

WELCOME TO UPWARD BASKETBALL



We are so thrilled to have you join us for an exciting season of Basketball!
Please find below some important information to make your season as enjoyable as possible.

IMPORTANT INFO AND DATES

Practices begin the week of:

Monday December 28, 2020

Your player's coach will contact you with your exact practice day, time and other team details by:

You should be contacted by your players coach by Friday December 18.

First Game Day:

Saturday January 16, 2121

Season Celebration:

Friday March 12, 2121 at 6:00pm FBCJ

Other:

Picture Day Game # 3 January 30, 2021

What if I have questions? Your participant's coach can answer most questions about the league or if you need further assistance please make contact with the League Director.

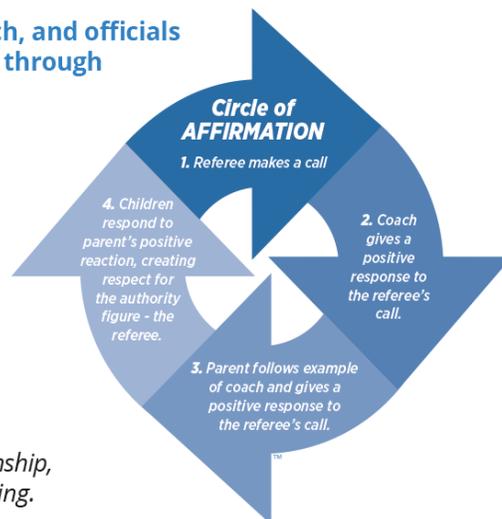
League Director Contact Info:

Name: Bro. Michael Spitzer Email: michael@fbcjoelton.org Phone: 615-876-0527 Ext. 111

Each week your participant will hear about a life principle taught from the Bible to prepare them for life. Upward Sports coaches focus on growing the whole athlete: mentally, athletically, spiritually and socially.

Let players play, coaches coach, and officials officiate while you encourage through positive action and words!

- » Your actions and reactions to what takes place on the court have a lasting impact on players and coaches, referees and other spectators.
- » The circle of affirmation makes the experience better for everyone.
- » The results are fun, sportsmanship, a competitive spirit and learning.



Game Day Stars

- Effort
- Defense
- Offense
- Sportsmanship
- Christlikeness

Game Day Stars are awarded by the coaches based upon participant's efforts on game day.

**First Baptist Joelton
Upward Season Covid
Guidelines 2021**

Practice Guidelines and Procedures

- All volunteers will be provided with cleaning supplies, as well as, protocols for appropriate cleaning and disinfecting.
- All volunteers, participants, and families/friends will have their temperature checked upon entering the facility. If found to have a temperature of 100.4 degrees (F) or higher, the person will be asked to exit the facility immediately.
- Face coverings must be worn at all times in common spaces and moving about the facilities.
- All family and friends should use spaced seating to keep as socially distant as possible at all times.
- Facilities will be sanitized between and after every practice.
- An adult family member will be allowed in the facilities during practice. Limit any siblings as they must remain with their parents and not allowed to roam facilities.
- Participants and coaches must be masked when not participating in physical activity.
- Each team will have its own supply of practice materials to therefore, not cross-contaminate.
- All coaches and participants must bring their own water bottles as drinking fountains will not be available. Water bottles may not be shared between participants, including that of siblings.

Game Day Guidelines and Procedures

- One game will happen at a time.
- There will be a half hour in between each game to ensure for proper cleaning and sanitization of the facilities.
- All persons entering into the facilities must wear a face covering and temperature taken.
- Family and friends should not congregate in the gym before or after games. Teams along with family and friends may not enter the facility more than 15 minutes before their game time, and must be exiting the gym by 15 minutes after the game.
- Each participant will only be allowed 4 family members or friends at each game. Family and friends must wear a mask at all times within the facilities.
- All family and friends should use spaced seating to keep as socially distant as possible at all times.
- Teams will not participate in a hand-shake after the game with the other team, but are encouraged to give a congratulatory wave from their respective benches.
- Teams will only be allowed commercially packaged snack or drink after game

- *The following persons are exempted from face coverings:
 - Any child younger than 5 years' old
 - Any person with a medical condition or disability that prevents wearing a face covering

****The Upward Leadership Team reserves the right to increase or decrease the restrictions at any point in the season for the safety and well-being of the league and it's participants.**