



## Van Nuys Sherman Oaks Recreation Center

14201 Huston St. Sherman Oaks, CA 91423

Office Number (818)783-5121 or Email us at vannuysshermanoaks.recreationcenter@lacity.org

# FALL 2024 SPORTS

<https://www.laparks.org/reccenter/vnso>

Registration Begins Online July 30th &amp; In-person on August 6th

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

**COREC SOCCER**

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION	COACHES MEETING
TINY MITES	3 - 4	2019-2020	\$180	No Evaluation Needed	---
MIGHTY MITES	5 - 6	2017-2018	\$180	No Evaluation Needed	---
PEEWEE	7 - 8	2015-2016	\$180	Saturday, September 7th at 9:00am	Fri. Sept. 13 at 5:00 pm
MINOR	9 - 10	2013-2014	\$180	Saturday, September 7th at 10:00am	Fri. Sept. 13 at 6:00 pm
MAJOR	11 - 12	2011-2012	\$180	Saturday, September 7th at 11:00am	Fri. Sept. 13 at 7:00 pm

**COREC FLAG FOOTBALL**

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION	COACHES MEETING
PEEWEE	7 - 8	2015-2016	\$180	Tuesday, September 10th at 5:30pm	Sat. Sept. 14 at 9:00 am
MINOR	9 - 10	2013-2014	\$180	Wednesday, September 11th at 5:30pm	Sat. Sept. 14 at 10:30 am
MAJOR	11 - 12	2011-2012	\$180	Thursday, September 12th at 5:30pm	Sat. Sept. 14 at 12:00 pm

**GIRLS VOLLEYBALL**

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION	COACHES MEETING
MINOR GIRLS	9 - 10	2013-2014	\$180	Thursday, September 7th at 9:00 am	Thur. Sept. 12 at 5:30 pm
MAJOR GIRLS	11 - 12	2011-2012	\$180	Saturday, September 7th at 10:30 am	Thur. Sept. 12 at 6:30 pm
JUNIOR GIRLS	13 - 15	2009-2010	\$180	Saturday, September 7th at 12:00 pm	Thur. Sept. 12 at 7:30 pm

League information on back page.

## Volunteer Coaches Needed!

# FALL SPORTS 2024

## Important League Information

### REGISTRATION FEE & PAYMENT

- Registration fee includes: Uniform, award and administrative costs. Payment must be paid in full at the time of registration. Registration forms must be completed. Method of payments accepted: Credit cards (Visa or MasterCard).
- **\*Individual and team pictures are not included in the registration fee.**
- Age determined as of January 1, 2024.
- *Only siblings and children of the coaches will be placed on the same team.*
- ***Carpool or cousin requests will not be accommodated.***

### EVALUATIONS

- All registered participants must attend the evaluations.
- The purpose of evaluations is to determine the skill level of each player and to balance the teams throughout the league.
- ALL participant's will go through a common draft.
- Please see the other side of this page for evaluation dates and time.

### PRACTICES

- **Practices will tentatively begin mid-September.** Each team will practice **at least** once a week for an hour. Weekday practices can be held anytime between 4:00pm and 9:00pm. On Saturdays, *pre-season* practices will take place between 9:00am and 4:00pm.
- Practices may be held both at VNSO and other local gymnasiums Mondays-Sundays.
- Once the teams are selected, your coach will notify you regarding the days and times for practices.
- Practices may be modified at any time for the welfare of the league. Practice times and dates are not guaranteed due to limited gym availability.

### GAMES

- **Games will tentatively begin early October.** Each team will play a minimum of eight (8) games.
- Some divisions may be required to travel and play with other local parks. Parents are responsible for the transportation of their child.
- Games may be scheduled on days between Monday-Sunday.

### REFUND POLICY

- Full refunds will **ONLY** be issued if the league is cancelled by the recreation center.
- Unless requested, refunds will be issued as credit towards your household account that can only be used for future programming at VNSO.
- Cancellation requests will be handled on a case by case basis and are subject to a 15% administrative fee.

### CODE OF CONDUCT

All participants, coaches, and spectators are expected to demonstrate good sportsmanship at all times. Make sure the game is fun for everyone involved. Meet the responsibilities to the coach and the team. Maintain an environment free of drugs, tobacco, and alcohol. Make positive and encouraging comments. Keep emotions under control. Address problems, concerns or anything to the coach before approaching staff. Treat the public, officials and staff with respect. Avoid coaching and yelling out instructions from the sidelines. Those exhibiting poor sportsmanship or unethical behavior may be asked to leave, be suspended, or removed from the league.

### VOLUNTEER COACHES

We are looking for volunteer coaches. If you are interested and over 18 years of age, please contact our office at **(818) 783-5121** or text us at **(818)473-5821**. All volunteer coaches must be fully vaccinated, live-scanned, and cleared by the Department of Recreation and Parks prior to coaching any team.

*"Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements."*

*"Achieving gender equity through a continuous commitment to girls and women in sports."*

*Information on this flyer is subject to change or cancellation without prior notice.*