



2019-2020 Season Timeline

Online Registration: \$100; September 16-Nov. 15

Open Registration: \$120; November 16, 18-19 during evaluations

Evaluations: Saturday, November 16 from 10am-Noon
Monday, November 18 from 6-8pm
Tuesday, November 19 from 6-8pm

Cheer Clinic: Saturday, January 4 from 10am-noon

First Practices: January 6 for Monday Practice Teams
January 9 for Thursday Practice Teams
January 11 for Kindergarten Division

Game Schedule:

Game 1- January 18

Game 2- January 25 (Sign Day/Paint your Car)

Game 3- February 1

Game 4- February 8 (Parents Day)

Game 5- February 15

Game 6- February 22 (Grandparents Day)

Game 7- February 29

Game 8- March 7 (Graduate Day)

Upward Sunday: February 23 - Breakfast with your coach.

Awards Celebration: March 13 @ 7:00 PM

**MORE
THAN A
LEAGUE**
SIGN UP NOW!



MENTAL DEVELOPMENT

SPIRITUAL DISCOVERY

ATHLETIC IMPROVEMENT

ENHANCED RULES!
SOCIAL AWARENESS



RECREATION BASKETBALL & CHEER

CLINICS · CAMPS · LEAGUES

DEVELOPING YOUNG ATHLETES



MENTALLY

Make wise decisions



ATHLETICALLY

Improve physical abilities



SPIRITUALLY

Embrace life's purpose



SOCIALLY

Foster healthy relationships

4 LEVELS OF BASKETBALL DISCOVERY

Upward Basketball provides an experience that grows with your young athlete over time by using a four-level age appropriate format. Each level is tailored to meet your athlete where they are in their athletic journey, allowing them to reach their full potential, on and off the court.

LEVEL OF SKILL

LEVEL 1

Introducing the game and basic skills

LEVEL 2

Develop basic skills while learning game rules

LEVEL 3

Refine skills and learn team concepts while preparing for the next level of competition

LEVEL 4

Implement middle school rules while competing at a high level

AGE OF YOUR ATHLETE

THE UPWARD EXPERIENCE

- > 5 million participants over the past 19 years
- > 1 practice and 1 game per week
- > Quality game day uniform and other sport related gear

SIGN UP NOW!

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