

# PLAY WITH PURPOSE

BASKETBALL LEAGUE

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY

## PARENT GUIDE

Upward Basketball is dedicated to developing TOTAL ATHLETES to reach their full potential:

*Mentally, Athletically, Spiritually, and Socially.*

In other words, at Upward Basketball, young athletes don't just play... they **PLAY WITH PURPOSE!**



**UPWARD**  
SPORTS

## AS A PARENT OF A YOUNG ATHLETE, WHAT DO I NEED TO KNOW ABOUT UPWARD BASKETBALL?

1. Participating in Upward Basketball means your young athlete will get to experience the intentional teachings of the **360 Progression™** - the development of total athletes *mentally, athletically, spiritually, and socially*.
2. 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).
3. 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.
4. 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:

VIRTUE	VERSE
<b>Courage</b>	<i>When I'm afraid, I put my trust in you.</i> Psalms 56:3 (NirV)
<b>Patience</b>	<i>The end of a matter is better than its beginning. So it's better to be patient than proud.</i> Ecclesiastes 7:8 (NirV)
<b>Kindness</b>	<i>Do to others as you want them to do to you.</i> Luke 6:31 (NirV)

5. 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)

