



2019 Key Dates

Upward Flag Football & Cheerleading

Player Evaluations:	Aug 8th 6:00-8:00pm Aug 10 th 10:00am-12:00pm
Coach Orientation:	Aug 17 th 10:00am - 12:00pm Aug 19 th 6:00 - 8:00pm
Practices Begin:	Week of Aug 27 th
Cheer Practices:	Aug 28 th – Oct 23 rd (5:30-7:00)
Games Begin:	Saturday, Sep 7 th thru Oct 19 th
Picture Day:	Saturday, Sep 21 st
Season Celebration:	TBD

All Practices and games will be held at Fox River Church-Waukesha

S46W24130 Lawnsdale Rd. Waukesha, WI 531869

Contact:

Joe James

Director Upward Sports

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262-544-6000 Ext. 234

Hello,

Welcome to Upward Flag Football & Cheerleading at Fox River.

All children 5K thru grade 8 are welcome to sign up. Our division structure will be determined based on registration numbers. We will also honor requested friend links (indicated as carpool link on registration form) within reason as well as sibling links. If you have different aged children enrolled, we will do our best to place them on the same practice night.

Prior to the beginning of practices, all participants must attend **one** player evaluation. During this time, participants will be sized for their uniforms as well as meet some of the coaches. In addition, both football and cheer players will complete a series of skills tests. These tests serve to help us create the best and fairest teams possible. They are not considered tryouts as every registered player will be placed on a team.

If you desire a more active role this season, we welcome you to join us by serving as a coach or referee. All our volunteers receive specialized training as well as access to all materials necessary for success. If you coach, we will be happy to place you with your child's team. You can volunteer to coach/Ref [here](#).

This season, practices begin the week of Aug 27th. Your child will practice one night per week from 5:30-7:00. We will do our best to honor requested practice night exclusions. Games begin Sep 7th and continue each Saturday until Oct 19th for a total of 7 games. Games will last one hour.

Cheerleaders will practice Wednesday nights beginning Aug 28th til Oct 23rd Practice time is 5:30-7:00

All practices and games will take place at Fox River Christian Church-Waukesha location.

The cost to play this season is \$125. This cost includes a reversible Jersey, Wrist Coach, Flag belt, car magnet, DVD, and a special end-of-the-season gift. ***You are welcome to order matching football shorts at an additional cost of \$15.** Cheer Uniform includes skort, cheer top, poms, and a bunch of other cool stuff.

You can register online at: www.foxriverchristian.org

Or in person at Fox River Church S46W24130 Lawnsdale Rd. Waukesha

We're looking forward to seeing you this season.