



How is Upward organized?

Your child registers according to the grade he or she is entering in the fall. We then organize our divisions in order to create the most even playing field we can. These divisions can change from season to season. We currently have four divisions:

- Division 1 - Kindergarten to Grade 2
- Division 2 - Grades 3 and 4
- Division 3 - Grades 5 and 6
- Division 4 - Grades 7 and 8

It is possible, if our registration allows, that we would create one or more single-grade divisions—which would result in a realignment for the other grades. However, we wouldn't make a decision like this until closer to the end of the registration period.

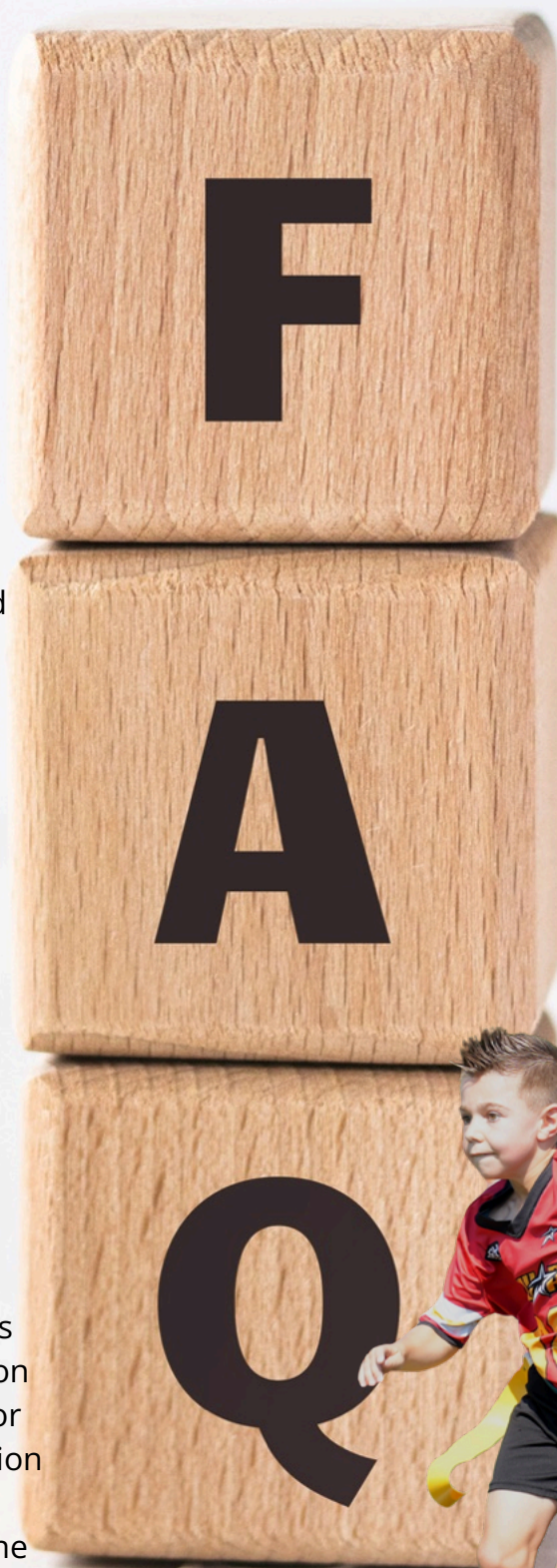
Cheer teams can be divided a bit differently than football based on registration numbers, but typically you will be cheering with other girls your age.

Is Cheer the only option for girls?

Flag football is co-ed, so girls have the option to play or cheer! We have more and more girls who play football every season, and they're awesome!

What are evaluations?

Every **NEW* PLAYER** to Upward needs to attend one of our evaluations, where players will participate in a series of short skills tests. We use the results to place players on teams. Once you register, you will be asked to sign up for time slot on the dates we offer evaluations. The evaluation takes 10-15 minutes; do not have to stay for the entire time listed on the schedule. **Note:** A new player is anyone who did not participate in the previous fall league season.





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. We try our very best not to have practices go beyond 8 PM, but there have been times when the number of teams requires us to practice older players from 8 to 9 PM.

As a general rule, younger players practice earlier (6-7 PM) while older players practice later (7 PM or 8 PM). Please know that we do our very best to minimize late practices and maintain a family-friendly schedule.

We make a concerted effort to create a schedule that is friendly for your family. That means having families with multiple children participating, and coaches who help to coach more than one team, practice on the same night. We know that families prefer to have one practice night rather than two, and we do all we can to coordinate schedules that way. However, there may be times when we are unable to accommodate all of these situations.



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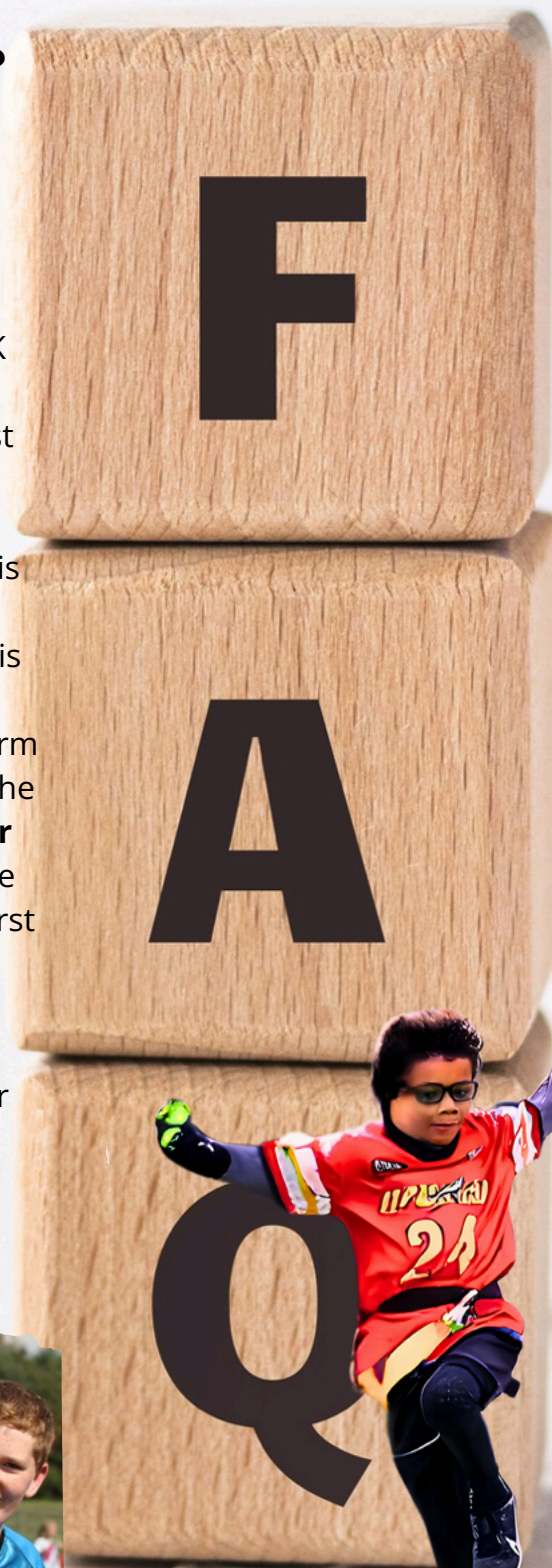
Can my child play on a friend's team?

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 honor **TWO links per coach** 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 parent's team if he/she is coaching.
- **CARPOOL LINK.** The carpool link on the registration form is where you can request that your child be placed on the same team as a friend. We honor **ONE carpool link per player**, and **BOTH PLAYERS must list the other** for the carpool link to be active. We honor carpool links on a first come, first served basis, but again—they are **NOT** a guarantee.

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





What is included in my child's uniform?

Upward uniforms are high quality and colorful. Each football player will receive a reversible jersey, with different colors on each side (this is how we designate home and visiting teams on game days). In addition, players will receive a wrist coach and a flag belt. To minimize the risk of losing flag belts, many coaches collect them after every practice and game and keep them in their coach bag. Upward charges \$10 to replace a flag belt. An optional item for football players is a pair of shorts (typically \$20).

Cheer uniforms include a skort and top, hair bow and pom-poms. An optional item for cheerleaders is a mock turtleneck (also \$20).

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.

What forms of payment does Upward accept?

For online registration, we accept most major credit cards, or you can pay by check or Venmo (@upwardflagfootball). If you choose to register in person, we can accept cash, check (payable to "Upward Flag Football"), credit card or Venmo.

Note: In-person registration is also available at each of our evaluations.

Does Upward offer scholarships?

We want the fun of an Upward season to be accessible to every child. Grace Mennonite Church provides both half and full scholarships for families who need assistance. Contact the League Director for details.

More questions?

Contact us: upwardnorthpenn@gmail.com, 215.527.7813

