

HOW DO I SIGN UP?

Antioch, the Church on **Northland**, and **Twin Pines Baptist Church**, together with the **Salvation Army Community Center** are partnering for the Upward Sports league. The Upward Basketball and Cheerleading league is one league with 4 sites. Parents register their children at the site their child will practice (1 night per week Monday - Friday). One basketball game is played each Saturday at any of the three sites. Cheerleaders cheer at one game each Saturday at the same location as their practice.

Note: Capacity is sometimes limited. Early registration in October is strongly recommended.

For more information and to register (online only), visit the *new* Upward Cedar Rapids league website:

<http://www.upwardcr.com/>

EVALUATIONS

Each registered participant must attend one basketball/cheer evaluation (see Key Dates on reverse side of brochure).



ANTIOCH CHRISTIAN CHURCH
433 Cross Road, Marion

CHURCH ON NORTHLAND
5200 Northland Ave NE, Cedar Rapids

TWIN PINES BAPTIST CHURCH
75 S. Mentzer Road, Robins

SALVATION ARMY COMMUNITY CENTER
1000 C Ave NW, Cedar Rapids



The Best Sports Experience

Upward Basketball and Cheerleading provides a fun environment while teaching skills for the sports arena and values for life through healthy competition.

Competitive Sports Environment

Upward Sports aims to develop each athlete mentally, athletically, spiritually, and socially.

Upward Basketball offers competitive games by balancing talent on each team (through the evaluation process). The unique substitution system provides each child equal playing time along with competing against an equally matched opponent.

Each Upward Cheerleading practice and clinic is focused on teaching cheer skills and the foundations needed for the next level of cheerleading.

Fun for Kids and Families

With supportive coaches and a positive environment, Upward is designed to bring out “the winner” in every child and the true spirit of the game.

If you want to learn more about Upward Sports, visit www.upward.org/parents.



REGISTRATION COSTS

Early Registration (October 1-15th) cost per child is \$85/\$75 (Basketball/Cheerleading).
Registration (October 16th) cost per child increases to \$100/\$90.
After Evaluations the cost per child is \$120/\$110.

Basketball Registration cost includes uniform jersey, practice t-shirt **AND SHORTS**.

Cheerleading cost includes uniform vest and skirt. (White long-sleeves required under vest- not included)
Cheerleading mock turtlenecks are optional at an additional cost of \$17.

KEY DATES

- October 1 - Online Registration begins
- October 15 - Early Registration deadline
- November 4 and 5 - Evaluations and Cheer Orientation at Northland
- November 7 - Evaluations at Twin Pines
- November 12 - Evaluations and Cheer Orientation at Antioch
- November 14 - Evaluations at Salvation Army
- December 7 - Coach training at Antioch
- December 14 - Coach Training at Northland
- January 6 - Practices begin
- January 18 - Games begin