

CHEER WITH PURPOSE

BASKETBALL CHEER

MENTALLY ATHLETICALLY SPIRITUALLY SOCIALLY

PARENT GUIDE

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

Mentally, Athletically, Spiritually, and Socially.

In other words, at Upward Cheerleading, young athletes don't just cheer... they **CHEER WITH PURPOSE!**



UPWARD
SPORTS

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

1. Participating in Upward Cheerleading 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 Cheerleaders play a huge role in creating the excitement of game day. It is their enthusiasm that gets the crowd on their feet. Your young athlete will learn the skills necessary to perform on game day through positive cheers, chants and pom routines.
3. Cheer squads will not have a particular team they cheer for on game day. The cheers and chants are designed to encourage all teams. No negative cheers or words will be allowed.
4. All cheerleading squads will wear identical uniforms.
5. 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
Courage	<i>When I'm afraid, I put my trust in you.</i> Psalms 56:3 (NirV)
Patience	<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)
Kindness	<i>Do to others as you want them to do to you.</i> Luke 6:31 (NirV)

6. At the end of every game day, cheerleaders 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:



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