



MENTALLY  
PREPARED



★  
SPIRITUALLY  
DRIVEN



⚡  
SOCIALLY  
ENGAGED



↑↑  
ATHLETICALLY  
FOCUSED

# MORE THAN A BASKETBALL LEAGUE

Upward Basketball is dedicated to developing young athletes to reach their full potential on the court; but it doesn't stop there...

We want to help transform them into **TOTAL ATHLETES:** Mentally, Athletically, Spiritually, and Socially.

That's what it means to be **MORE THAN**, because they are more than just athletes! Through Upward Basketball, they will grow to be young men and women of strong character and faith with every dribble, pass, and shot preparing them for success in the game, and in life.



PARENT GUIDE

## As a parent of a young athlete, what do I need to know about Upward Basketball?

- › Participating in Upward Basketball means your young player will get to experience the intentional teachings of the **360 Progression™** - the development of total athletes *mentally, athletically, spiritually, and socially*.
- › Upward Basketball follows a unique set of rules designed to promote healthy competition and sportsmanship while promoting the objectives of the game. A full set of rules are available to you at [Upward.org/rules](http://Upward.org/rules).
- › During this level of development, repetition is essential. Because of this, coaches will adhere to a unique participation system each game that allows all players the opportunity to develop and improve.
- › At each practice, your coach will share a life lesson with your young athlete that centers on Christlike virtues. This season will focus on three virtues, each of which will be taught for three practices. Each virtue will also have a corresponding Bible verse. Here are the virtues and verses for this season:

<i>Virtue</i>	<i>Verse</i>
<i>Respect</i>	Show proper respect to everyone. <i>1 Peter 2:17 a (NIRV)</i>
<i>Gratitude</i>	Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus. <i>1 Thessalonians 5:18 (NIRV)</i>
<i>Trust</i>	Trust in the Lord with all your heart. Do not depend on your own understanding. <i>Proverbs 3:5 (NIRV)</i>

- › Your basketball player will also be able to download awesome music set to this season's virtues and verses. Encourage your young athlete to visit [Upward.org/scriptunes](http://Upward.org/scriptunes).
- › At the end of every Upward Basketball Game, young athletes are recognized by their coach for their actions and attitudes on the court through the presentation of game day stars. These stars are multi-colored and represent the following attributes:



[upward.org](http://upward.org)

