



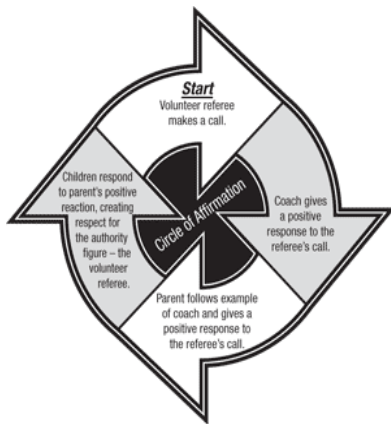
# Emmaus Baptist Church

814 Yorktown Rd  
Poquoson, VA 23662  
757-868-9215

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## BE A WINNING PARENT

As a parent, you play a very important role in building the SELF-ESTEEM and CHARACTER of your child and every child in this league. Players look to their parents, coaches and referees as models for sportsmanship, respect for authority and positive attitude. By being a positive participant in this league, you will provide lasting effects in these children that will last beyond the end of the season.



What you can do to ensure a meaningful experience for your child:

1. Make sure your child arrives on time to practices and games.
2. After each practice, ask your child about the practice devotion and Scripture that was shared with him/her
3. Look for positive actions during practices and games that you can praise you child for.
4. During practices and Games, support the coach by allowing him or her to give instruction or feedback to the team. Directions from multiple sources can cause confusion for the players.
5. Cheer for both teams. You help to create an environment in which every child is a winner
6. Support the volunteer referee with positive comments only.

## Important Dates

November 29-December 4: Practices Begin

December 20-January 1: **No Practices**

January 9: First Game

Feb 27: Last Game

Feb 28: Celebration



## In Case of Bad Weather

Call

757-291-0026

For Cancellation Information

## NO TROPHIES

It has been, and still is, our policy not to offer trophies at the end of the year. Many times parents have questioned this philosophy and we thought we'd let you know our reasoning. We wholeheartedly agree with Upwards motto. "Every Child is a Winner."

Our children are here to play a game because they love it. When one team disregards this policy, it makes the children from the other teams feel like they aren't winners because they didn't get a trophy. Help us to let every child know that no matter how they played, **they are a winner.**



## HELP NEEDED

The Upward Program at Emmaus is completely run by volunteers. We still need volunteer referees and concession stand helpers. No experience is needed. You can sign up in the gym office or at the snack bar. We appreciate your support!

## Upward Ball and Goal Sizes

### Ball sizes:

1. 25" balls for M1 and F1 Divisions
2. 28.5" balls for all other Divisions

### Goal Height:

1. 8' goals will be used for M1 and F1 Divisions
2. 9' goals will be used for M2 and F2 Divisions
3. 10' goals will be used for M3 Division

### Court Sizes:

1. M1, M2, F1 and F2 Divisions will all play on cross courts (45' by 26')
2. M3 Division will play regulation full court



## What's Happening at Emmaus

### Daily Activities Monday-Saturday

- 8:30am: Walking in the Gym (Mon-Fri)  
11:00am: Bodies 'N Motion (Mon-Tues-Fri)  
5:30pm: Dinner (Wed)  
6:15pm: Men's Bible Study (Wed)  
Women's Bible Study (Wed)  
Youth Bible Study (Wed)  
Children's Bible Study (Wed)  
6:30pm: Men's Basketball open to all (Mon)

### Sunday Services

- 8:30 am: Contemporary Service  
9:45am: Sunday School  
(adults, youth & children)  
11am: Traditional Service

### Other Sunday Activities

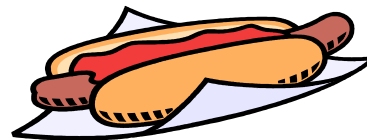
- 3:15pm: Youth Inside Out  
4:30pm: Youth Discovery Groups  
CCAP Children's Creative Art Program

## Team Pictures January 16th

Team pictures will be taken prior to the games on January 16th. Please plan on arriving 1 hour before your scheduled game.



## TEAMSNACKS



It has been a practice within Upward that parents take turns bringing an after-game snack for the players. If you choose, you may purchase a hot-dog and soda for each team member for only \$1.25 per player. **This offer is only good when purchasing for the whole team.**