

Mt. Harmony

Baptist Church



2009/2010 Basketball and Cheerleading

Frequently Asked Questions

Purpose

- **What is the purpose of Upward?** To introduce children to Jesus Christ by creating opportunities to serve through sports.

Location

- **Where are practice and games held?** Practice and Games will be held in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road). Mt. Harmony has rented the space to accommodate the Upward Basketball and Cheerleading program.

Registration

- **When does registration begin?** Registration begins Saturday, October 3rd.
- **Can I register on-line?** Yes. Go to www.mtharmony.org and select the registration link. The link will take you to the "Blue Sombrero" website. This company is approved by Upward Unlimited and is hosting our online registration process. You will be able to register and pay the league fees on-line. For on-line registration, payments can be made via credit card only (Visa, M/C, and Amex are accepted).
- **Can I register via another method?** Of course; however, we prefer that you register on-line. Registration forms are available throughout the church buildings. You can submit your completed form via one of the methods below:
 - Drop off your completed form with payment (cash or check) at the church office during business hours (Monday thru Thursday from 8:00 am to 5:00 pm and Friday from 8:00 am to 1:00 pm)
 - Place your completed form with payment (cash or check) in the offering plate during the Sunday morning or evening service.
 - Mail your completed form with payment (check) to the church at Mt. Harmony Baptist Church ~ Attention: Upward ~ 561 Veterans Memorial Hwy, SE ~ Mableton, GA 30126.

- **How much will Basketball cost?** Early registration cost is **\$90.00** per child if paid by Sunday, **November 1st**.
- **How much will Cheerleading cost?** Early registration cost is **\$95.00** per child if paid by Sunday **November 1st**.
- **Is there an early registration discount?** Yes. The discount ends on **November 1st**; after that, the registration fee will be **\$110.00** per child for Basketball players and **\$115.00** per child for Cheerleaders.
- **What does the registration fee include?**
 - Each basketball player receives a reversible jersey, shorts, socks, water bottle, car magnet, Parent's Guide to Upward Basketball, a copy of *Winner* magazine, and an end-of-season award.
 - Each cheerleader receives a top, skorts (skirt with shorts), mock turtleneck, pompoms, megaphone, hair ribbon, car magnet, Parent's Guide to Upward Basketball, a copy of *Winner* magazine, and an end-of-season award.
- **What is the age requirement to register for Upward Basketball and Cheerleading?** Children must be 5-years old by **December 1, 2009**. The age range is 5 years through 6th grade.
- **When is the last day to register?** The last day for registration is Sunday, December 6th.

Evaluation – for Basketball players

- **What is the purpose of evaluations?** The evaluations help to make the teams as equal as possible based on skill level.
- **Does my child have to attend an evaluation?** Yes, everyone basketball player **MUST** attend one of the three evaluations:
 - **Monday, November 2nd** from 6:30 to 7:30 for K5-2nd grade and 7:30-8:30pm for 3rd-6th grade
 - **Thursday, November 5th** from 6:30 to 7:30 for K5-2nd grade and 7:30-8:30pm for 3rd-6th grade
 - **Saturday, November 7th** from 2:00 to 3:30 for K5-2nd grade and 3:30-5:00pm for 3rd-6th grade.
- **Where will the Evaluation be held?** Evaluations will be held at in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road).

Orientation – for Cheerleaders

- **What is the purpose of Orientation?** The purpose of orientation is to let parents and cheerleaders know about the upcoming season, get sizing for uniforms, and provide a question and answer time for parents.
- **Does my child have to attend an Orientation session?** Yes, every Cheerleader **MUST** attend one of the three orientations:
 - **Monday, November 2nd** from 6:30 to 7:30 for K5-2nd grade and 7:30-8:30pm for 3rd-6th grade
 - **Thursday, November 5th** from 6:30 to 7:30 for K5-2nd grade and 7:30-8:30pm for 3rd-6th grade
 - **Saturday, November 7th** from 2:00 to 3:30 for K5-2nd grade and 3:30-5:00pm for 3rd-6th grade
- **Where will the Orientation be held?** Orientation will be held at in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road).

Practice

- ***When is the first practice?*** Practices start the week of November 16th and will be an hour long.
- ***Will there be practice every week?*** No, because of the holidays. There will be no practice the week of Thanksgiving, Christmas, or New Years. A detailed schedule will be provided at the first practice.
- ***Where will the Practice be held?*** Practices will be held at in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road).

Uniforms

- ***When will my child get their uniform?*** Uniforms will be distributed after practice # 2.
- ***Are there any equipment requirements for my child?***
 - For basketball players, shoes that will not leave any black marks on the gym floor.
 - For cheerleaders, comfortable tennis shoes (preferably white, but not required).

Games

- ***When is the first game?*** The first game will be Saturday, December 12th. All games will be on Saturday.
- ***Are there games every Saturday?*** No because of the holidays. There will be no games for the weeks of Christmas and New Years.
- ***How many games are there?*** The season consists of 8 games and an awards celebration at the end.
- ***Where will the Games be held?*** Games will be held at in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road).

Coaches and Referees

- ***How can I become a coach and/or a referee?*** Just let us know! There are some requirements that must be met as noted below:
 - All coaches and referees **must attend one** of the training sessions.
 - You must fill out a Coach and Referee application and complete a background check form.
 - All Coaches and Referees must pass the background check.
- ***When will Coaches and Referee training be held?*** Training classes for coaches and referees will be held in the fellowship hall of the church and will be on:
 - **Friday, November 6th** from 7:00 to 9:00 pm
 - **Sunday, November 8th**, from 1:00 to 3:00 pm
- ***How old do I have to be to be a head coach?*** A High School Junior or Senior (a Christian and responsible person) can be a head coach but must have an adult assistant coach.
- ***If am not a Christian can I coach?*** Yes, but the Assistant Coach must be a Christian and is responsible for all devotions.
- ***Do you need to know how to play basketball to coach?*** No, Upward is organized so that anyone can be a coach. The Coach Playbook and DVD detail everything that you need to know to be a great coach.
- ***Do you need to know how to cheer to be a Cheer coach?*** No, Upward is organized so that anyone can be a coach. The Coach Cheerbook and DVD detail everything that you need to know to be a great coach.
- ***How old do I have to be to be a referee?*** High School Junior or older that knows the rules of basketball and attended a training session.

Pictures

- ***Will there be a day for pictures?*** Yes, picture day is the third game day of the season, Saturday, January 9th, 2009. A detailed schedule will be provided by the coach.
- ***Where will the Pictures held?*** Pictures will be held at in the gym at **Lindley Middle School Gym**. Lindley is located at [50 Veterans Memorial Hwy, SE](#). (up the street from the church, on the same side of the road).

Award Celebration Sunday

- ***Is there an end-of-season awards banquet for the kids?*** Yes, our “**Awards Celebration Sunday**” will be held on Sunday, February 21st at 4:00 in the church sanctuary. There will be entertainment and an award surprise for every participating child.
- ***Where will the Award Celebration Sunday take place?*** “Awards Celebration Sunday” will be held at in the sanctuary of **Mt. Harmony Baptist Church**. Mt. Harmony Baptist Church is located at [561 Veterans Memorial Hwy, SE](#). (down the street from the middle school, on the same side of the road).

Weather

- ***What do we do in case of inclement weather?*** The coach will be contacted in the event of cancellations and then the coach will contact the families.

Rules

- ***What basketball rules will the Upward league be following?*** The rules for Upward basketball will be governed by the National Federation of High School Associations’ Rule Book (www.nfhs.org) with a few exceptions in keeping with the spirit of Upward rules. A list of these exceptions will be provided upon request.
 - Goal Height:
 - 5 year olds will play on 7’ goals.
 - 1st thru 4th graders will play on 8’ goals.
 - 5th thru 6th graders will play on 10’ goals.
 - Court Size:
 - 5 year olds thru 4th graders will play cross court.
 - 5th thru 6th graders will play full court.
 - Team format is 4 players versus 4 players.
 - No zone defense, child on child defense.
 - No back court rule.
- ***How will the cheerleaders participate during basketball?*** Cheerleaders will cheer on the sidelines.

If you have any further questions, please feel free to contact:

Brian Lewis, Basketball Commissioner, basketball.commissioner@mtharmony.org

Erica Jordan, Cheerleading Commissioner, cheerleading.commissioner@mtharmony.org

Kyle Sims, Upward League Director, upward@mtharmony.org

or call the Church office at 770-948-3900