

# ShepNaz Basketball 2025-26

## Frequently Asked Questions

Shepherd Church of the Nazarene has hosted a winter youth basketball league for the past 34 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 2025-26 season!



From left to right:

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 this 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 continue 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 30 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> graders—new this season). Practice times may differ from past seasons but the game times will mirror the 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 [snbb@shepnaz.org](mailto:snbb@shepnaz.org)

### 2. How much is basketball registration?

- This depends on the grade level of your player.
  - Kindergarten-2<sup>nd</sup> Grade
    - \$150 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
    - \$150 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

- \$175 per player (\$10 discount for re-using a ShepNaz jersey that you already have—blue and yellow reversible)

### 3. How much is cheerleading registration?

➤ \$150

- There are **10 spots** for 10 Kindergarten cheerleaders for the Kindergarten basketball games that are at 8:00am on Saturday mornings starting in January 2026
- 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 2026
- 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 2026
- 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 2026
- There are **15 spots** for 15 either 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> (new this season) 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 2026
- There are **15 spots** for 15 either 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> (new this season) grade cheerleaders for the 3<sup>rd</sup> Grade Boy's basketball games that are at 2:15pm on Saturday mornings starting in January 2026

### 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 1<sup>st</sup>:

- Basketball
  - Kindergarten—Mondays from 6:15pm-7:15pm
  - 1<sup>st</sup>/2<sup>nd</sup> Grade Girls—Tuesdays from 6:15pm-7:15pm
  - 1<sup>st</sup> Grade Boys—Fridays from 6:15pm-7:15pm
  - 2<sup>nd</sup> Grade Boys—Fridays from 7:15pm-8:15pm
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Girls—Mondays or Tuesdays from 7:15pm-8:15pm
  - 3<sup>rd</sup> Grade Boys—Thursdays from 6:15pm-7:15pm or 7:15pm-8:15pm
  - 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 2026)
  - 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
- Cheerleading
  - Kindergarten squad (Power)—Mondays from 6:15pm-7:15pm
    - Cheers for Kindergarten basketball
  - 1<sup>st</sup> & 2<sup>nd</sup> Grade squad (Mighty)—Tuesdays from 6:15pm-7:15pm
    - Cheers for 1<sup>st</sup> and 2<sup>nd</sup> Girls basketball
  - 1<sup>st</sup> & 2<sup>nd</sup> Grade squad (Courage)—Thursdays from 6:15pm-7:15pm
    - Cheers for 1<sup>st</sup> Grade Boys basketball
  - 1<sup>st</sup> & 2<sup>nd</sup> Grade squad (Brave)—Tuesdays from 7:15pm-8:15pm
    - Cheers for 2<sup>nd</sup> Grade Boys basketball
  - 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Grade squad (Light)—Mondays from 7:15pm-8:15pm
    - Cheers for 3<sup>rd</sup> and 4<sup>th</sup> Grade Girls basketball
  - 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Grade squad (Strength)—Thursdays from 7:15pm-8:15pm
    - Cheers for 3<sup>rd</sup> Grade Boys basketball

#### **NOTE!**

**There are NO PRACTICES the week of December 22<sup>nd</sup>.**

**There are NO PRACTICES the week of December 29<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 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>):

- 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.
  - Kindergarten-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 15<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 17<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 22<sup>nd</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 November 30<sup>th</sup> as practices start the week of December 1<sup>st</sup>.

➤ **NOTE! If you have not heard from your coach by Sunday, November 30<sup>th</sup>, please be sure to contact me ASAP!**

mtaylor@shepnaz.org  
614-471-3368 ext 531

## QUICK REFERENCE

(All practices start the week of December 1<sup>st</sup>  
(There are no practices the weeks of December 22<sup>nd</sup> or December 29<sup>th</sup>)  
(All games start Thursday, Friday or Saturday; January 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup>)

### **BASKETBALL**

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

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

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

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

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

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

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

Practice: Fridays @ 7:15pm  
Games: Saturdays @ 11:45am  
Ball Size: 27.5"  
Hoop Height: 8' 6"

### **CHEER**

#### **Cheering for Kindergarten Basketball** **Power squad**

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

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

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

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

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

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

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

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

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

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

Grade of Cheerleader: 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> Grade  
Practice: Mondays @ 7:15pm  
Games: Saturdays @ 1:00pm

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

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

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

Grade of Cheerleader: 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> Grade  
Practice: Thursdays @ 7:15pm  
Games: Saturdays @ 2:15pm

### **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: Thursdays @ 6:15pm or 7:15pm  
Ball Size: 28.5"  
Hoop Height: 10'

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

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 start 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 February 28<sup>th</sup>

Notes for the 3<sup>rd</sup>/4<sup>th</sup> Grade Girls and 3<sup>rd</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 6 minutes each with a short half-time
- During practices, a short devotion will be given by a Shepherd Church volunteer
- 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 February 28<sup>th</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