



# AYSO Region 45

## Fall 2026 Buddy Form

Please use this form to request a buddy for your child or to buddy with another volunteer to coach a team together in Fall 2026. This form is a benefit provided by AYSO45 to encourage parents to volunteer. Forms will only be accepted when each parent/guardian listed on the form signs up to volunteer. **Volunteer roles are limited to Coach, Assistant Coach, Referee, Board Member or Field Preparation.**

If you have any questions about the Fall 2026 Buddy Form process, please email [volunteer@ayso45.org](mailto:volunteer@ayso45.org)

Please sign up for your volunteer role in your profile at [www.ayso45.org](http://www.ayso45.org) **before submitting** your buddy form electronically. Completed forms can be emailed to [volunteer@ayso45.org](mailto:volunteer@ayso45.org) or submitted in person at the in-person registration days. Fall 2026 Buddy Forms must be received by **31 July 2026**.

### Buddy Form Rules:

1. A player can only appear on one Fall 2026 Buddy Form. Children appearing on multiple Fall 2026 Buddy Forms will not be accepted. *Note: Each child can appear once on a 2026 Buddy Form and once on a 2026 Volunteer Recognition Buddy Form.*
2. Parents of each player must sign the buddy form and enrol their child in AYSO45 Fall 2026 online at [www.ayso45.org](http://www.ayso45.org) by 31 July 2026
3. Please choose a buddy that is playing in your age division
4. Siblings in the same age division are placed on the same team and can each request their own buddy

### Division of Play by Birthdate

U6	U8	U10	U12	U14	U16	U19
08/01/2020 - 07/31/2021	08/01/2018 - 07/31/2020	08/01/2016 - 07/31/2018	08/01/2014 - 07/31/2016	08/01/2012 - 07/31/2014	08/01/2010 - 07/31/2012	08/01/2007 - 07/31/2010

	Player 1	Player 2
<b>Age Division of Play</b> (please use table above e.g. U8)		
<b>Player Birthdate</b>		
<b>Player Name</b>		
<b>Please Circle One</b>	Boy / Girl	Boy / Girl
<b>Parent Name</b>		
<b>Parent Email</b>		
<b>Parent Phone Number</b>		
<b>Which Volunteer Role Selected</b> (roles described on website at <a href="http://ayso45.org">ayso45.org</a> – please sign up online)		
<b>Parent Signature</b>		