



All Parents Read This Page Today!!

All families received a general information sheet at registration. Please read it thoroughly so that this soccer season can be successful and stress-free for everyone.

- **Do not allow any child or adult to hang from goals or nets.** If you see anyone hanging on or trying to hang on the goals, please instruct them to stop immediately. You may be saving their life or preventing a serious injury by doing so.
- **No Drones** are allowed at Soccer Park
- **No Dogs** (no matter how big or small) are allowed at any CVSL game or practice – or at Soccer Park. This is for the safety and comfort of all spectators and players.
- **Please be considerate of residents** that live near soccer fields and do not block their mailboxes, block driveways, park in their driveways or lots or use driveways as turnarounds.
- **No Smoking** is allowed at CVSL games or practices.
- **No Earrings, hair beads, hard barrettes or other jewelry** shall be worn during soccer games. If your child's ears were recently pierced, please **do not** show up with tape over the earrings or expect the referee to make an exception to the rule. Take the earrings out in the privacy of your home, not on the soccer field.
- **Do not communicate with referees during a game unless you have something positive to say.** It is challenging to referee a soccer game, and many of our referees are developing their skills at the same time your child is developing their soccer skills. It is essential that we retain our referees – too many have quit in the past because they were berated by a parent or coach.
- **Please stop any child that you see kicking the dirt** or digging with their feet, especially in front of goals. This bad habit creates dangerous holes on the field that can cause injuries.

Thank you for your attention to these concerns. If you have any questions or comments, please refer to our web site www.ayso803.org. There is a LOT of information available there. Feel free to contact the league at info@ayso803.org.

Game Snacks Policy

AYSO Region 803 strives to encourage healthy habits for all of our soccer players. Please try to keep game snacks as healthy as possible.

- **Half-time snacks** should be orange slices or other fruit. The ideal drink is water.
- **For post game snacks**, the league suggests that teams consider not having post-game snacks on a regular basis. If you decide to do so, please try to stay away from candy or foods that are high in fat or high in sugar with no nutritional value. Some suggestions would be: fruit, dried fruit, trail mix, raisins, breakfast bars, Teddy grahams, pretzels, Chex mix, popcorn, yogurt tubes, string cheese, low-fat pudding or graham crackers.

No Joysticking

Joysticking refers to yelling at your child during the game and telling them what to do. “Go”, “shoot”, “run”, “get in there” are examples. Let the kids play – and sit back and relax!