



## I've Registered, Now What Happens?

### What is the Board doing?

Immediately after the last early bird registration on June 30, your Regional Board begins the process of balancing the teams for the upcoming season. When this is completed, the coaches will be notified.

### When do the coaches get their teams?

Teams may begin practice on or after August 1. The coaches will call the players usually from mid to late July and schedule a parent meeting. They will give you all of the information you will need in regards to practice days, times and location. Each coach sets his/her own practice days (Mon-Fri), time (between 4-8pm) and location (fields located in El Cajon/Rancho San Diego).

### It's after August 1st and my child has not been called. What do I do?

Not all teams begin practice at the same time. If you haven't been contacted by August 1st, you should check with your child's Division Representative. The Division Rep contact information can be found on the website.

### What else does my child need?

The registration fee includes: complete uniform (jersey, shorts and socks); supplemental accident insurance; team and individual pictures. You will need to purchase appropriate shin guards. Many parents also purchase cleats and a soccer ball (U5-U8 size 3 ball, U10-U12 size 4 ball, U14 and up size 5 ball). Please remember to bring water to all practices and games.

### How often are practices and games?

Practices are held twice a week for U10 and up, normally for 90 minutes each day. U6-U8 will have one or two practices a week, normally for one hour. Schoolyard will do a warm up prior to their game. Games will be on Saturdays. U6 and up will have their first game on September 8th. Games and practices will be held on fields in El Cajon and Rancho San Diego. Some of the older divisions may play games elsewhere.

### Refund?

All requests for refunds and/or player withdrawals must be made in writing using our Refund Request Form. Please see our full Refund Policy at [www.ElCajonAYSO.com](http://www.ElCajonAYSO.com)

### Questions?

All questions can be emailed to our Registrar at: [registrar@elcajonayso.com](mailto:registrar@elcajonayso.com)  
Check [www.ElCajonAYSO.com](http://www.ElCajonAYSO.com) for updates and other contact information.

for the latest news and information

