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## Frequently Asked Questions

**What is Upward Sports?**

Upward Sports is the world's largest Christian-based [kids sports league](#). Last year, nearly 550,000 children in 48 U.S. states and Canada participated in Upward Sports Leagues and Camps hosted by more than 2,400 churches.

**How is Upward Sports different from other youth sports organizations?**

Upward Sports provides a fun sports experience based on healthy competition for kids, teaching skills for the sports arena and values for life. Upward Sports creates a positive environment for kids to learn sport skills without the pressure of "win-at-all-cost" leagues. With supportive coaches, equal playing time and a family-friendly schedule, Upward Sports Leagues are fun for the whole family.

**How and when did Upward Sports begin?**

In 1986, while serving as a church recreation minister in Upstate S.C., Caz McCaslin developed a basketball league that incorporated athletic skills and values for success on and off the court. When the program outgrew the church's gymnasium in 1994, McCaslin realized that his vision was to reach children beyond his local congregation with a first-class sports experience. As a result, he founded what is now known as Upward Sports.

**How many Upward Sports Leagues exist and where are they located?**

There are more than 5,000 Upward Sports Leagues and Camps in 48 U.S. states and Canada. Since 1995, partner churches have also conducted Upward Sports Programs in 67 countries while on mission trips. Find a [youth sports league](#) or camp near you now.

**Who can participate in Upward Sports?**

Each year some one million people around the world play, coach, referee or volunteer in Upward Sports Leagues and Camps specially designed for K5 through sixth-grade children. With more than 5,000 leagues and camps conducted by over 2,400 churches across the U.S. and Canada, children and volunteers of any faith or no faith are welcome to participate.

**What will a child in an Upward Sports League take away from his or her experience?**

Participants gain both athletic skills and values for success on and off the court—including sportsmanship, teamwork, integrity and respect. Young athletes enjoy valuable game-time experience that improves their skills and builds healthy self-confidence as they learn from coaches who care. But Upward Sports is even more than a game-day experience, providing youth with a supportive community and fun activities to help them develop character.

**How is it possible to give every child equal playing time?**

Upward Sports Leagues offer competitive games through a drafting system created to balance talent on each team. Combined with a unique substitution system, this enables Upward Sports Leagues to provide kids with equal playing time over the course of a season.

**Does a child's family have to be a member of Fellowship in order to for him/her to participate?**

No, Upward Sports is a community-based kids sports program hosted by Fellowship. Children of any faith—or no faith—participate in Upward Sports.