



## **Central Valley Youth Soccer In-House Program Fact Sheet, Fall 2015**

**Schedule** The Fall 2015 season will begin in August. The first games will be Saturday, September 5th. You will hear from your child's coach a week or two before the season begins, and the game schedule will be distributed and posted about a week before the season starts.

**Practice and Games** All practices and games are at the Center Grange Primary School fields. Teams will practice one week night per week during the season. Practice nights and times are determined by your team's coach. Games will be on Saturday mornings at either 9, 10 or 11 AM.

**Uniforms** All teams wear the same blue and white reversible jerseys for games. Jerseys are available for purchase (\$20) at the concession stand during the first few weeks of the season. They are very durable and can be used for multiple seasons. There are no special requirements for color of shorts or socks.

**What Your Child Needs to be Ready for the Season** Your child needs hard face shin guards, soccer shoes (no single toe cleat), a soccer ball (size 3 for U6, size 4 for age 8 and up) and a water bottle for practice and games. Dick's Sporting Goods often offers package deals for these items at the beginning of the season. NOTE: There are no earrings or other jewelry allowed during games, and shin guards must be fully covered by socks.

### **Game Formats by Age Group**

U5/U6 (At least age 4 and under age 5/6 by last July 31<sup>st</sup>) Division: U5 and U6 age groups play on very small fields with small goals. Each team plays with 3 players on the field at one time. There are no goal keepers in U5/U6. Anytime the ball goes out of bounds, play restarts with a throw-in.

U8 (Under age 8 by last July 31<sup>st</sup>) Division: U8 plays on a small version of a conventional soccer field. Each team plays with 6 players on the field at one time, 5 field players and a goal keeper. U8 adds goal kicks and corner kicks. We start to introduce positions in U8 soccer (forwards, defenders), but there is no offside rule.

U10/U12 (Under age 10/12 by last July 31<sup>st</sup>) Division: U10/U12 teams on a larger field yet. U10 plays with 6 players on the field per team, U12 plays with 8. U10/U12 adds penalty kicks and an offside rule. We start further develop positions (forwards, mid-field, defenders) as well.

**Volunteers** Coaches and concession stand helpers are always needed. You don't need to know much about soccer to coach, especially U6 level. Free coaches' clinics and mentors are available at the start of every session that will help you get up to speed. Contact [CVYSclub@gmail.com](mailto:CVYSclub@gmail.com) or click a volunteer checkbox in the online registration system if you are interested.

**Promoting Sportsmanship and Fun** Our goal is to provide a fun environment where kids can develop athletic skills and learn the game of soccer. We don't keep score for our in-house games, and we promote principles of good sportsmanship as well as respect for teammates and other players. All kids in the in-house program can expect roughly the same amount of playing time in games.

**Contact information** The club website is <http://cvyouthsoccer.org>, and you can find us on Facebook, just search for Central Valley Youth Soccer. We keep our website well updated with the latest schedules, news and events. If you have any questions before you hear from your coach, please check out our website or email us at [CVYSclub@gmail.com](mailto:CVYSclub@gmail.com).