



**AYSO Region 9
Parent Handbook
www.ayso9.org**

*“Where Every Kid Plays
and
Every Parent Volunteers”*

AYSO Region 9 (Area E of Section 10)
P.O. Box 4914, Thousand Oaks, 91359

AYSO Mission & Philosophies



PURPOSE - To develop and deliver quality youth soccer programs which promote a fun, family environment based on our philosophies:

Everyone Plays - Our goal is for kids to play soccer --- so we mandate that every player on every team must play at least half of every game.

Balanced Teams - We require every region at the start of each season to set up teams as evenly balanced as possible --- because it is more fun where teams of equal ability play.

Positive Coaching - What makes winning kids is being built up, not down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

Open Registration - Our programs are open to all children between 5 and 18 years who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Good Sportsmanship - We desire to create positive environment based on mutual respect, rather than a win at all costs attitude. All programs must be designed to instill good sportsmanship in every facet of AYSO.

Player Development: We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

Information for Parents and Players

Our program is open to all children between ages the 4 to 18 who want to play soccer. **Because AYSO is a volunteer organization, every parent or guardian is expected to volunteer for at least one job per team** during the season: Coach, Assistant Coach, Referee, Team Manager, Team Volunteer (banner maker, snack bar, field crew, information booth, etc.). With everyone's volunteer commitment our region will continue to run smoothly!

By registering your child, you are committing to volunteer and will be expected to honor that commitment.

How do I register?

Registration is complete by finishing the following steps:

1. Fill out the player registration application form found on our website: www.ayso9.org.
2. **Complete the Electronic Signature (E-sign).**
3. Print the application (all pages). Make sure you have two (2) copies. Keep one for yourself and one for walk-in. registration.
4. Bring the application to one of the walk-in registration dates located on the calendar found on our website: www.ayso9.org.
5. Payment is due at time of registration.

Important Note: A birth certificate is required for all players who did not play in Region 9 the previous fall season.

An evaluation, not a try-out, is required of all players who:

- Did not play in Region 9 in the fall of last year; and
- Will be 8 or older by July 31st

The date of evaluation is posted on our website.

There will be a \$25 charge for returned checks.

How do I apply for a refund?

Refund requests must be made by the parent/guardian and emailed to the Registrar at registrar@ayso9.org. Please provide reason for refund to assist us in determining if a full, partial or no refund can be honored.

Factors we have to consider:

- Reason
- Expenses incurred by AYSO for the registration up to the time of request.
- Once the season starts the entire registration fee has been utilized.

What's included in the registration fee?

- Complete uniform including jersey, shorts, and socks.
- Pictures (individual and team photo).
- Plaque for team sponsor.
- Participation award for all players in age groups U6, U7 and U8.
- 1st, 2nd, and 3rd place awards in groups U10 thru U19.
- Secondary Insurance at AYSO functions (practices and games).

What equipment is needed?

UNIFORMS: A uniform consisting of a jersey, shorts and socks are provided for your child at the beginning of the season and are yours to keep when the season ends. **Do not iron the jersey.** Players must wear the issued uniforms at games, not practices. Players may not wear jewelry of any type (including earrings) or hard ponytail holders or barrettes as these items may cause injury during play. They also may not play with any type of hard cast.

SHOES: Although not required, it is strongly suggested that players wear "turf" shoes or soccer shoes - the low-sided "football" style shoes with rubber or plastic molded cleats (no metal). Shoes with toe cleats are **not** allowed.

SHIN GUARDS: A player **must wear shin guards** at all practices and games.

BALL SIZE:

- **U6, U7 & U8:** Size 3
- **U10 & U12:** Size 4
- **U14, U16 & U19:** Size 5

Please write the player's name and phone number on the ball for easy identification.

What are the requirements of each team?

For all divisions, these are the minimum requirements in order for each team to receive their uniforms.

- A trained, certified and registered coach.
- A trained, certified and registered referee. We suggest at least two (2) referees for each team. *U6 teams are exempt from this requirement.
- A registered assistant coach and team manager.
- Team sponsor: \$100 per team.

Additionally, each team will be required to fulfill Field/Shack hours assigned to each team.

What is expected of each team?

- First team on the field puts up the nets and flags.
- Last team on field takes down the nets and flags.
- Everyone picks up trash at end of each game!

It is the responsibility of each team to supply its own refreshments and snacks after games. It is suggested that the best kind of refreshment is cool water. It is the responsibility of the coach and team parent participants to assure the absence of any drug, stimulant or other harmful substances in any refreshment give to any player.

Who will be our coach?

We need volunteer coaches and are limited by the number of adults willing to receive training and certification. Want to coach? **We'll train you!** Want more info? Email CoachAdmin@ayso9.org.

When will I hear from our coach?

Coaches are given their team rosters in late July. Most coaches contact their players soon after. However, some coaches may not be able to do so until late August due to vacations or other commitments. Please help by ensuring that the email address and phone numbers on player application form are legible and up to date. If you have not heard from your coach by mid-August, please contact your division administrator via email. Please refer to the board list at: www.ayso9.org/ContactUs.htm.

Who provides referees for the games?

All teams, except those in U5-U6, **must** supply at least one volunteer referee or assistant referee to officiate one game each Saturday during the regular season. The region provides all appropriate training.

- **U5 - U6:** No referee required. .
- **U7 and U8:** A parent from each team will referee your child's game.
- **U10 and above:** The volunteer referee will work with two other referees to officiate games other than your child's. Assignments can be selected that fit your schedule and comfort level.

Please remember that our AYSO referees are all volunteers and are entitled to the highest respect from coaches, players and spectators. The referee's calls shall be accepted without complaint. Many of the referees have no children playing in our Region and all of them gladly give their time to help us. Please show them the respect they deserve.

Will my child play every game?

Each player is guaranteed to play at least $\frac{3}{4}$ of every game, up through U12, and $\frac{1}{2}$ of every game from U14 – U19, regardless of his or her level of skill or aptitude. Playing time may be adjusted if a player arrives late for games.

When and where are games played?

All U5-U12 games are scheduled on Saturdays at Conejo Creek South, 1300 E. Janss Rd. U14-U19 may play at other local locations. The field map and game schedule will be posted on www.ayso9.org by September.

How often do we practice?

- **U5:** No practice.
- **U6:** Saturdays only. There is approximately a 30 minute practice followed by the game (no more than 30 minutes).
- **U7 & U8:** Once a week for one hour.
- **U10 & above:** Twice a week for one hour each.

When and where do we practice?

As all of the coaches in AYSO are volunteers, practice times are scheduled by the coach through a lottery selection. Practices times are during the week (Monday through Friday) and coordinated with the Region for field availability. Practice fields are located at Conejo Creek South, 1300 E. Janss Rd near 23 Freeway, where games are also held. Your coach will let you know date, time, and location of your team's practice. Practice field maps will be posted on www.ayso9.org in August. Each player must arrange to arrive on time and be picked up on time. **Uniforms are not to be worn at practice.** Cleats are best suited for most fields and should be worn at practices. Wearing shin guards is mandatory at practices as well as games.

It's raining. Will we be able to play or practice?

Conejo Recreation and Park District owns the fields at Conejo Creek South and makes the decision whether to close the fields or not. Please check the following websites: <http://www.crpdpd.org/parkfac/status.asp> or www.ayso9.org. You can also call the CRPD Field Condition Information Line **(805) 381-1236**, after 3PM weekdays, after 7AM Saturday, after 8AM Sunday for field status information. This phone line may be busy if everyone is calling. If there is any question, dress players to play and take them to the field for their game/practice.

Are dogs (pets) allowed at practices or games?

For the safety of our players, **no dogs (pets)** are allowed on the fields during any AYSO event, including practices and games.

What should a player eat and drink before playing?

It is important that young athletes eat well-balanced meals and remain hydrated in order to achieve optimal health and performance. Parents should make sure that players arrive at practices and games fully hydrated. The American College of Sports Medicine (ACSM) provides the following guidelines for the maintenance of optimal hydration:

- **Before Exercise:** 16 - 20 full ounces within a two (2) hour period prior to exercise.
- **During Exercise:** 4 - 6 full ounces
- **Post Exercise:** Replace 24 full ounces for every one pound of body weight lost during exercise.

Other AYSO Programs

VIP Program:

Region 9 offers a program with the goal of providing a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on regular AYSO teams. The VIP (Very Important Players) program carries our philosophy of Every Player to new heights – giving everyone a chance to play. Contact our VIP Program Director at VIP@ayso9.org for more information.

What are the AYSO EXTRA and Challenge programs?

These two programs are designed to provide a more challenging level of play for those players who possess the appropriate interest, skills and abilities and to enhance each player's experience and individual growth through the game of soccer while retaining the spirit and philosophies of AYSO. Our volunteer coaches are selected based on training, experience, and other qualifications. Players are chosen via try-outs by a selection committee. www.ayso9.org/ExtraProgram/ExtraProgram.htm or www.ayso9.org/ChallengeProgram.htm.

What is the Region 9 All-Star program?

During the season, All-Star coaches are selected for all competitive divisions (U10 and up). These coaches observe players and invite them to join Region 9's All-Star teams at the end of the regular fall season. All-Star teams give players access to a higher level of play and coaching than we can offer in the regular season. All-Star season typically starts practices and tournament play the first week of December and finishes in June. Costs are entirely funded by the parents, and optionally by sponsors that the team contacts. Costs can range from \$350 - \$700 for uniforms, warm-ups, and tournament fees. Some tournaments require overnight travel that parents also must pay for. Learn more by checking out: www.ayso9.org/Allstars/All_Stars.htm

What if my child wants to keep playing soccer?

For kids who want to keep playing after the regular season, AYSO Region 9 offers a **Winter League**. It runs from January to March after the regular season and is open to U6-U19 players. Our Winter League stresses skills, fun, and player development, so standings are not kept. Practices are held once a week. For all divisions, games will be governed by the same rules used in the regular season, except where noted below:

- **U12:** Teams may be coed depending on the number of registered players.
- **For U14:** Teams will be coed and may play with smaller numbers and possibly smaller fields.

Check out www.ayso9.org for more details.

Can parents play too?

AYSO Region 9 has formed an **Adult League** (ages 19-99) for the purpose of giving adults the same opportunity as the youth of our community to learn and enjoy the game of soccer. Our goal is to provide a safe, fun, and fair environment for all who want to simply enjoy the game and get plenty of exercise. This is NOT a competitive league, and standings are not kept. The league is open to everyone who is 19 years of age and older, regardless of skills and/or experience. It is a coed league that follows all of the philosophies of the youth league. Find out how to sign up at [www.ayso9.org/AdultLeague/AYSO Adult League.htm](http://www.ayso9.org/AdultLeague/AYSO_Adult_League.htm)

Help us remove all verbal and physical abuse!

PARENTS – Please be on the lookout for negative behavior from anyone during games or practices. This includes swearing, profane or obscene language of any kind, negative attitudes towards players or referees, intimidation, berating players, or any adult or volunteer that frequently loses their temper and/or becomes violent. If you see it – report it to any board member immediately. Please follow up with an email to the RC – Regional Commissioner. Remember **KID ZONE!!!!**

How to Contact Us

The best way to contact a Region 9 board member is via email. If you have a question, comment or suggestion specific to an individual Region 9 Board Member, refer to our list of names, positions and e-mail addresses listed on our region web site.

For more general Region 9 questions, or if you are not sure who to contact, please use the form on the “Contact Us” page at www.ayso9.org/ContactUs.htm

Volunteers Needed

AYSO is an **ALL-VOLUNTEER** organization. The coaches, referees, instructors, board members, field people, snack bar workers, team parents, etc., are all unpaid AYSO volunteers. This season, Region 9 will have over 2000 children playing and will need over 200 coaches, 200 assistants, 200 Team Parents, 250 referees, and hundreds of people for field setup and snack shack operations to function. You do not need to have prior experience; **we will train you for free!**

Don't forget to sign up as a VOLUNTEER!

Please apply as a volunteer via our website www.ayso9.org. Even if you have volunteered in previous years, you still need to re-apply. Please print and sign a new volunteer form every year. If you did not volunteer in Region 9 last year, please bring your volunteer application along with your valid ID (e.g. driver's license) **in person** to any Region 9 training event or board meeting to have your form validated by a board member.

Coach/Assistant Coach

Coaching a team is one of the most rewarding opportunities. All first time AYSO coaches are required to attend training appropriate for their division. Contact Tom Becker at CoachAdmin@ayso9.org for more details.

Referee/Assistant Referee/Youth Referee

Interested in learning more about the 17 laws of the game? We will train you and provide the uniform and whistle. Region 9 also offers a Youth Referee program which allows kids age 14-18 to participate as a referee. A youth referee for U8 can be 12 years or older if parent is also a referee. It can be a wonderful shared experience to learn to referee and work with your son or daughter. For more information, email RefAdmin@ayso9.org or YouthRefDev@ayso9.org.

Team Manager/Team Parent

The Team Manager is an administrative assistant to the Coach and the primary communicator between the coach and the parents. All Team Managers are required to attend a team manager meeting in August to learn about their responsibilities and to obtain important team information. Contact Volunteers@ayso9.org for more details.

Board Positions

The region always needs good people to volunteer their time in various capacities on the Board of Directors. If you are interested, please speak with any current Board member or the Regional Commissioner.

Parents Code of Conduct

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all players learn good sportsmanship and self-discipline. In AYSO, young people learn to work together as a team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game

Always Be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember: Your Child Wants to Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't Be a Sideline Coach or Referee

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experiences a positive one. They need your support too. Please refrain from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!



By entering this Kids Zone, you agree to the following:

- Kids are #1
- Fun – not winning – is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children

AYSO – IT'S FOR THE KIDS