



Upward Sports at Fox River Christian Church

FAQ's

What is the mission of Upward sports?

Our mission is a simple one, promoting the discovery of Jesus through sports. In Upward we take a ministry first approach to everything we do.

What is the Upward 360 progression?

The 360 progression is the development of the total athlete mentally, athletically, spiritually, and socially, applied intentionally through all Upward Sports programming. Upward Sports recreational athletes discover love for the game, and with a healthy competitive spirit, develop the skills they need to succeed in everything they do.

Is Upward a competitive league?

Yes, but maybe not in the way you have seen competition before. We strive and encourage our athletes to compete and play hard. Coaches and refs work together to create an atmosphere of healthy competition. We believe that the lessons learned through competition are essential life lessons that transcend the field of play.

When does registration open?

Registration begins as follows:

Basketball-Cheer – Oct 1st

Soccer – Apr 1st

Flag Football – Jul 1st

What is the cost to participate?

The cost to participate in all of our Upward Sports is \$125 per season. You are welcome to purchase optional matching shorts for an extra \$15.

What does the cost to participate include?

Players receive sport-specific items. You can find out what items are included in the registration cost [here](#).

What additional items will I need to purchase?

For safety, we require all Soccer participants to purchase shin guards. We also require mouth guards for all Flag Football participants. Each flag football participant will receive one complimentary mouth guard. Additional mouth guards are available for purchase at our concession stand.

What age/grade can sign up to play?

We welcome all kids grade 4K-6th. However, there may be times when we have to combine our kindergarten and 1st grade divisions. In these cases, we would discourage 4K participants.

How do I determine which grade to enroll my player?

Please register your player in the grade he/she is in on the date of enrollment.

Can my child play up or down from their age group?

From time to time we may ask that a player move up a division. However, we ask that you register your player in the grade he/she is in on the date of enrollment.

Our family does not attend Fox River. Can we still sign up?

Yes. Upward Sports at Fox River is open to all kids 4K-6th grades

Are teams coed?

Currently, our Soccer and Flag Football leagues are coed. Only our Basketball league is not coed (except 4K-5K).

My Child has little to no experience, can they still play?

Yes. Upward is a wonderful place to start a child in sports. We strive to challenge and develop each athlete mentally, athletically, spiritually and socially.

Can my child play on the same team with a friend?

Yes. We will honor friend links (called carpool links on the registration form). However, in order to be linked, both players must indicate each other as carpool link.

I have a team of players that would like to be together. Will you allow this?

Unfortunately no. Allowing pre-arranged teams would go against the social component of the ministry.

Is there a volunteer requirement?

We welcome your help but volunteering is not a requirement.

Can I coach my child's team?

Yes. However, all of our volunteer coaches and referees must be vetted by the league director, complete a background check and attend coach/ref orientation. These will be provided by Fox River.

What training do Upward coaches receive?

All coaches and referees are screened with a background check as well as complete Fox River's child protection class. In addition, coaches and refs are required to attend a sport-specific orientation session.

Can I volunteer in areas besides coaching?

Yes. We welcome your help as referee, concession help, scoring, and time keeping. If you would like to help, please indicate that when registering your player or contact your [league director](#).

Do you use paid referees?

No. All our referees are trained volunteers.

Why does my child have to attend a player evaluation?

In order to be placed on a team, it is necessary to attend player evaluations prior to each season. At evals, players will be able to get a look at the playing area as well as meet some of the coaches. They will also complete a series of skills/drills and have their uniform sized. The scores generated during evaluations will help us create fair and even teams.

What are my child's uniform colors?

Upward changes uniform colors each season. You can access uniform colors [here](#).

Where does my child practice and play games?

All practices and games for soccer, flag football, cheerleading, and 1st-6th grade basketball take place at Fox River Christian Church - [Waukesha location](#). 4K-5K basketball take place at Fox River Christian Church - [Muskego location](#).

Is there a game-day gym entry fee?

Our desire is for the entire community to be involved. We love it when kids invite Grandmas, Grandpas, Aunts and Uncles, friends and neighbors to the game. As our guests, gym entry will always be free at Upward

When do practices and games occur?

Game day is always Saturday. Depending on the sport, practice night could occur on any weeknight. However, once your practice night and time are set, this will remain the same throughout the season.

How long does practice last?

For Basketball and Soccer, practice time is one hour. For flag football and cheerleading, practice time is 1 ½ hrs.

Why do teams sit together midway through practices?

We are intentional about the spiritual focus of the 360 progression. Midway through practice, coaches will lead their teams in a 5-8 minute devotional. These devotionals focus on Spiritual lessons and life virtues that we hope will transcend the field of play.

What spiritual lessons will be taught?

Upward uses a virtue focused spiritual plan. Examples of these virtues are Determination, Discipline, honesty, kindness, forgiveness and love. In addition, players will hear and discuss the Gospel message of salvation.

What if my child can't make it to every practice/Game?

In Upward as in life, commitment is a virtue that should not be taken lightly. While we would prefer that players attend all practices and games, we know that life gets in the way sometimes. If your player is unable to attend the majority of practices and games, we kindly request waiting until your schedule allows.

How many games are played during the season?

There are a total of 7 games days throughout each season.

Do you play teams from other Upward/school leagues?

Not at this time. Upward at Fox River is a self-contained program.

Why do teams pray together before games?

We believe prayer has the power to set a tone of healthy completion and respect among teams.

How long do games last?

All games for all sports last 1 hour

How is playing time determined?

Upward Sports utilizes a substitution system that allows equal playing time throughout the season. This system also allows each player to be in the starting rotation.

Does Upward Sports have unique rules of play?

Yes. Because our unique rules are sport and church specific, listing them here isn't practical. If you would like a copy of our unique rules, please contact your [league director](#).

Why is my players coach on their phone during games?

Upward coaches use sport-specific apps to access practice plans, track playing time, determine fair substitutions, and tracking award stars.

My child received a star, what do I do with this?

Practice and game stars help reinforce the lessons learned during both practices and games. Stars earned for soccer should be affixed to the virtue poster included in the uniform box. Stars earned for flag football should be affixed to your player's flags. Stars earned for cheerleading should be affixed to the megaphone included in the player box. Stars earned for basketball should be ironed on the t-shirt included in the uniform box.

1. Use an iron set at medium high temperature.
2. Set the iron to no steam.
3. Press using both hands for 15-20 seconds.
4. Do not move the iron back and forth, just press down firmly.

What is your weather cancelation policy?

Because safety is a priority, we will keep watch on weather patterns and determine if cancelation is necessary. Typically we will not practice in severe rain, extreme cold or snow, and lightning,

Why are some lines painted blue for flag football?

These lines indicate "no-run" zones. Teams must advance the ball with a pass play in these zones.

How are the proceeds from concessions utilized?

Proceeds from concessions are used to support the Upward program as well as other local ministries.

Can I bring my dog to practices and games?

Of course you can. Upward is a family program and your pet is always welcome. Please note that all pets must remain on leash and under adult supervision at all times....oh, and please be considerate to pick up fido's waste.