

How is Upward organized?

We currently have three divisions, and your child is assigned according to **the grade they are entering in the fall**:

Division 1 - Kindergarten to Grade 2

Division 2 - Grade 3 to Grade 5

Division 3 - Grade 6 to Grade 8

Cheer teams can be divided a bit differently based on registration, but typically you will be cheering with other girls your age.

Is cheer the only option for girls?

Flag football is co-ed, so **girls have the option to play or cheer!** We have quite a few girls who play football, and they're awesome!

Can my child play on a friend's team?

One of the things that makes Upward so much fun is the opportunity for friends to play together. However, we are also committed to making Upward fun for EVERY player, and so **our top priority must be to create even teams**. Your child can play with friends, using either a **COACH LINK** or **CARPOOL LINK**:

COACH LINK. We will honor **TWO links per coach** for the 2018 season, but only two links per coach. We will honor these links on a first come, first serve basis; in other words, the first two players to register with a coach link will be given preference for their coach, but it is not a guarantee. This does **NOT** apply to the children of coaches, who are automatically assigned to their father's team if he is coaching.

CARPOOL LINK. The block for carpool link on the registration form is where you can request that your child be placed on the same team as a friend. **WE WILL HONOR ONE CARPOOL LINK PER PLAYER**, and **BOTH PLAYERS** must list the other for the carpool link to be active. We will honor carpool links on a first come, first serve basis, but they are **NOT** guaranteed.

We want to give your child an opportunity to play with their friends, but we also need Upward to be fun for everyone. We are confident from past experience that your kids will have as much

fun playing against their friends as they will playing with them, and we ask for your patience and understanding if requests to play together cannot be honored in the interest of creating fair teams.

My children are in different divisions. Will they practice and play at the same time?

Our practices are all held at Dock Mennonite Academy and are one hour in length. **As a general rule**, Division 1 practices 6-7 pm, Division 2 practices from 7-8 pm, and Division 3 practices 8-9 pm. However, it is possible that your child's team will practice in a different time slot, depending on the number of teams we must accommodate in each division. For example, with a large Division 2, we may need to have some D2 teams practice in either the 6-7 pm or 8-9 pm time slot. We do our very best to minimize this, as we strive for family-friendly schedules.

What payment forms do you accept?

For online registration, we accept most major credit cards. If you choose to register in person, we can only accept cash or check (payable to "Upward Flag Football"). In-person registration is held at our Evaluations.

What are Evaluations?

Every player and cheerleader must attend ONE Evaluation, where players will participate in a short skills test (which we use to place players on teams), and both players and cheerleaders will be fitted for their uniform. Even if you register online, you **MUST** bring your child to an Evaluation. The Evaluation takes 10-15 minutes; you do not have to stay for the entire time listed on the schedule.

Does my child need cleats?

Plastic cleats are allowed at Evaluations and on the turf for practices and games, but they are **NOT** required. Sneakers work extremely well on the turf and should provide your child with all the "grip" they will need. As an alternative to purchasing a new pair of cleats for your child, Upward offers a **Cleat Exchange** where you can take a pair for your child, or bring a pair that your child has outgrown. Save yourself a few bucks and check the Cleat Exchange before you buy! The Cleat Exchange will be available at Evaluations and the first few practices of the season.

How much does it cost for my child to play?

Our **earlybird registration rate for 2018 is \$110; after July 14 the rate will be \$125**. We also offer discounts for multiple children from the same family. This is the first time we have raised rates in seven years, and we do so reluctantly, as our goal is to keep Upward affordable for every family. However, the size of our league has more than doubled in those seven years, and costs for league fees, equipment and (especially) insurance have increased significantly. While our rates may be higher than some of your other options for youth sports, we believe the Upward experience continues to be a tremendous value for families.