock for cheerleading. We mix the basketball game times up from week to week as we know that the kids are involved in other activities, and this ensures they won't miss many games. Please arrive at least 15 minutes before your respective games for your coach to go through final preparations and to help us line up the kids for the pre-game introductions. When you arrive at the gym on game day, your child will go upstairs into the Life Center and meet with their team. Parents can go up with their child or stay in the gym.

Holiday Weeks:

- There will be no practices or games the weeks of Thanksgiving (Nov 22-27), Christmas (Dec 20-25) and New Year's (Dec 27-Jan 1). We may have some open gyms that week so stay tuned for more information.

Awards Ceremony:

- **January 22nd** (January 29th snow make-up) will end the regular season with an Awards Ceremony following each respective game. Please join you child and their team for some food and fun to celebrate an amazing season!! All family members are welcome to attend.

Snow:

- Our policy is if Butler Area School District cancels school or afternoon activities, then practices for that evening will be cancelled. Game day cancellations will be determined by 7 o'clock that morning and will be communicated through Facebook and e-mail. Games will not be made up except for the Awards Ceremony Games.

Communication:

- Your coach will be your main source of communication for your individual team. Please double check your email and cell phone information so they can stay in touch with you during the season. Also, please "like" our Facebook page "North Main Upward Sports" for up-to-date information on snow cancellations, game day information and upcoming events.

Commitment:

- We would like to keep the team sizes small, so your child has more opportunity to play and learn, but this takes your commitment. Please try your best to be at every practice and game and if you are not able to attend, please let your coach know so he/she can plan accordingly.

Conflicts:

- We are all here to make sure your son/daughter has the best experience possible. Sometimes questions and concerns may arise especially during game days. Please allow for a **24-hour cooling off period** before approaching your coach. If you and your coach cannot come to a resolution, the coach, parent, and player will meet with Justin Miller at a time convenient for all parties.

Thank you for being a part of the fastest growing basketball league in Butler. Please feel free to pray throughout the season for the spiritual and physical health of our players, the wisdom and integrity of our coaches and the encouragement from our parents.

Looking forward to an amazing season and feel free to contact me if you need anything!

God Bless and Go Upward!!

Justin Miller

724.679.1755

Jtmiller98@hotmail.com