



Basketball-Cheerleading

2019/2020 Key Dates

All Cheer and 1st - 6th Grade Basketball – [Waukesha](#) Location

Player/Cheer Evaluations:	Nov 14 th 6:00-8:00pm
	Nov 15 th 6:00-8:00pm
	Nov 16 th 10:00am-11:30am
Coach/Ref Orientation:	Dec 7 th 10:00am-12:00pm
	Dec 10 th 6:00-8:00pm
Cheer Clinic:	Dec 14 th 9:00am-12:00pm
Basketball Practices Begin:	Week of Jan 6 th
Cheer Practices Begin:	Wednesday Jan 8 th 5:30-7:00pm
Game Days:	Every Saturday Jan 18 th -Mar 14 th

All 4K-5K Basketball – [Muskego](#) Location

Player Evaluations:	Nov 23 rd 10:00am-12:00pm
Coach/Ref Orientation:	Dec 9 th 6:00-8:00pm
Basketball Practices Begin:	Jan 6 th & 7 th
Game Days:	Every Saturday Jan 18 th -Mar 7 th

All Locations

No Games:	Saturday Feb 1 st (No Regrets Conference)
Picture Day:	Saturday Feb 8 th
Season Celebration:	Mar 20 th <u>6:30-8:00pm</u>

(Celebration held at the Waukesha Campus)

Hello,

Welcome to Upward Basketball & Cheerleading at Fox River.

All children 4K thru grade 6 are welcome to sign up.

***All basketball practices and games for our 4K-5K division take place at our Muskego location.**

***All practices and games for 1st-6th grade basketball and all cheerleading take place at our Waukesha location.**

This season, practices begin the week of Jan 6th. Practices for 4K-5K will take place either Monday or Tuesday nights and will last 45 minutes. Practices for 1st-6th basketball will last one hour and could occur Tuesdays, Wednesdays, Thursdays, or Fridays . Our division structure will be determined based on registration numbers. We will do our best to honor requested practice night exclusions. We will also honor one friend link (indicated as carpool link on registration form). Friend links **must match** in order to be honored. If you have multiple children enrolled, we will do our best to place them on the same practice night.

Cheerleading practice occurs Wednesdays at 5:30pm and will last 1 ½ hrs. In addition, we offer a free cheer clinic on Saturday, Dec 14th from 9:00-Noon At the clinic, girls will learn cheers, routines, age-specific stunting, and hear a Bible message. All girls (registered and unregistered) are welcome to attend.

***Please note: Muskego (4K-5K) and Waukesha (1st-6th) game times will overlap. Also, if you have children enrolled in both basketball and cheer, practice night and game time may not be the same.**

*The cost to play this season for basketball is \$125. This includes a reversible uniform jersey and a bunch of other cool stuff. You are welcome to purchase matching shorts for an additional \$15. The cost for cheer is \$140 and includes an embroidered turtleneck.

Looking forward to seeing you this season.

Upward Leadership team