

# ShepNaz Basketball 2024-25

## Frequently Asked Questions

Shepherd Church of the Nazarene has hosted a winter youth basketball league for the past 33 years. Kids from all over our area between kindergarten and 12th grade come to play in our fun, safe leagues. This program offers skills training and competitive or non-competitive play (depending on age).

Introducing the ShepNaz Basketball & Cheer staff for the 2024-25 season!



From left to right:

Mike Fluhart, Jr.---Mike Taylor---Heather Grope---Brain Nash---Susan Aleshire---JR Judy

Our partnership with **Upward Sports** will continue for the following leagues:

\*\*\*\*Kindergarten, 1<sup>st</sup>/2<sup>nd</sup>grade girls, 1<sup>st</sup> grade boys, 2<sup>nd</sup> grade boys, 3<sup>rd</sup>/4<sup>th</sup> grade girls, 3<sup>rd</sup> grade boys\*\*\*\*

Doing so will help us improve our teaching of solid fundamentals to our younger players. You can expect an improved experience for our younger league and the same great league experience for our older players.

We are excited to offer cheerleading for the six Upward Leagues this year! Each **league** has the space for 10 cheerleaders...(10 Kindergartners, 30 1<sup>st</sup> or 2<sup>nd</sup> graders and 20 3<sup>rd</sup> or 4<sup>th</sup> graders). Practice and game times for the cheerleaders will mirror the practice and game times for the basketball league that they will be cheering.

For a quick reference for each league, please scroll to the bottom of this document!

### 1. How can I register?

- Online (starting September 1<sup>st</sup>): [www.shepnazbasketball.org](http://www.shepnazbasketball.org)
- In-Person registration (by appointment only):
  - Email to make an appointment at [snnb@shepnaz.org](mailto:snnb@shepnaz.org)

### 2. How much is basketball registration?

- This depends on the grade level of your player.
  - Kidergarten-2<sup>nd</sup> Grade
    - \$110 per player (new Upward jersey included in the registration fee)
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and 3<sup>rd</sup> Grade boys
    - \$110 per player (new Upward jersey included in the registration fee)
  - 4<sup>th</sup> Grade Boys, 5<sup>th</sup>/6<sup>th</sup> Grade Girls, 5<sup>th</sup>/6<sup>th</sup> Grade Boys, 7<sup>th</sup>/8<sup>th</sup> Grade and High School
    - \$135 per player (\$10 discount for re-using a ShepNaz jersey that you already have—blue and yellow reversible)

### 3. How much is cheerleading registration?

- \$110
  - There are **10 spots** for 10 Kindergartners cheerleaders for the Kindergarten basketball games that are at 8:00am on Saturday mornings starting in January 2025
  - There are **10 spots** for 10 either 1<sup>st</sup> or 2<sup>nd</sup> grade cheerleaders for the 1<sup>st</sup>/2<sup>nd</sup> Grade Girl's basketball games that are at 9:15am on Saturday mornings starting in January 2025
  - There are **10 spots** for 10 either 1<sup>st</sup> or 2<sup>nd</sup> grade cheerleaders for the 1<sup>st</sup> Grade Boy's basketball games that are at 10:30am on Saturday mornings starting in January 2025

- There are **10 spots** for 10 either 1<sup>st</sup> or 2<sup>nd</sup> grade cheerleaders for the 2<sup>nd</sup> Grade Boy's basketball games that are at 11:45am on Saturday mornings starting in January 2025
- There are **10 spots** for 10 either 3<sup>rd</sup> or 4<sup>th</sup> grade cheerleaders for the 3<sup>rd</sup>/4<sup>th</sup> Grade Girl's basketball games that are at 1:00pm on Saturday mornings starting in January 2025
- There are **10 spots** for 10 either 3<sup>rd</sup> or 4<sup>th</sup> grade cheerleaders for the 3<sup>rd</sup> Grade Boy's basketball games that are at 2:15pm on Saturday mornings starting in January 2025

#### 4. When are practice/game times for my son/daughter?

- This depends on the grade level of your player/cheerleader.

##### Practice Schedules:

Practice for all leagues will start the week of December 2<sup>nd</sup>:

- Kindergarten—both basketball and cheerleading—Mondays from 6:15pm-7:15pm
- 1<sup>st</sup>/2<sup>nd</sup> Grade Girls—both basketball and cheerleading—Tuesdays from 6:15pm-7:15pm
- 1<sup>st</sup> Grade Boys—both basketball and cheerleading—Fridays from 6:15pm-7:15pm
  - **PLEASE NOTE:** Due to pre-scheduled church events, the Dec. 6<sup>th</sup> practice and the Dec. 13<sup>th</sup> practice will be held on Saturday, December 7<sup>th</sup> at 2:00pm and December 14<sup>th</sup> at 2:00pm, respectively.
- 2<sup>nd</sup> Grade Boys—both basketball and cheerleading—Fridays from 7:15pm-8:15pm
  - **PLEASE NOTE:** Due to pre-scheduled church events, the Dec. 6<sup>th</sup> practice and the Dec. 13<sup>th</sup> practice will be held on Saturday, December 7<sup>th</sup> at 3:00pm and December 14<sup>th</sup> at 3:00pm, respectively.
- 3<sup>rd</sup>/4<sup>th</sup> Grade Girls
  - Basketball will practice on Mondays or Tuesdays from 7:15pm-8:15pm
  - Cheerleading will practice on Mondays from 7:15pm-8:15pm
- 3<sup>rd</sup> Grade Boys
  - Basketball will practice on Thursdays from 6:15pm-7:15pm or 7:15pm-8:15pm
  - Cheerleading will practice on Thursdays from 6:15pm-7:15pm
- 4<sup>th</sup> Grade Boys—Thursdays from 6:15pm-7:15pm or 7:15pm-8:15pm (practices will then change to Saturday mornings from 8:30am-9:30am or 9:30am-10:30am once games start in January 2025)
- 5<sup>th</sup>/6<sup>th</sup> Grade Girls—Mondays from 6:15pm-7:15pm or 7:15pm-8:15pm
- 5<sup>th</sup>/6<sup>th</sup> Grade Boys—Tuesdays from 6:15pm-7:15pm or 7:15pm-8:15pm or 8:15-9:15pm (rotation)
- 7<sup>th</sup>/8<sup>th</sup> Grade—Mondays, Tuesdays or Thursdays from 8:15pm-9:15pm
- High School—Mondays, Tuesdays, Wednesdays, Thursdays or Fridays from 9:15pm-10:15pm

#### **NOTE!**

**There are NO PRACTICES the week of December 23<sup>rd</sup>.**

**There are NO PRACTICES the week of December 30<sup>th</sup>.**

**This means that there will be 4 practices for each team (except 4<sup>th</sup> Grade Boys) before the first game.**

##### Game Schedules (games to start January 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>):

**\*\*\*Please note the change of game times for the younger leagues from years past.\*\*\***

- Kindergarten—both basketball and cheerleading—Saturdays at 8:00am
- \*\*\*1<sup>st</sup>/2<sup>nd</sup> Grade Girls—both basketball and cheerleading—Saturdays at 9:15am\*\*\*
- \*\*\*1<sup>st</sup> Grade Boys—both basketball and cheerleading—Saturdays at 10:30am\*\*\*
- \*\*\*2<sup>nd</sup> Grade Boys—both basketball and cheerleading—Saturdays at 11:45am\*\*\*
- \*\*\*3<sup>rd</sup>/4<sup>th</sup> Grade Girls—Saturdays at 1:00pm\*\*\*
- \*\*\*3<sup>rd</sup> Grade Boys—Saturdays at 2:15pm\*\*\*
- 4<sup>th</sup> Grade Boys—Thursdays at 6:15pm or 7:15pm
- 5<sup>th</sup>/6<sup>th</sup> Grade Girls—Saturdays at 11:00am or 12:00pm
- 5<sup>th</sup>/6<sup>th</sup> Grade Boys—Fridays at 6:15pm, 7:15pm or 8:15pm
- 7<sup>th</sup>/8<sup>th</sup> Grade—Saturdays at 5:00pm, 6:00pm or 7:00pm
- High School—Saturdays at 1:00pm, 2:00pm, 3:00pm, or 4:00pm

#### 5. How are teams made?

- This depends on the grade level of your player.
  - Kindergarten-2<sup>nd</sup> Grade
    - As we continue our partnership with Upward Sports, their system allows us to run the players through an evaluation process and enter each player's evaluation score into a database that will divide the teams equally, based on skills, to provide healthy competition.
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and 3<sup>rd</sup> Grade boys
    - There are no evaluations for these leagues
    - Teams are randomly put together.
  - 4<sup>th</sup> Grade Boys, 5<sup>th</sup>/6<sup>th</sup> Grade Girls, 5<sup>th</sup>/6<sup>th</sup> Grade Boys, 7<sup>th</sup>/8<sup>th</sup> Grade and High School
    - All registered players are run through an assessment with all the coaches in attendance.

- After the assessment, the players are dismissed, and the coaches enter “The Draft Room” and draft their teams.
- All registered players that did not attend the assessment will be assessed by the coaches/ShepNaz Basketball personnel and ranked based on athleticism/skill level.
- After the drafting of the players that attended the assessment is complete, the list of ranked registered players will be used in completing the draft.
- Lastly, any player that coaches/ShepNaz Basketball personnel do not know, their names will be put “in a hat” and blindly drawn and assigned to the team with the next pick.
- Coaches (both Head Coaches and Assistant Coaches) kids are automatically placed on that coach’s team starting with the 3<sup>rd</sup> round pick...this process MAY change.

## 6. When should I be doing what?

- This depends on the grade level of your player.
  - Kidergarten-2<sup>nd</sup> Grade
    - Register your player and encourage others to do so as well!
    - Mark your calendar!
    - **PLEASE BE SURE TO ATTEND ONE OF THE SESSIONS LISTED BELOW**
      - November 16<sup>th</sup> (11:00am-3:00pm)
        - (Last names A-L from 11a-1:00p and Last names M-Z from 1:00p-3:00p) or
      - November 18<sup>th</sup> (6:00pm-8:00pm)
        - (Last names A-L from 6p-7p and Last names M-Z from 7p-8p)
    - Bring your player to Shepherd Church anytime between the hours listed above to have them run through the evaluation process. We are estimating that once in the gym it should take between 15-20 minutes for a player to complete the evaluation but be prepared that it may take longer. This will also be a time to size your player for a jersey.
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and 3<sup>rd</sup> Grade boys
    - Register your player and encourage others to do so as well!
    - There are no evaluations for these leagues
  - 4<sup>th</sup> Grade Boys, 5<sup>th</sup>/6<sup>th</sup> Grade Girls, 5<sup>th</sup>/6<sup>th</sup> Grade Boys, 7<sup>th</sup>/8<sup>th</sup> Grade and High School
    - Register your player and encourage others to do so as well!
    - Mark your calendar to attend the assessment!
      - November 23<sup>rd</sup>
        - 4<sup>th</sup> Grade Boys—8:00am at Shepherd Church
        - 5<sup>th</sup>/6<sup>th</sup> Grade Girls—8:00am at Shepherd Church
        - 5<sup>th</sup>/6<sup>th</sup> Grade Boys—10:00am at Shepherd Church
        - 7<sup>th</sup>/8<sup>th</sup> Grade—10:00am at Shepherd Church
        - High School—12:00pm at Shepherd Church
    - These times are the starting times of the assessment, please arrive 15-20 minutes early to get checked in for your assessment. This is not a registration time!

## 7. When should I hear from a coach?

- All players should hear from their coach no later than December 1<sup>st</sup> as practices start the week of December 2<sup>nd</sup>.
- **NOTE! If you have not heard from your coach by Sunday, December 1<sup>st</sup>, please be sure to contact me ASAP!**

mtaylor@shepnaz.org  
614-471-3368 ext 106

## QUICK REFERENCE

(All practices start the week of December 2<sup>nd</sup>)  
(There are no practices the weeks of December 23<sup>rd</sup> or December 30<sup>th</sup>)  
(All games start Thursday, Friday or Saturday; January 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup>)

### **BASKETBALL**

#### **Kindergarten Basketball (co-ed)**

Practice: Mondays @ 6:15pm  
Games: Saturdays @ 8:00am  
Ball Size: 27.5  
Hoop Height: 7' 5"

#### **1st/2nd Grade Girls Basketball**

Practice: Tuesdays @ 6:15pm  
Games: Saturdays @ 9:15am  
Ball Size: 27.5  
Hoop Height: 8' 5"

#### **1st Grade Boys Basketball**

Practice: Fridays @ 6:15pm  
Games: Saturdays @ 10:30am  
Ball Size: 27.5"  
Hoop Height: 8' 5"

#### **2nd Grade Boys Basketball**

Practice: Fridays @ 7:15pm  
Games: Saturdays @ 11:45am  
Ball Size: 27.5"  
Hoop Height: 8' 5"

#### **3rd/4th Grade Girls Basketball**

Practice: Mondays or Tuesdays @ 7:15pm  
Games: Saturdays @ 1:00pm  
Ball Size: 27.5  
Hoop Height: 9'

#### **3rd Grade Boys Basketball**

Practice: Thursdays @ 6:15pm or 7:15pm  
Games: Saturdays @ 2:15pm  
Ball Size: 27.5"  
Hoop Height: 9'

#### **4th Grade Boys Basketball**

Practice: Thursdays @ 6:15pm or 7:15pm  
(once games start in January, practices will  
move to Saturdays @ 8:30am or 9:30am)  
Games: Saturdays @ 10:30am  
Ball Size: 28.5"  
Hoop Height: 10'

#### **5th/6th Grade Girls Basketball**

### **CHEER**

#### **Cheering for Kindergarten Basketball**

Grade of Cheerleader: Kindergarten  
Practice: Mondays @ 6:15pm  
Games: Saturdays @ 8:00am

#### **Cheering for 1st/2nd Grade Girls Basketball**

Grade of Cheerleader: 1st or 2nd Grade  
Practice: Tuesdays @ 6:15pm  
Games: Saturdays @ 9:15am

#### **Cheering for 1st Grade Boys Basketball**

Grade of Cheerleader: 1st or 2nd Grade  
Practice: Fridays @ 6:15pm  
Games: Saturdays @ 10:30am

#### **Cheering for 2nd Grade Boys Basketball**

Grade of Cheerleader: 1st or 2nd Grade  
Practice: Fridays @ 7:15pm  
Games: Saturdays @ 11:45am

#### **Cheering for 3rd/4th Grade Girls Basketball**

Grade of Cheerleader: 3rd or 4th Grade  
Practice: Mondays @ 7:15pm  
Games: Saturdays @ 1:00pm

#### **Cheering for 3rd Grade Boys Basketball**

Grade of Cheerleader: 3rd or 4th  
Grade  
Practice: Thursdays @ 7:15pm  
Games: Saturdays @ 2:15pm

Practice: Mondays @ 6:15pm or 7:15pm  
Games: Saturdays @ 11:00am or 12:00pm  
Ball Size: 28.5"  
Hoop Height: 10'

### **5th/6th Grade Boys Basketball**

Practice: Tuesdays @ 6:15pm, 7:15pm or 8:15pm  
Games: Fridays @ 6:15pm, 7:15pm or 8:15pm  
Ball Size: 28.5"  
Hoop Height: 10'

### **7th/8th Basketball**

Practice: Mondays, Tuesdays or Thursdays @ 8:15pm  
Games: Saturdays @ 5:00pm, 6:00pm or 7:00pm  
Ball Size: 28.5"  
Hoop Height: 10'

### **High School Basketball**

Practice: Mondays, Tuesdays, possibly Wednesdays, Thursdays and possibly Fridays @ 9:15pm  
(practice days based on registration numbers)  
Games: Saturdays @ 1:00pm, 2:00pm, 3:00pm or 4:00pm  
Ball Size: 29.5"  
Hoop Height: 10'

## **Notes**

Notes for the Upward Leagues (Kindergarten, 1<sup>st</sup>/2<sup>nd</sup> Grade Girls, 1<sup>st</sup> Grade Boys, 2<sup>nd</sup> Grade boys) both basketball and cheerleading:

- All practices and games are led by coaches
- No score is kept; no fouls are recorded
- There is a running clock; 6 periods of 5 minutes each with a short half-time
- During practices, a short devotion will be given by a Shepherd Church volunteer
- All activities are in the Central Complex Gym
- Teams are put together using the Upward assessment/evaluation as a guide
- We do not grant ride requests or for players to be placed on a specific coach or player's team
- The last game is on March 1<sup>st</sup>

## **Special Note:**

\*\*\*\*1<sup>st</sup> Grade Boys Basketball\*\*\*\*

\*\*\*\*2<sup>nd</sup> Grade Boys Basketball\*\*\*\*

\*\*\*\*Cheerleaders for the 1<sup>st</sup> Grade Boys Basketball\*\*\*\*

\*\*\*\*Cheerleaders for the 2<sup>nd</sup> Grade Boys Basketball\*\*\*\*

- Due to pre-scheduled church events, the practices on Friday, December 6<sup>th</sup> and Friday, December 13<sup>th</sup> will be held on Saturday, December 7<sup>th</sup> and Saturday December 14<sup>th</sup>:
  - 1<sup>st</sup> Grade Boys Basketball and Cheerleading for the 1<sup>st</sup> Grade Boys basketball will be at @ 2:00pm
  - 2<sup>nd</sup> Grade Boys Basketball and Cheerleading for the 1<sup>st</sup> Grade Boys basketball will be at @ 3:00pm

Notes for the 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and 3<sup>rd</sup> Grade Boys:

- All practices and games are led by coaches
- No score is kept; no fouls are recorded
- There is a running clock; 6 periods of 6 minutes each with a short half-time
- Practices and games are in the Central Complex Gym
- Teams are randomly put together
- We do not grant ride requests or for players to be placed on a specific coach or player's team

- The last game is on March 1<sup>st</sup>

Notes for the 4<sup>th</sup> Grade Boys, 5<sup>th</sup>/6<sup>th</sup> Grade Girls, 5<sup>th</sup>/6<sup>th</sup> Grade Boys, 7<sup>th</sup>/8<sup>th</sup> Grade and High School:

- All practices are led by coaches; All games are officiated by referees
- Score is kept; Fouls are recorded
- There is a running clock; 6 periods of 6 minutes each with a short half-time; the clock is stopped the last 10 seconds of each period and the last minute of the last two periods.
- Practices and games are in the Family Life Center (FLC)
- Teams are put together using the assessment/draft process
- We do not grant ride requests or for players to be placed on a specific coach or player's team
- There is a post-season tournament, times and dates TBD

