



Mt. Harmony Baptist Church, Inc. 2009 Fall Flag Football 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.

Registration

- ***When does registration begin?*** Registration begins June 1st.
- ***Where do I register?*** Registration and payment can be completed online at <http://www.bluesombrero.com/mhbc>. Visa, MC and AMEX are accepted for online payment. Registration forms are also available in the church office and throughout the church building. The registration forms and payment can also be
 - Dropped off at the church office during normal business hours (M – Th, 8:00 am to 5:00 pm & Fri, 8:00 am to 1:00 pm)
 - Placed in the offering plate during service on Sundays
 - Mailed to the church (Mt. Harmony Baptist Church, Inc., Attn: Upward, 561 Veterans Memorial Hwy, SE, Mableton, GA 30126).
- ***How much will the Upward Flag Football and Cheerleading cost?*** Early registration cost is **\$90.00** per child, paid by August 9th. After August 9th, the cost is **\$110.00** per child.
- ***Are there any equipment requirements for my child?***
 - For football players, football cleats and mouth piece.
 - For cheerleaders, comfortable tennis shoes (preferable white, but not required).
- ***Is there an early registration discount?*** Yes, after August 9th the registration fee will be **\$110.00** per child.



- **What does the registration fee include?**
 - Each football player receives a reversible jersey, shorts, flag belt, flags, wrist coach, car magnet, Parents' Guide to Upward Flag Football, *Winner Magazine*, end-of-season award (instead of a trophy) and end-of-season celebration event.
 - Each cheerleader receives a top, skorts (skirt with shorts attached), mock turtleneck, pompoms, megaphone, hair ribbon, car magnet, Parents' Guide to Upward Flag Football, *Winner Magazine*, end-of-season award (instead of a trophy) and end-of-season celebration event.
- **What is the age requirement to register for Upward Flag Football and Cheerleading?** The age range is 5-years old up to 6th grade. A participant must have reached age 5 before September 1, 2009 to be eligible to play or cheer.

Evaluation – Flag Football Players

- **Does my child have to attend an Evaluation session?** Yes, every child playing football **must** attend one of the three evaluations;
 - Saturday, **August 8th**, 10:00 am to 12:00 pm
 - Tuesday, **August 10th**, 6:00 pm to 8:00 pm
 - Saturday, **August 15th**, 1:00 pm to 3:00 pm.
- **Why evaluations?** This helps to make the teams as equal as possible based on the player's skill level.
- **Where will the Evaluation be held?** The evaluations will be held at the church's pavilion and ball field behind the church.

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:
 - Saturday, **August 8th**, 10:00 am to 12:00 pm
 - Tuesday, **August 10th**, 6:00 pm to 8:00 pm
 - Saturday, **August 15th**, 1:00 pm to 3:00 pm
- **Where will the Orientation be held?** The orientations will be held at in the church's pavilion behind the church.



Coaches and Referees

- ***How can I become a Football Coach or Cheer Coach and/or a referee?*** All coaches and referees must complete a Coach and Referee application and a background check form. All Coaches and Referees **must** pass the background check and **must** attend one of the training sessions.
- ***When is Coaches and Referee training?***
 - Tuesday, **August 11th** at 7:00 pm.
 - Sunday, **August 16th** at 1:00 pm.
 - Saturday, **August 22nd** at 10:00 am.
 - All classes are in the fellowship hall.
- ***How old do I have to be to be a head coach?*** High School Junior or Senior (a Christian and responsible person) can be a head coach but must have an adult assistant coach.
- ***What if I 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 Flag Football or know how to cheer to coach a team or squad?***
No, Upward is organized so that anyone can be a coach. The Coach and Referee Handbook or the Cheer Handbook provides details on 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
- ***What skills do I need to be a referee?*** You must have attended one of the training sessions and know the rules of Upward Flag Football.

Practice

- ***When is the first practice?*** Practice starts **the week of August 24th** and all practices will last one hour.
- ***Will there be practice every week?*** Yes, the practices will be held one night during the week for one hour.
- ***Where will the Practice be held?*** The primary location for practice will be at the Mt. Harmony ball field. If necessary, our second practice location will be announced at a later date.

Uniforms

- ***When will my child get their uniform?*** The Coaches will give out uniforms after the second or third practice.



Games

- **When is the first game?** The first game will be **Saturday, September 12th**. All games will be on Saturday. If necessary due to rainouts, there might be a need to play make-up games during the week. This will be in place of scheduled practices.
- **Are there games every Saturday?** There will be a game every Saturday of the season (weather permitting).
- **How many games are played?** The season consists of eight (8) games and an awards celebration at the end of the season.
- **Where will the Games be held?** All games will be played at Mt. Harmony ball field.

Pictures

- **Will there be a day for pictures?** Yes, picture day occurs on the second game day of the season, currently scheduled for **September 19th**.

Award Celebration Sunday

- **Is there an end-of-season awards banquet for the kids?** Yes, it is called "**Awards Celebration Sunday**" and will take place on **November 8th at 4:00 pm**. There will be entertainment and a surprise award (instead of trophies) for every participating child.

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 player's family.

Rules

- **What flag football rules will the Upward league be following?** The rules for Upward flag football are unique to Upward.
 - **Fields:** All teams play on a field 30 yards wide x 70 yards long. The field includes a 10-yard no running zone at midfield and a 5-yard no running zone at the 5 yard line. These do not apply to the K5 division. Coaches will be fully trained on the rules during their training class and will teach the players.

Additional questions may be directed to one of the following via email:

- Michael Lewis, Flag Football Commissioner, flagfootball.commissioner@mtharmony.org
- Erica Jordan, Cheerleading Commissioner, cheerleading.commissioner@mtharmony.org
- Kyle Sims, Upward League Director, upward@mtharmony.org