



CITY OF LOS ANGELES DEPT. OF RECREATION & PARKS

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

SPRING 2024 SPORTS



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

Registration Begins Online February 1st & In-person on February 3rd

COREC SOCCER				
DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
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, March 2, 2024 at 9:00am
MINOR	9 - 10	2013-2014	\$180	Saturday, March 2, 2024 at 10:00am
MAJOR	11 - 12	2011-2012	\$180	Saturday, March 2, 2024 at 11:00am
COREC FLAG FOOTBALL				
DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
PEEWEE	7 - 8	2015-2016	\$180	Tuesday, March 5, 2024 at 5:30pm
MINOR	9 - 10	2013-2014	\$180	Thursday, March 7, 2024 at 5:30pm
MAJOR	11 - 12	2011-2012	\$180	Thursday, March 7, 2024 at 6:30pm
GIRLS VOLLEYBALL				
DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
MINOR GIRLS	9 - 10	2013-2014	\$180	Saturday, March 2, 2024 at 9:00am
MAJOR GIRLS	11 - 12	2011-2012	\$180	Saturday, March 2, 2024 at 10:30am
JUNIOR GIRLS	13 - 15	2009-2010	\$180	Saturday, March 2, 2024 at 12:00pm
SENIOR GIRLS	16 - 17	2007-2008	\$180	Saturday, March 2, 2024 at 12:30pm
COREC VOLLEYBALL				
DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
MINOR	9 - 10	2013-2014	\$180	Saturday, March 2, 2024 at 1:30pm
MAJORS	11 - 12	2011-2012	\$180	Saturday, March 2, 2024 at 2:00pm
JUNIORS	13 - 15	2009-2010	\$180	Saturday, March 2, 2024 at 2:30pm



Volunteer Coaches Needed!

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.

League information on back page.

SPRING 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: Cash (exact amount), checks, and credit cards (Visa or MasterCard). Please make checks payable to City of L.A.
- ***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 date and time.

PRACTICES

- **Practices will tentatively begin mid-March.** 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 April.** 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 a day between Monday-Sunday.

REFUND POLICY

- Full refunds will be issued **ONLY** 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.