

WHAT WE WILL TEACH YOUR CHILD

We want your child to have a wonderful sports experience, so we will be focusing on age appropriate skills and drills, as well as game play to promote their growth in cheerleading.

Additionally, we want to deliver life lessons. Therefore, at each practice, we will have a half time break, where the coach will share life lessons and biblical principles – information that will be valuable to the cheerleaders beyond the sport.

BE A WINNING PARENT!

As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Cheerleaders look to their parents and coaches as models for sportsmanship, respect for authority, and positive attitudes. Through your positive participation in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

YOUR ROLE AS A WINNING PARENT

- Make sure your child arrives on time to practices and games.
- Ask your child about the practice devotion each week.
- Spend time with your child reviewing each week's Scripture learning verse.
- Look for positive actions during practices and games that you can praise your child for.
- Support the coach by allowing her to give any instruction or feedback to the squad. Directions from multiple sources can cause confusion to the cheerleaders.
- Cheer for both teams. This helps create an environment in which every child is supported.
- Join your child's squad and cheer for each cheerleader as stars are distributed after each game.
- Support the volunteer referee with positive comments only.

Upward Cheerleading Format

The unique format of Upward Cheerleading exists to recognize that *Every Child Is A Winner* by promoting character and self-esteem:

- All cheers learned will be used to encourage both teams that are playing. No negative cheers are permitted. Squads will refrain from using such terms such as beat, kill, fight, defeat, etc.
- No squad will have a specific team that it cheers for every Saturday. Cheers will encourage all players ("Go, Upward!" "Touchdown!" "Go, Purple and White!" etc).
- All cheerleading squads will wear identical uniforms.
- Squad divisions are determined by age. In most cases like age groups will be cheering together.

Game Day

- Before every game, the referee will lead both football teams and cheerleading squads in prayer at midfield.
- Games consist of two 18-minute halves and an eight-minute halftime.
- Cheerleaders will perform on the field during substitutions and at halftime.
- Cheers and chants will be done on the sideline during the game.

UPWARD AWARDS CELEBRATION

The Upward Awards Celebration is designed to celebrate your season. As mentioned before, this is when your child will receive their *end of season award*. This award will serve as a reminder of the flag football cheerleading experience as well as the life lessons that were taught. Your child's coach will give you more information about this special event during the season.



PARENT'S GUIDE TO UPWARD FLAG FOOTBALL CHEERLEADING

WHAT UPWARD IS ALL ABOUT

Upward is all about your child. Our desire is to provide a program that builds the self-esteem and character of your child and every child in this program. Every cheer coach has been trained to deliver the Upward Experience to your child, so that they have fun learning and performing cheers. The purpose of this PARENT GUIDE is to review with you the Upward Experience, so that you can come alongside the coaches to support your child and every other child in the program.

Cheerleaders look to their parents and coaches as models for behavior, respect for authority and positive attitude. By being a positive participant in this program, you can provide a lasting effect in these children that will live well beyond the end of the season.

WHAT THE LEAGUE INCLUDES

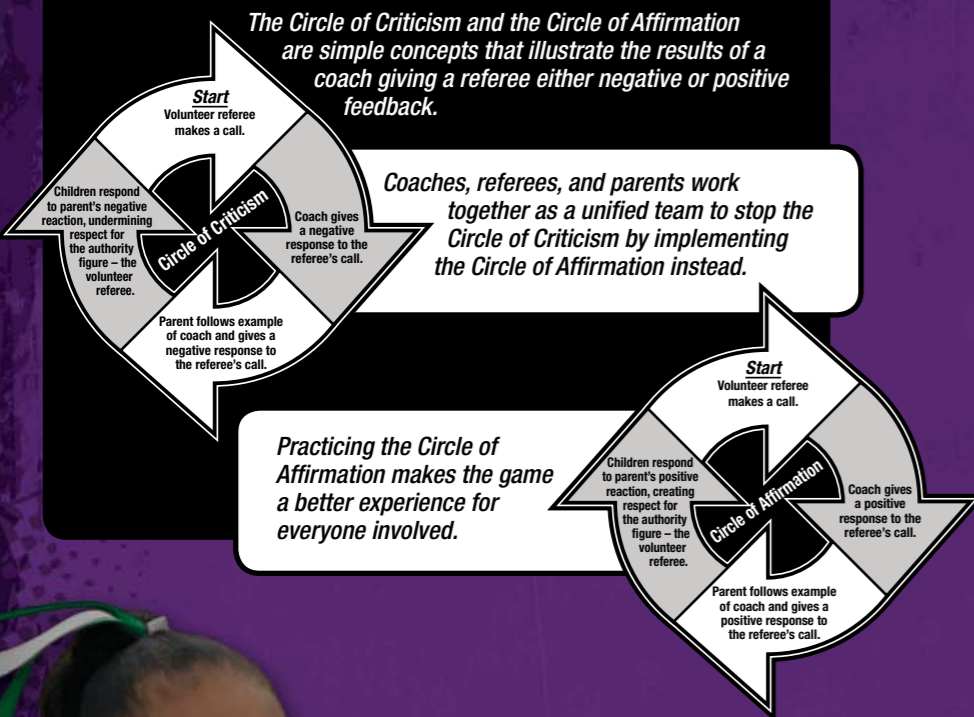
This Cheer kit includes items designed to provide your child with a great cheer experience.

- The **Cheer Top** is designed to allow cheer teams to coordinate with the flag football team colors – your child will always match both teams, so that cheers can be done for all the players on each team.
- The **Cheer Skort** is coordinated with the **Cheer Top** to give the complete cheer look and feel.
- The **Poms** also match the outfit, and increase the overall cheerleading experience. Once fluffed out, they are an important part of the cheer routines, and add to the feeling of leading a crowd in supporting the teams.
- The **Megaphone** is color coordinated to the Cheer Top and is a great way to bring vocal spirit to the games, as it fits with many of the cheers. The **Megaphone** gives the cheerleader a perfect place for placing the **Sticker Stars** they receive each week, to remember the praise received from the coach as well as lessons learned. You will be able to reinforce their accomplishments with the **Stars** as a guide.
- The **Car Magnet** gives you the ability to show your neighbors and friends that your child is participating in Upward, and perhaps motivate them to join their children to cheer with your child.
- The **Scripture card holder** is designed to look cool on your refrigerator. It will hold the **scripture/skill learning cards** distributed by the coaches throughout the season, then afterward can act as a picture frame for your child's cheer photo.
- The coach will also distribute different awards during the season, such as **cards, magnets and silicon bracelets**. At the Upward Award Celebration, your child will receive a distinctive **end of season award**.
- Your registration fees also contribute toward **coaches' shirts** and **squad supplies** for the season so that the program is first class, organized and detailed.



CIRCLE OF CRITICISM AND CIRCLE OF AFFIRMATION

The Circle of Criticism and the Circle of Affirmation are simple concepts that illustrate the results of a coach giving a referee either negative or positive feedback.



Coaches, referees, and parents work together as a unified team to stop the Circle of Criticism by implementing the Circle of Affirmation instead.

Practicing the Circle of Affirmation makes the game a better experience for everyone involved.

COMMUNICATION CHAIN

During the course of the season, questions and/or concerns may arise that need to be addressed. Whom do I seek out for answers? The coach of your child's squad should address these questions and/or concerns and will be the spokesperson to the league for the parents of children on her squad. The coach will direct any unresolved questions or problems to her commissioner and then on to the cheerleading coordinator as needed.

KID'S WEBSITE

The Upward kid's website is designed for every Upward player and cheerleader. This website will entertain your child(ren), teach biblical truths and give sport related skills and drills clinics. Your child will be able to:

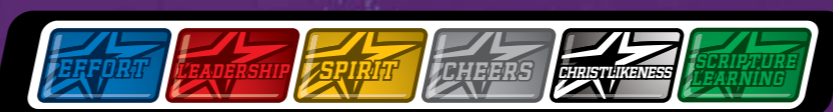
- Create their own account
- Play games
- Watch videos
- Learn Scripture
- Much, much more

To learn more, please see the information card that is included in your child's player kit.

UPWARD STARS

Your child will receive a green star after each practice and a multi-colored star after each game. Below is a list of the stars and what they represent:

- The green star represents *Scripture Learning*
- The blue star represents *Effort*
- The gold star represents *Spirit*
- The gray star represents *Cheers*
- The red star represents *Leadership*
- The white star represents *Christlikeness*



SQUAD HUDDLE & SCRIPTURE LEARNING

During practice, coaches will spend 5-8 minutes sharing a devotion with her cheerleaders. These devotions will focus on verses from the bible. The verses for this season are:

- *Acts 17:24(a) – He is the God who made the whole world and everything in it.*
- *Ephesians 5:1 – You are God's children whom he loves.*
- *1 Timothy 2:4 – God wants all people to be saved. And he wants everyone to know the truth.*
- *Colossians 2:14 (a,b) – We owed a debt because we broke God's laws. That debt listed all the rules we failed to follow.*
- *Colossians 1:22 (a) – But now Christ has made you God's friends again.*
- *Philippians 3:9 (a) – Now that I belong to Christ, I am right with God.*
- *Philippians 1:9 – This is my prayer for you: that your love will grow more and more; that you will have knowledge and understanding with your love.*
- *Philippians 4:13 – I can do all things through Christ because he gives me strength.*
- *Philippians 1:27(c) – I will hear that you continue strong with one purpose and that you work together as a team.*
- *Colossians 1:25(b) – My work is to tell fully the teaching of God.*

Along with the devotion, your child's squad will take part in Scripture learning with the verses listed above. The weekly Scripture learning verses are found on the Scripture Learning Cards that the coach will hand out to the cheerleaders each week. Take time to familiarize yourself with the Scripture verses so you and your child can talk about them together.

