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## REGION 54 CERRITOS PARENT MEETING

EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT







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## REGION 54 BOARD MEMBERS



Veronica Janecky  
Regional Commissioner



Shanah Ali  
Registrar



Kant Guo  
Treasurer



Jessica Oviedo  
CVPA



Aravin  
Referee Admin



Felipe Torres  
Referee Admin Asst.



Milan Reese  
U8 Coordinator



Joshua Kim  
U10 Coordinator







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## REGION 54 CERRITOS

### AYSO's Vision Statement

To provide world class youth soccer programs that enrich children's lives.

### AYSO Mission

To develop and deliver quality youth soccer programs which promote a fun, family environment based on our Six Philosophies.

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# AYSO's SIX PHILOSOPHIES

## Everyone Plays

Our goal is for kids to play soccer, so we mandate that every player on every team must play at least 50 percent of every game.

## Balanced Teams

Each year we form new teams as evenly balanced as possible. It is fair and more fun when teams of equal ability play.

## Open Registration

Our program is open to all children who want to register and play.

## Positive Coaching

AYSO requires coaches to create a positive experience for every player in AYSO. Encouraging player's effort leads to a greater environment, improved skills and stronger motivation in players.

## Good Sportsmanship

We strive to create a safe, fair, fun and positive environment based on mutual respect rather than a win-at-all costs attitude, and our programs are designed to instill good sportsmanship.

## 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 a member of a team.

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## SECTION 11 / AREA E



Cypress Region 154



Long Beach  
Region 177



West Garden Grove  
Region 59



Los Alamitos  
Region 159



La Habra  
Region 94



Whittier Region 75







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## SUPPORT THE KIDS ZONE

- Kids are #1
- Fun - not winning - is everything
- Fans only cheer, only the coaches should coach
- NO yelling in anger
- Respect the volunteer
- NO swearing
- NO alcohol, tobacco, or other controlled substances
- NO weapons
- Leave NO trash behind
- Set proper example of Good Sportsmanship!
- Celebrate the Player - Win or Lose!





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## DIVISIONS IN REGION 54

### CO-ED U6 DIVISION

- Non-Competitive Division
- No score will be kept
- 6 players on a roster
- 4 v 4 on the field
- 2 full 15 minute halves will be played which includes quarter breaks
- Players will be substituted during quarter breaks
- No Goal Keepers
- Throw ins are now pass in by the foot on the touch line
- The coach is the referee/ each coach will ref half the game
- Games will be played on Saturday
- Practice 1x week for an hour, no later than 6:30pm
- Size 3 Soccer Ball will be needed
- Shin guards are required
- Cleats preferred but can wear tennis shoes
- No earrings/jewelry







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# DIVISIONS IN REGION 54

## Boys & Girls U8 Division

- Non-Competitive Division
- No score will be kept
- 9 players on a roster
- 7 v 7 on the field this includes the goalie
- 3 Certified Referees required for each team
- Two full 20 minutes halves played which includes quarter breaks
- All players must play 1/2 the game
- Goal Keepers can only play 2 quarters in the goal
- Build-out line introduced in U8
- No offsides in U8
- No punts/No headers
- Coaches are NOT allowed on the field
- Practice can be held 2x a week for an hour, no later than 7:30pm
- Cleats are recommended
- Shin Guards are Required
- Size 3 Soccer Ball







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## DIVISIONS IN REGION 54

### Boys & Girls U10

- This is a Competitive Division
- Score will be kept
- 10 players on a roster
- 7 v 7 on the field
- All players must play at least 1/2 the game
- Goal Keepers can play 2 quarters in the goal
- 3 Certified Referees Required for all teams
- Offside Rules is now in effect!
- Build-out line is the staple of U10
- Two 25 minute halves which includes quarter breaks
- No punts/ No Headers
- Games will be played on Saturday
- Practice 2x week for an hour no later than 7:30pm
- Size 4 Soccer Ball
- Shin guards are required
- Cleats preferred





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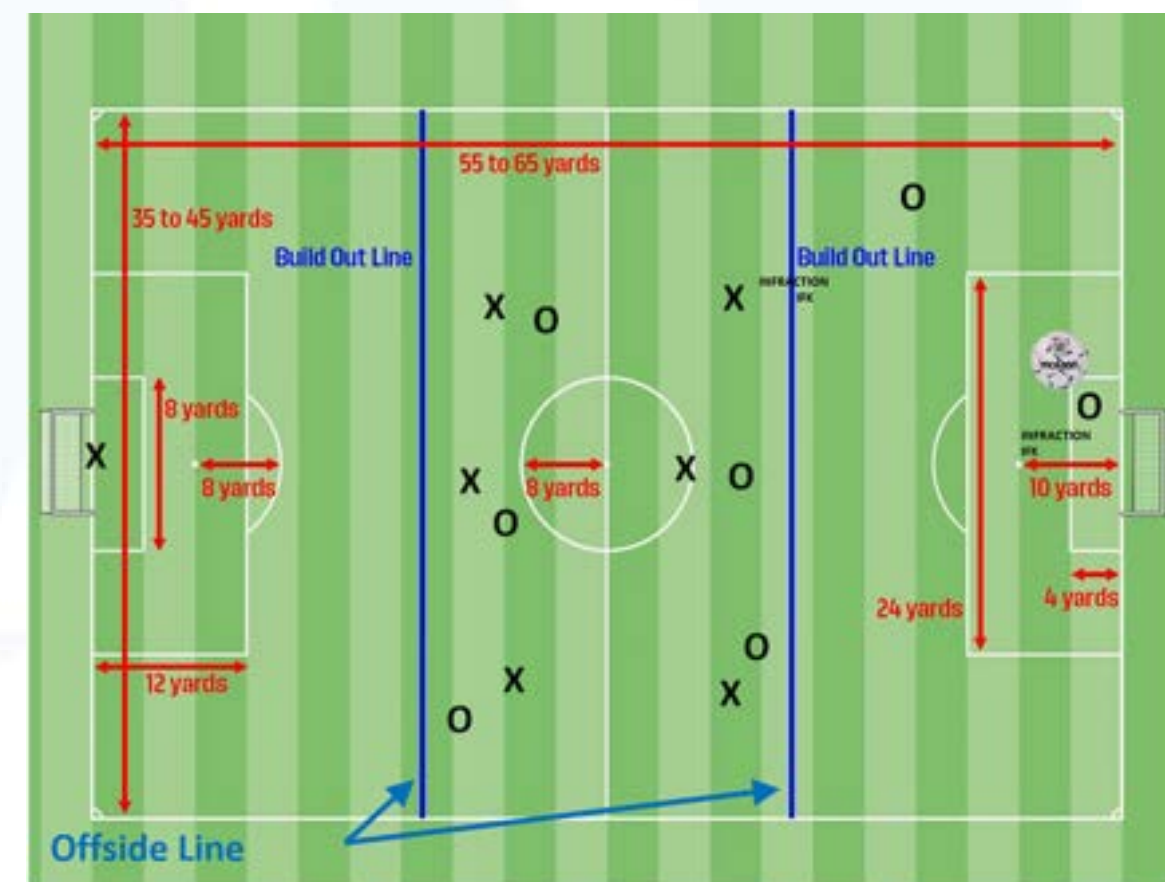
# DIVISIONS IN REGION 54

## Build Out Line

The purpose of the build out line is to teach players how to advance the ball out of the back by keeping the ball in possession, now becoming the attacking team. This will facilitate player development by allowing the attacking team the opportunity to receive and play the ball in a controlled method rather than the chaotic, more common method of punting the ball up the field and the ensuing scramble for possession (which is usually lost to the opposing team 80% of the time). In addition, players learn to control the ball, have less opportunity to head the ball, and reduce the dangerous play of high kicking because the ball remains on the ground.

## Build Out Line & Offside

The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.







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## DIVISIONS IN REGION 54

### Boys & Girls U12

- This is a Competitive Division
- Score will be kept
- 12 players on a roster
- 9 v 9 on the field
- All players must play at least 1/2 the game
- Goal Keepers can play up to 3 quarters in goal and 1 quarter on the field.
- 2 (30) minute halves will be played
- Substitutions will be done at quarter breaks
- 3 Certified Referees are required for all teams
- NO HEADERS
- Games will be played on Saturday
- Practice 2x week for an hour no later than 8:00pm
- Size 4 Soccer Ball
- Shin guards are required
- Cleats preferred
- No earrings/jewelry





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## DIVISIONS IN REGION 54

### Boys & Girls U14 & 16

- 11 v 11
- Size 5 Soccer Ball
- U14 games will be played in Area Circuit
- U16 games will be played in Section Circuit
- Headers are allowed in these divisions
- U14 substitutions at quarters
- U16 Free substitutions
- 3 Certified Referees Required for all teams
- Shin Guards are Required
- Cleats are recommended
- No earrings or jewelry
- Practices 2x week for 1 hour and a half







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## EXTRA PROGRAM

### AYSO EXTRA is a Progressive Player Program

designed to provide a more challenging level of soccer for AYSO players who have interest, skills and abilities. It enhances that player's experience and individual growth through soccer while retaining the spirit of and organization membership in AYSO.

EXTRA is not designed to overshadow or harm the standard primary program-rather the goal is to strengthen AYSO by recruiting and retaining players and volunteers through providing more competitive play the AYSO way-all EXTRA programs embrace the Six Philosophies of AYSO.



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## ADDITIONAL PROGRAM INFORMATION

### First Touch Support!

First Touch Trainers will provide our AYSO 54 Coaches with clinics throughout the season.

Each week First Touch will host clinics which coaches and their teams can attend.

The goal is for First Touch to help train our AYSO 54 coaches to become even better coaches.

Head Coaches- take advantage of this opportunity and sign you and your team up for these clinics.







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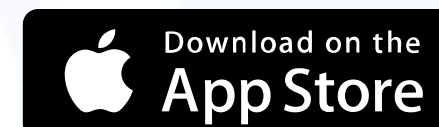
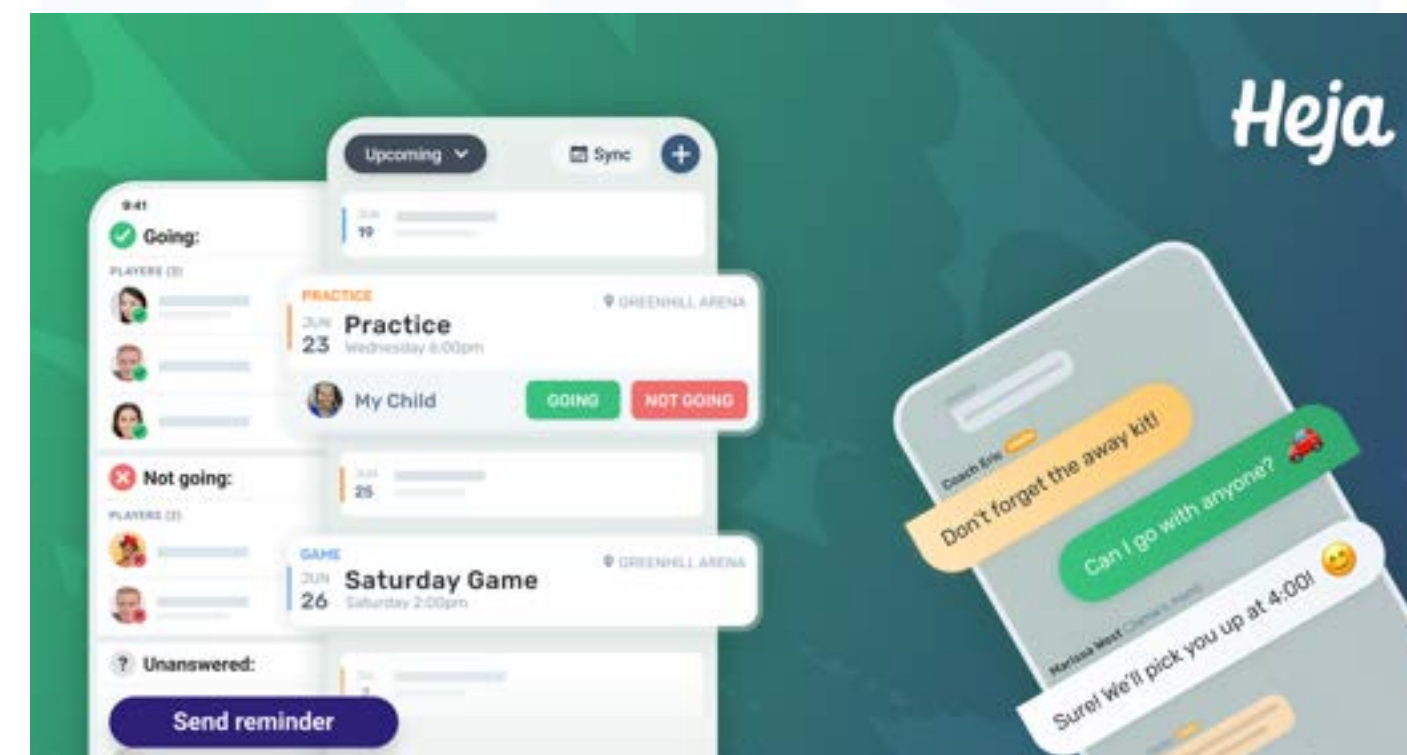
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# ADDITIONAL PROGRAM INFORMATION

## HEJA Team App

- Team Communication Application for AYSO Region 54
- Coaches will be able to control roster settings by inviting team staff, players, & parents
- Coaches & Parents will be able to view calendar soccer events, including practices & games.
- Coaches & Parents will be able to send messages and photos to each other
- Please download this app before the start of the season all teams will be using this platform for the Fall season



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# ADDITIONAL PROGRAM INFORMATION

## Equipment List

AYSO Region 54 provides uniforms which include: Jersey, shorts, & socks.

Players are **required** to wear shin guards underneath socks.

Cleats not required but **highly recommended**

- Soccer Balls
- U6 & U8: Size 3
- U10 & U12 : Size 4
- U14 & above: Size 5

## Not Allowed

- No jewelry (Earrings, watches, necklaces) & No Hats (i.e. baseball hats)
- Medical alert bracelets are the only exception
- No sunglasses are allowed unless they are prescription sunglasses
- No casts or splints even if they're padded and the player has been cleared by a doctor







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# ADDITIONAL PROGRAM INFORMATION

## Practice & Game Fields

### Games In Region 54

- U6, U8, U10 will be played at ABC Adult School (Cab Lane)  
20122 Cabrillo Lane, Cerritos, Ca.
- U12, U14/U16 - TBD
- Extra Teams - BU9 @ Cab Lane, BU12 & GU14 - TBD

### Practices in Region 54

- Extra Teams will practice on Field #3 CSC
- Cerritos Sports Complex - Fields 4, 5, & 6
- Heritage Park - Multi-purpose Field





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# ADDITIONAL PROGRAM INFORMATION

## Cerritos Sun Kissed Cup

- This is our Region's End - of- Season tournament for U8/U10/U12
- Takes place on November 11th & 18th  
Game Day #1 will feature elimination games  
Game Day #2 will feature Championship games!
- All players will receive a Cerritos Tournament pin and a T-shirt
- 1st & 2nd place will receive a Tournament medal
- U10, U12, & U14 will participate in Area Playoffs (top two teams)
- All Stars Tournament - players will be selected by their coaches to participate on the All Star team.
- There will be one(1) All Stars team for our U10, U12, & U14 divisions







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# REGION 54 SAFETY GUIDELINES

## Rain Policy

Region 54 **does not** cancel games due to rain. However, The City of Cerritos might. If games get cancelled, coaches will notify you. We will also update our website, social media page, and send out an email alert through Sports Connect.

Note: If there's thunder & lightning, play is stopped immediately and everyone should leave the field to a safe area (typically a car). Play cannot resume until 30 minutes after all thunder & lightning have stopped.

## Heat Policy

If the day is deemed hot, all games will be given an extra water break per quarter. Please make sure to bring plenty of water during these days.

The Region will put out a notice if there will be any cancellations. Your coach will notify you first.

## Game Cancellations

Cancelled games will not be re-scheduled. If make-up dates become available, parents will be notified.





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## REGION 54 SAFETY GUIDELINES

- Non-Registered Players/Volunteers **cannot** participate in practices or games (siblings **cannot** help during practices)
- Under **no circumstances** should adults play in scrimmages/games with players That includes playing games with other adults or minors.
- Club Linesman ( untrained volunteer) is NOT covered by insurance
- Parents **MUST** remain on the field with their children  
No drop-offs during practice!
- Please feel free to discuss any concerns with your coaches & the Region.  
( i.e. Learning disabilities, the Region will work with you)

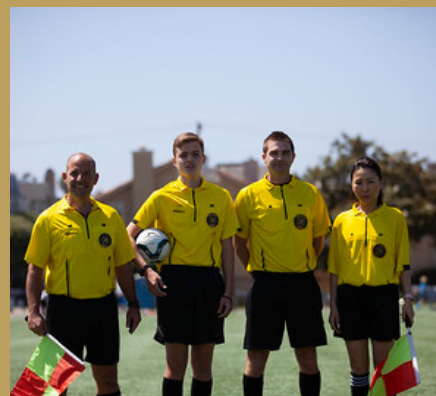






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## REGION 54 SAFETY GUIDELINES

# NO PETS ALLOWED!



Please keep your pets at home for ALL AYSO activities including practices & games!!!

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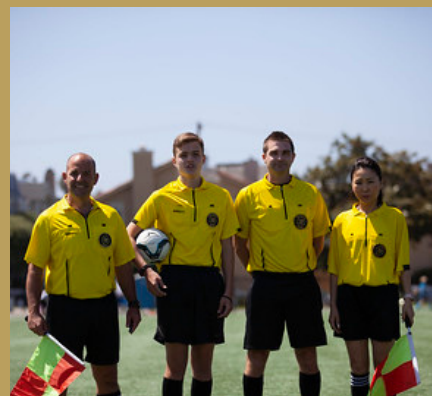






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# VOLUNTEERING WITH REGION 54

## What is an AYSO Volunteer?

A Coach, Referee, Team Parent, Registrar, Treasurer, Regional Commissioner. Many people, all contributing their time and efforts to make AYSO a great program for our soccer playing kids.

## Why Do We Need Volunteers?

Volunteers power the Region. Without volunteers Region 54 would not exist. Volunteers strengthen AYSO by giving their time, energy along with their ideas. We absolutely need your help!

## Who Can Be A Volunteer?

Almost anyone can volunteer. Moms, dads, sisters, brothers, grandparents, even players themselves! AYSO needs all of you to help make our soccer program a fantastic experience for our kids!

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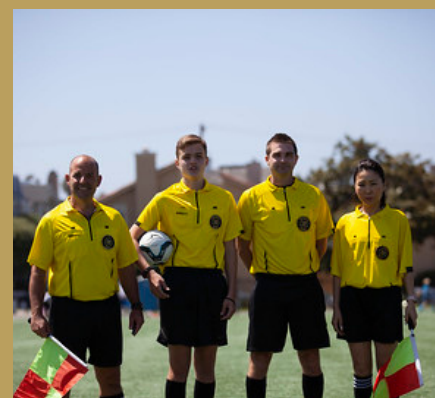






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# VOLUNTEERING WITH REGION 54

## AYSO Volunteers

- Coaches
- Assistant Coaches
- Referees
- Assistant Referees
- Youth Referees



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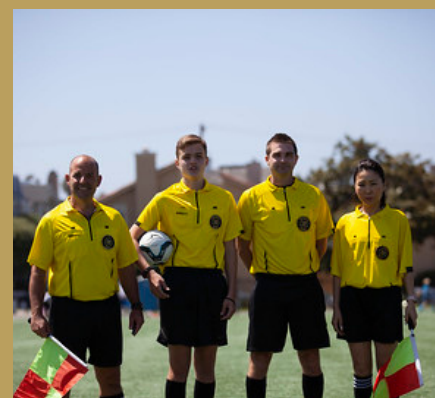






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# VOLUNTEERING WITH REGION 54

## Respect the Volunteers

- Coaches and Referees are usually parents. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support, too!
- What Coaches and Referees don't need is your help in coaching from the sidelines. Please refrain from coaching during the games & practices.
- Referees are NOT the "bad guys." They're volunteers, too, and need your support and encouragement. Treat them and their calls fairly & respectfully.
- We ask that in addition to respecting the other volunteers, please know that we may use you as a Club Linesman to help out our referees during the game.

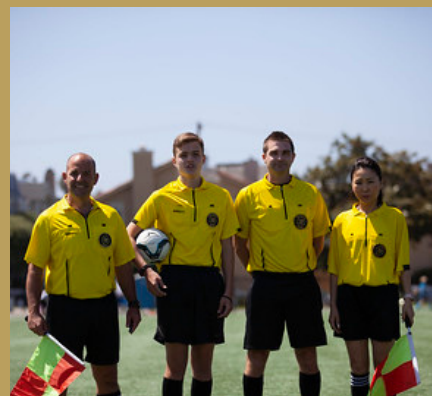






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# VOLUNTEERING WITH REGION 54

## Required Certifications

### Risk Status - Background Check

### LiveScan Certification

Fingerprinting technology that scans for criminal history background checks

### Safe Have Course

This course covers all AYSO philosophies on promoting safety, injury prevention as well as behaviors necessary to create a positive soccer experience.

### CDC Concussion Awareness

Volunteers will be given insight on the telltale signs of a concussion and know what to do in case one appears to occur.

### Sudden Cardiac Arrest Course

Volunteers are provided information to help recognize the signs and risk factors for SCA

### Safe Sport Course

Volunteers are provided information to help recognize adult/minor misconduct awareness and abuse prevention

### Coach/ Asst. Coach Certifications

Coaches are required to complete certification up to the division they are coaching. In- person training is required.

### Referee Certifications

Volunteers are required to complete Regional Referee training to become certified as a Referee in AYSO.

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# VOLUNTEERING WITH REGION 54

## AYSO Board Members

- Regional Commissioner
- Assistant Regional Commissioner
- Treasurer
- Secretary
- Coach Administrator
- Referee Administrator
- CVPA - Child & Volunteer Protection Advocate
- Registrar
- Safety Director
- Division Coordinator
- Other Board Positions Include: Purchaser, Scheduler, Fundraising, & more!

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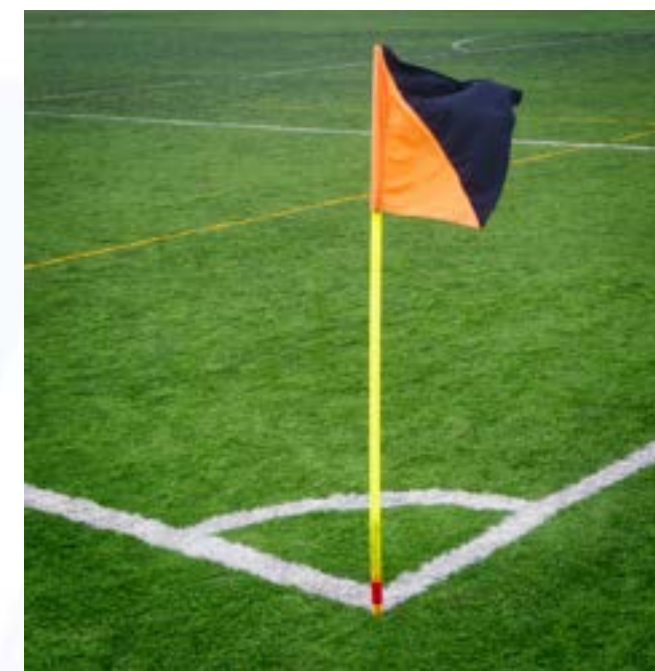


# VOLUNTEERING WITH REGION 54

## Parent Support on Game Days

### Opening Tasks - First game of the day

- Place goals on field/add nets to goals
- Place stakes/sandbags on goal backing
- Touch up fields with paint
- Set up corner flags



### Closing Tasks - Last game of the day

- Put goals & nets away
- Put stakes & sandbags away
- Put corner flags away
- Pick up any trash around the field







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# VOLUNTEERING WITH REGION 54

## We Always Need Referees!

- A game cannot be played unless there is a certified referee assigned to the game.
- The Referee is responsible for enforcing the Laws of the Game in such a way as to keep the game Safe, Fair & Fun.
- A referee's authority extends to everyone at the field, including players, substitutes, team officials, spectators, and assistant referees.
- The referee is expected to interfere with the game as little as possible, avoiding making calls for doubtful and trifling offenses.
- Refereeing is AYSO is a challenging and rewarding volunteer experience. Here is an opportunity for you to join the kids on the pitch as they learn to love the "Beautiful Game."







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# VOLUNTEERING WITH REGION 54

## Youth Referees

- Referees officiate U8 division matches. They will control the flow and enforce the rules.
- While the Laws of the Game will be enforced, the goal is to help keep the match flowing and allow the kids to have fun!
- Youth Referees are actively involved in refereeing games in our U8 & U10 divisions.
- We have a **ZERO TOLERANCE POLICY** on negative comments or verbal abuse of our youth volunteers. We will stop the game and ask you to leave! No Exceptions, No Excuses!
- Abuse of any sort toward the referee will NOT be tolerated.





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# VOLUNTEERING WITH REGION 54

## Become a Referee!

Learn the Laws of the Game!

Regional Referee Courses:

August 13, 2023 at Arbor Park in Los Alamitos Region 159

Learn the Laws of the Game , provide volunteer support for the Region!

Youth Volunteers are welcome to attend.

Reach out to our Referee Administrator Aravin at [rra.ayso54@gmail.com](mailto:rra.ayso54@gmail.com)



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# IMPORTANT UPCOMING DATES

## Contact with Coaches

You're coaches should be in contact soon.

## Practice Start Date

Monday, August 7, 2023 (based on coach schedule)

Your coach will let you know know their practice dates & times.

If coaches have not completed their required certifications they will not receive their team rosters until they are 100% certified.

## Uniform Distribution

Uniforms will be distributed to parents by coaches within the next few weeks.

## Game Schedules

All game schedules will be posted on Matchtrak. Schedules are currently being worked on.

## Season Dates

September 9, 2023 - November 18, 2023

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# IMPORTANT UPCOMING DATES

## Galaxy Family Night

Sunday, September 10, 2023 - more details to follow

## Picture Day

Sunday, October 1, 2023 (9:00- 12:00pm) - more details to follow

## Banner Day

Sunday, October 1, 2023 (10:00-3:00pm) - more details to follow

## Silent Weekend

October 7th & 8th

## Cerritos Sun Kissed Tournament

November 11th & 18th

## Playoff Games

December 2, 9, & 16

## All-Stars Tournament

January 6, 13, 20, & 27

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## OTHER NEWS & EVENTS

### Cerritos Swag



07\_AYSO54 Game Day V-Neck  
From \$25.00  
[More options](#)



08\_AYSO54 Score Card T-Shirt  
From \$25.00  
[More options](#)



09\_AYSO54 Tech Fleece Hooded Sweatshirt  
From \$48.00  
[More options](#)



10\_AYSO54 Solid Tech Fleece Hooded Sweatshirt  
From \$48.00



11\_AYSO54 Fleece Full Zip Hooded Sweatshirt  
From \$38.00



12\_AYSO54 Sport Fleece 1/4 Zip  
From \$30.00

# sideline screamers



#### AYSO 54

AYSO 54 has a new look! Get the gear to match!

 Sideline Screamers

Make sure to order your Cerritos Swag - Link posted on our wesbite

<https://sidelinescreamers.com/teamstore/ols/categories/asyo54>





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## OTHER NEWS & EVENTS

### Follow us on Instagram

Region 54 information is posted on our Instagram page as well as our Region website. Make sure to follow us to keep track of the latest Region 54 information.



Find us on  
**Instagram**

[https://www.instagram.com/cerritosayso\\_54/](https://www.instagram.com/cerritosayso_54/)

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# REGION 54 BOARD CONTACT INFORMATION

## Contact Us

| POSITION                                     | NAME                    | EMAIL                       |
|--|-------------------------|-----------------------------|
| Regional Commissioner                        | Veronica Janecky        | rc.ayso54@gmail.com         |
| Registrar                                    | Shanah Ali              | registrar.ayso54@gmail.com  |
| Treasurer                                    | Kant Guo                | treasurer.ayso54@gmail.com  |
| Child & Volunteer Protection Advocate (CVPA) | Jessica Oviedo          | cvpa.ayso54@gmail.com       |
| Secretary                                    | Milan Reese             | secretary1.ayso54@gmail.com |
| Referee Admin                                | Kailasapathy Aravinthan | rra.ayso54@gmail.com        |
| Asst. Referee Admin                          | Felipe Torres           | referees.ayso54@gmail.com   |
| Referee Mentor                               | Joshua Kim              | referees.ayso54@gmail.com   |
| U6 Coordinator                               | Veronica Janecky        | rc.ayso54@gmail.com         |
| U8 Coordinator                               | Milan Reese             | u8.ayso54@gmail.com         |
| U10 Coordinator                              | Joshua Kim              | u10.ayso54@gmail.com        |
| U12 Coordinator                              | Shanah Ali              | u12.ayso54@gmail.com        |
| U14 Coordinator                              | Veronica Janecky        | rc.ayso54@gmail.com         |
| Webmaster                                    | Joshua Kim              | webmaster.ayso54@gmail.com  |
| Safety Director                              | TBD                     |                             |
| Coach Admin                                  | TBD                     |                             |
| Field Coordinator                            | TBD                     |                             |
| Team Parent Coordinator                      | TBD                     |                             |

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## REGION 54 CERRITOS

### Please Remember

- Be Positive, These Are Kids Playing
- Be Supportive, Rather Than Critical
- The Opposing Team Is Not The Enemy
- Referees Are People Too, Show Respect
- Coaches & Referees Are All Volunteers
- Enjoy, This Is Just A Game For The Kids
- Set An Example, Your Kids Are Watching



### Thank You!







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## REGION 54 CERRITOS

Thank You!

Thank you parents! We look forward to seeing you out on the fields soon!

Have an amazing season!



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