



## UPWARD<sup>®</sup> FLAG FOOTBALL AND CHEERLEADING



### PROVIDING THE BEST SPORTS EXPERIENCE FOR EVERY CHILD.

UPWARD FLAG FOOTBALL AND CHEERLEADING PROVIDES A FUN ENVIRONMENT BUILT AROUND HEALTHY COMPETITION FOR KIDS, TEACHING SKILLS FOR THE SPORTS ARENA AND VALUES FOR LIFE.

#### COMPETITIVE SPORTS ENVIRONMENT

- › Upward Flag Football offers *competitive games* through balanced talent on each team. Upward Cheerleading gives children the opportunity to learn a sport and be part of the action.
- › Upward Flag Football's unique substitution system is designed to provide every child *equal playing time*, along with competing against an *equally matched opponent*.
- › Upward Cheerleading's spirit squad format is designed to provide an exciting team based experience.
- › Upward Flag Football and Cheerleading provide every participant with *quality game uniforms to look like a "pro,"* as well as other gear to help build team spirit.

#### SKILLS DEVELOPMENT

- › Upward Flag Football *equips children* with the athletic skills needed to participate at the next level.
- › Upward Cheerleading provides the fundamentals that cheer squads everywhere need to succeed.
- › Each player and cheerleader will enjoy an exciting game-time experience that *improves skills and builds healthy self-confidence.*

#### VALUES

- › Upward Flag Football and Cheerleading coaches stress values— such as sportsmanship, teamwork, integrity and respect.

#### FUN FOR KIDS AND FAMILIES

- › With supportive coaches *and a positive sports environment,* Upward Flag Football and Cheerleading are designed to bring out "the winner" in every child, and the true spirit of the game both in playing and in cheering.



- › Players receive *special recognition* after every game and an award at the end of the season.
- › Upward Flag Football and Cheerleading is a *fun and family friendly league,* limiting the time commitment to one practice and one game per week, avoiding parent and player burnout.
- › *Sign up today* and join your friends – and make new ones as well.

**IF YOU WANT TO LEARN MORE  
ABOUT UPWARD SPORTS, VISIT  
[WWW.UPWARD.ORG/PARENTS](http://WWW.UPWARD.ORG/PARENTS).**

Check with your league director for availability of Upward Flag Football Shorts and Upward Cheerleading Mock Turtle-necks!



# HOW DO I SIGN UP?

BRING OR MAIL REGISTRATION FORM AND FEE TO:

## Fairview Village Church of the Nazarene

**Mailing:** 3044 W. Germantown Pike  
Eagleview, PA 19403

**Drop Off:** 3044 West Germantown Pike  
Eagleview, PA 19403

Register online at [www.fairviewvillagechurch.com](http://www.fairviewvillagechurch.com) or drop off form and registration fee at the church office, between 9:00 a.m. and 5:00 p.m., Monday through Friday.

### REGISTRATION INFORMATION:

The early registration cost per child for flag football is \$75; after June 5, the cost is \$95.

The early registration cost per child for cheerleading is \$75; after June 5, the cost is \$95.

Deadline for registration is June 12.

Flag Football shorts are optional at a cost of \$15.

Cheerleading mock turtlenecks are optional at a cost of \$15.

There is a \$10.00 discount for additional children participating.

### EVALUATIONS AND ORIENTATIONS:

Everyone must attend one flag football evaluation or cheerleading orientation.

They will take place at the Fairview Village Church of the Nazarene (front lawn/field) as follows:

**1st through 3rd Grade Boys/Girls**  
**Saturday, June 12,**  
**between 10:00 a.m. and 12:00 p.m.**

**4th through 6th Grade Boys/Girls**  
**Saturday, June 12,**  
**between 12:00 p.m. and 2:00 p.m.**

*Gleats Recommended*

### LEAGUE SCHEDULE:

Practices begin the week of Monday, August 2, 2010.

First Game - Saturday, September 4, 2010

Awards Celebration - Saturday, November 6, 2010

### FOR MORE INFORMATION:

610-539-3333



# 10/11

## UPWARD FLAG FOOTBALL AND CHEERLEADING REGISTRATION FORM

### PARTICIPANT CONTACT INFO:

I AM REGISTERING MY CHILD FOR: FLAG FOOTBALL  CHEERLEADING

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ Gender \_\_\_\_\_ Grade (10-11 school year) \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Month / Day / Year

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Parent's Email \_\_\_\_\_

Church (if you regularly attend church, which one?) \_\_\_\_\_

Player Information Notes (if any) \_\_\_\_\_

How many years has your child played organized flag football? \_\_\_\_\_

If applicable, circle ONE night your child CANNOT practice.

MON TUE WED THU

### SIZING: (COMPLETED AT EVALUATIONS/ORIENTATIONS)

Flag Football Jersey/Cheer Top Size (circle one):

YXS YS YM YL YXL/AS AM AL AXL A2X

Flag Football Shorts Size (optional circle one):

YXS YS YM YL YXL/AS AM AL AXL A2X

Cheer Skort Size (circle one):

YXS YS YM YL YXL/AS AM AL AXL A2X

Cheer Mock Turtleneck Size (optional circle one):

YS YM YL YXL/AS AM AL AXL A2X

### EVALUATIONS: (COACHES USE ONLY)

Cone Weave (Time) \_\_\_\_\_ Shuttle Run (Time) \_\_\_\_\_

Pattern Run (Time) \_\_\_\_\_ Moving Catch (1-5) \_\_\_\_\_

30 Yard Dash (Time) \_\_\_\_\_ Line Pass (Best of 3) \_\_\_\_\_

Inner Tube Pass (Total of 3) \_\_\_\_\_

### PAYMENT:

Participant Fee : \$ \_\_\_\_\_ + Shorts : \$ \_\_\_\_\_ + Turtlenecks : \$ \_\_\_\_\_ = Total : \$ \_\_\_\_\_

### OFFICE USE ONLY

PAID

AMOUNT

PAYMENT TYPE

### PLEASE BE SURE TO FILL OUT STEPS 1-5

#### PARENT/GUARDIAN INFORMATION:

- Father/Guardian  
Work Phone ( ) \_\_\_\_\_  
I would like to assist this league by being a:  COACH  REFEREE  TEAM PARENT
- Mother/Guardian  
Work Phone ( ) \_\_\_\_\_  
I would like to assist this league by being a:  COACH  REFEREE  TEAM PARENT
- Emergency Contact  
Daytime Phone ( ) \_\_\_\_\_  
Evening Phone ( ) \_\_\_\_\_

For a larger print version of these terms and conditions please visit [www.upward.org/largerfont](http://www.upward.org/largerfont)

#### PLEASE READ CAREFULLY AND SIGN BELOW TO INDICATE YOUR AGREEMENT.

#### NOTE: THIS FORM INCLUDES A RELEASE OF LIABILITY.

Please review and complete the sections below and sign in the space provided to indicate your agreement with all statements made in such sections.

#### AUTHORIZATION AND RELEASE OF LIABILITY

I, the parent or guardian of the above-named child, authorize the participation of my child in the Upward Unlimited (also doing business as "Upward Sports") athletic program (the "Program") of the above-named Church. My child will participate in the Upward sport denoted on this brochure.

I understand that this Program is a nonprofit Christian sports ministry program for youth and that my child's participation is voluntary and not essential to completion of requirements of any program, school or government agency. I understand that the Program is conducted by the Church and its volunteers and staff, including parents of other participating children. I also understand that the Church is solely responsible for all aspects of the Program including selection and supervision of all persons conducting the Program, and that Upward Sports is not responsible for the Program or selecting and supervising persons conducting the Program. I further understand and agree that my child's participation in athletic and other activities of the Program necessarily involves the risk of injury and even death from various causes, including but not limited to accidents, falls, strenuous and prolonged physical activity, dehydration, illness, collision or dispute with other participants, weather related injuries, playing area and equipment defects, and negligence of coaches and referees. On behalf of my child, me, and my family, I assume these risks. In consideration of the privilege of my child's participation in the Program and on behalf of my child and me as parent/guardian, I hereby release, discharge, hold harmless and indemnify, and covenant not to sue, the Church and Upward Sports, and all of the Church's and Upward Sports' directors, officers, elders, trustees, deacons, employees, volunteers, insurers, agents and representatives, and all other persons associated with the Program (including without limitation any other participating churches, sponsors, parents, vendors, coaches and other game and event workers, officials, drivers, and organizations) as to any and all claims of my child, me and other family members for personal injuries suffered by my child, property damage, medical expenses, and economic loss arising directly or indirectly out of my child's participation in the Program, and any first aid, medical care or treatment provided to my child in the event my child is injured or becomes ill while participating in Program activities, and excepting claims that may not be released under applicable law. This Release of Liability shall be as broadly construed as allowed by law to include all claims and rights that the child, that I as parent/guardian, and that other family members may have. I am a legally responsible parent or guardian of my child. If any provision of this Release of Liability is deemed invalid, the remaining provisions shall remain in full force and effect. This Release of Liability shall be binding on me, my family, heirs, next of kin, legal representatives, beneficiaries, successors and assigns. I hereby authorize the Church and Upward Sports to use, reproduce, distribute, display, and to license others to use, reproduce, distribute, and display, my child's image, and photograph, as well as any video, digital, or audio recording or reproduction, in connection with external and internal communications of the Church and Upward Sports for the sole purpose of advancing Upward Sports programs.

#### MEDICAL CONDITIONS

I understand that participation in the Program may involve strenuous and prolonged physical activity. I agree that my child is healthy and able to participate in the Program activities.

I understand that the Church or its representatives may request health information concerning my child and/or ask my child to undergo a medical exam. If the Church determines that my child does have a physical or mental condition that may affect his/her ability to safely and appropriately participate in Program activities, the Church may determine that my child cannot be permitted to participate. I understand and agree that, while the Church desires that all children will be able to participate, such decisions may have to be made out of concern for the best interests of my child and other participants.

#### CONSENT TO MEDICAL TREATMENT

In the event my child is injured or becomes ill in Program activities, and if I, the parent or guardian of the above-named child, am not present to make medical decisions, I hereby authorize the Church, its staff, volunteers including volunteer parent participants, coaches, assistant coaches, and referees, supervisors and drivers, to arrange for and consent on my behalf to emergency medical and dental care and treatment, including tests and radiological exams, and surgery, and hospital care and treatment, and to consent to medications for pain and other conditions as prescribed by medical personnel attending my child. I am responsible for payment of any medical charges or expenses not covered by my insurance or the insurance applicable to my child (if any). My signature below indicates that all information provided in this form is true and accurate, and that I fully agree to all statements made on the form, including but not limited to the Authorization and Release of Liability, Medical Conditions, and Consent to Medical Treatment. Each responsible parent/guardian should sign.

- Signature: \_\_\_\_\_  
Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

- If only one parent/guardian signs this form, the following must also be signed:  
I affirm that this form was signed by only one parent/guardian because (1) I am the sole parent/guardian responsible for the care and custody of the child due to death or incapacity of the other parent/guardian or court order, or (2) I have made a good faith effort to obtain the signature from the other parent/guardian but have not been able to do so due to causes beyond my control, and I am not aware of any reason that the other parent/guardian objects to the child's participation in the Program.  
Signature: \_\_\_\_\_  
Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_  
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