



**FBC, Hot Springs**  
**22-23 Upward Basketball**  
**Frequently Asked Questions (091022)**

1. **How old does my child need to be to play?**

Our Upward introductory and developmental basketball leagues are open to children in kindergarten and 1<sup>st</sup>-2<sup>nd</sup> grades.

2. **How much does it cost?**

- a. Early registration fee is **\$60** through October 31. Fee includes a Pelicans/Mavs mashup reversible jersey, tee-shirt, single-sided shorts, awards after each game and practice, end-of-season-award, and learning resources.
- b. Registration fee is **\$70** starting November 1.
- c. An additional \$5 shipping/handling fee applies **AFTER WE PLACE OUR INITIAL UNIFORM ORDER**, typically early December.
- d. We offer **multiple player family discounts**: \$10 discount for 2<sup>nd</sup> player, \$5 discounts for additional players. These discounts are automatically applied when registering online at [www.fbcrecreation.com](http://www.fbcrecreation.com).
- e. We also offer a **\$25 parent coach discount** per family. Register to coach online as you register your player. Parents must contact Wallace Yamauchi (624-3345; [wallace@firsthotsprings.com](mailto:wallace@firsthotsprings.com)) for the coach discount code.
- f. We offer partial scholarships to qualifying players if we have funds available. Upward leadership must approve.

3. **How do I register my player for Upward?**

- a. We strongly recommend you **register online** because of the ease, efficiency, and accuracy of information. Follow the links at [www.fbcrecreation.com](http://www.fbcrecreation.com).
- b. You can print a copy of the registration form from [www.fbcrecreation.com](http://www.fbcrecreation.com), complete it and bring it and the fees to FBC.
- c. You can pick up a copy of the registration form at the FBC office, or the Welcome Center, complete it and bring it and the fees to FBC.

4. **When is the deadline to register?**

Online registration ends October 31. The official deadline is when there are no more vacancies in a particular league. We will have waiting lists.

5. **Does my child have to attend the orientation/evaluation?**

Yes, at least one parent/guardian and players must attend one orientation/evaluation to make sure you get the information you need and to help us ensure evenly created teams. We have scheduled evaluations as indicated below:

- **Tuesday, November 1, anytime between 6:00-7:30 pm**
- **Wednesday, November 3, anytime between 6:00-7:30 pm**

Evaluations will take place at First Baptist Church. Doors will not open until scheduled start time. Our goal is to get you in and out within 20 minutes.

6. **Can I coach or be an assistant coach for my child's team?**

- a. Every season we rely on parents/grandparents to fill an **estimated 85-90%** of our coaching vacancies. You are welcome to apply to coach until our coaching vacancies are filled. We provide training and resources.
- b. There is a **\$25 parent-coach discount** per family. Parents must contact Wallace for the discount code, complete an online application (at [www.fbcrecreation.com](http://www.fbcrecreation.com)), background check, and coach training on either October 20 or October 22.

7. **When do 1<sup>st</sup>-2<sup>nd</sup> grade practices and games begin? What time will they be?**

1<sup>st</sup>-2<sup>nd</sup> grade practices will begin the week of January 9, 2023 on Monday or Thursday nights. All games will be on Saturdays beginning January 28, 2023. We cannot determine our exact practice times/schedule until a later date. Typically, the 1<sup>st</sup>-2<sup>nd</sup> grade practice times start at 5:30 and 6:25 for one hour. We will use a **27.5" (youth size 5)** ball with 8' goals. Here's a typical breakdown of the practice/game day agenda:

**1<sup>st</sup>-2<sup>nd</sup> Grade division:** practices take place on either Monday or Thursday; games are on Saturday.

**Practices** (begins Jan 9 week)      **Games** (Sat, Jan 28-Mar 4))

50 minutes practice	10 minutes pre-game preparation
05 minutes transition time	45 minutes game (six 6-minute periods/5-minute half/four 1-minute sub periods)
<u>10 minutes post practice</u>	<u>10 minutes post-game (devotional/snacks)</u>
65 minutes practice	65 minutes practice and game

8. **Please tell me about the Kindergarten practices/games.**

Everything for the kindergarten-coed introductory division happens on Saturdays. Practices begin Saturday, January 14, 2023. They will then continue practices and games within the same time period on Saturdays beginning January 28. Teams will practice and play on Saturday mornings (typically between 9:30 am-12:00 pm). We will use a **27.5" (youth size 5)** ball with **7'** goals. Here's a typical breakdown of the practice/game day agenda:

**Kindergarten division:** practices and games take place on Saturday

**Practices #1 & 2** (Jan 14 & 21)

50 minutes practice  
05 minutes transition time  
10 minutes post practice  
65 minutes practice

**Practice/Game Combo #3-8** (Jan 28-Mar 4)

20 minutes practice  
07 minutes game preparation  
23 minutes game (four 5-minute periods/three 1-minute substitution periods)  
15 minutes post-game (devotional/snacks)  
65 minutes practice and game

9. **Where will practices and games be held?**

Practices and games will be at First Baptist Church.

10. **Will the coach have extra practices?**

No. Practice days and times do not change once they are established. A team will practice at the same time on the same day every week for the entire season. Practice is limited to one hour per week for a total of 8 practices. Typically, we will not make up practice if we must cancel a practice for any reason.

11. **Can my children practice on the same night so I don't have to be out every night of the week?**

We cannot guarantee this, but we promise we will do our best to coordinate practices so families with multiple players do not have to be at Upward practices several times a week. Several factors are involved in scheduling practices, including:

- The number of teams in each division
- The availability of coaches for practicing
- What division your players are in
- When your players are available for practicing
- If you have more than two children participating in Upward

12. **Can I choose which coach I want my player to have?**

The teams are determined by a computer draft. The computer assigns players to a team based in part on what night and time the coaches are available to practice. Manually assigning players to a coach can compromise the team parity.

13. **Can my player be on the same team as his friends?**

For most of the players, we do not assign them to teams, so we cannot guarantee that a player will be on the same team with his/her friends. The exception is for families with siblings who are in the same division. We will do our best to place family members on the same team unless they state otherwise. We are committed to making sure teams are drafted as evenly as possible. The draft is by computer, so teams will be fairly even at the start of the season. A player is assigned to a team based on several factors, including years of playing experience, height, evaluation drills, number of players in the league, and nights available for practice.

14. **Do you keep score?**

We do not keep score in the kindergarten instructional and 1<sup>st</sup>-2<sup>nd</sup> grade developmental divisions. We have determined that keeping score at these younger levels is not as important as the other goals we have established for Upward at First Baptist (fundamentals, skills, character development, discipline, and teamwork for example). We understand the value of the lessons to be taught in losing as well as in winning. We will strive to demonstrate an attitude of being humble in victory, gracious in defeat. We have zero tolerance for belittling any other persons.

15. **Why do the players wear different color wristbands?**

The wristbands simply indicate who they are guarding when we play man-to-man defense.