



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Ventura Family YMCA**  
**Youth Soccer League**  
**Parent Handbook**

Winter 2026

**VENTURA FAMILY YMCA**  
**SOCER LEAGUE**  
**Parent Letter**

**Parents & Guardians,**

Welcome to the Ventura Family YMCA Youth Soccer League. Thank you for enrolling your children in youth sports at the Y. Here at the Y, our goal is to provide quality programs that provide a FUN environment where children are able to learn the fundamental skills of sports.

In order to accomplish this I ask that we always remember our role out on the court: Coaches Coach, Spectators (Parents) Cheer, Referees Officiate, and Players Play. This approach will ensure that our non-competitive league stays true to our mission stated in the Seven Pillars of YMCA Youth Sports.

**Pillar One - Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays half of every game.

**Pillar Two - Safety First.** Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop unsafe activities.

**Pillar Three - Fair Play.** Fair play is about playing by the rules and more. It's about coaches and players showing respect for all involved in YMCA Youth Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

**Pillar Four - Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

**Pillar Five - Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six - Sport for All.** YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same. Fair play involves respect! Fair play requires a clear understanding of the rules by everyone involved.

**Pillar Seven - Sport for Fun.** Sports are naturally fun for most kids. Some-times when adults become involved in children's sporting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them.

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of it's sports program. Remember, only a fraction of young people will play sports beyond high school, but the majority will become parents, employees, and citizens. By building their character, you'll give them and the rest of society a permanent gift.

- *Caring: To appreciate others and be sensitive to the well-being of others involved in the sports program*
- *Honesty: To have integrity, making sure that one's actions match one's values through participation in sports.*
- *Respect: To value the worth of every person, including oneself, one's teammates, opponents, and officials.*
- *Responsibility: To be accountable for one's behavior and obligations.*

Our intent is to provide as much support as needed to ensure a positive experience for you and your child(ren). If there are any questions or concerns during the season please do not hesitate to reach out to us.

Sincerely,

Maddie Ozbourn  
Sports Director  
&  
Nathan Ortiz  
Sports Department Lead

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**VENTURA FAMILY YMCA**  
**SOCCER LEAGUE**  
**Parent Code of Conduct**

The Ventura Family YMCA is asking for your cooperation as a parent and/or spectator. We would like everyone involved:

- To enjoy youth sports
- To have fun
- To create a positive environment that is free of stress

**MY PLEDGE TO GOOD SPORTSMANSHIP**

I will respect all gathered today at this game: officials, timekeepers and scorekeepers, coaches and fans, players and parents. I will cheer my team on and applaud all players' efforts. I will model good sportsmanship.

**Specific Fan Guidelines:**

- Praise your children during games and practices
- Keep comments positive
- Leave coaching to the coaches (You may be asking your child to do something the coach has told them not to do)
- Take any constructive comments regarding the game to the coach, who may approach the Sports Director/Coordinator at the end of the game
- Do not interrupt the game
- Be examples of good sportsmanship for our children to model
- Criticizing officials will not be allowed
- Negative behavior toward the opposing team will not be allowed
- Help us make this a positive and fun experience for everyone involved
- Remember that the game is for youth - not adults
- Place the emotional and physical wellbeing of your child ahead of personal desire to win
- Provide and display positive support, care, and encouragement for your child and other children in youth sports

**Policy Enforcement:**

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

**VENTURA FAMILY YMCA**  
**SOCER LEAGUE**  
**General Information**

### **Jerseys**

Parents are required to purchase their child's own jersey, which will be shipped directly to your home. You do NOT need to purchase another jersey if you would like to participate in future seasons.

- Click [Here](#) to order your jersey. Jerseys take about 3-5 days to ship.
- All that is required is the **MULTI-SPORT JERSEY**.
  - If there is a financial hardship, please reach out to me ASAP.
- All jerseys are reversible. The team that appears **first** in the game schedule will be "**white**," and the team that appears second will be "**blue**," so please come to each game prepared in the correct side of the jersey.
- For any questions on the jersey process, or if an order arrives incorrectly, please visit the "help" icon on the Uniform website.

### **General League Communication**

The week before the season starts, you will receive an additional email sent through the program Ygametime, containing your team information at the bottom of the email.

- Emails sent through YGAMETIME will contain important information, so please look out for similar emails sent throughout the season. These are sent from "[noreply@ygametime.com](mailto:noreply@ygametime.com)"
- Signing up for Text Alerts through the YGAMETIME website is highly recommended! Cancellations due to weather are possible, and we will be communicating these through text message alerts in addition to emails.

### **Coach Communication**

- **Download the GroupMe App ASAP & Create an Account:** <https://groupme.com/>
  - It is required to join your team's GroupMe chat via the link sent out in the YGAMETIME email as mentioned above. You can expect your coach to introduce themselves in your team chat prior to your first practice.

### **Game Schedule**

YGametime Link to view game schedule: <https://ygametime.com/branch/ventura/sports/>

- See **Soccer League** and then select your age group from the drop down
- **Don't lose the schedule - Create an App!** While there is not currently a mobile app for this website, you can save the schedule website to your Home Screen to create an app! See the following for Directions:
  - [Directions for iPhone](#)
  - [Directions for Android](#)

## **Timeline Reminders**

- Practices start the week of **2/2**
- First game: **2/8**
  - No games 2/15, 3/8, or 4/5
- Picture Day: **TBD**
- Last game/celebration: **4/12**

## **Equipment/Uniforms:**

- YMCA Multi-Sport Jersey
- Black soccer shorts or athletic shorts
- **Shin Guards (Required)** with soccer socks over top
  - Socks should be blue, white, or black
- Soccer Cleats (Recommended) or athletic shoes
- The YMCA provides soccer balls for games & practices. Please label your ball if your child brings their own! (details on ball sizes under General Rules by Age Group chart below).
- No Jewelry should be worn at games or practices, and long nails should be kept trimmed.

## **Practices**

- Be sure to have your child bring water and comfortable clothes.
- **Shin guards are Required for practices**
- This is not a drop-off program! Please **SIGN IN** on the sheet your coach will pass around at the beginning of practice. Parents must remain in the program area during the entire practice. Don't forget to **SIGN OUT** before leaving.
- Please be prepared to accompany your child to the restroom should they need to go during practice.
- If you are seeking an exception to our No Drop-off Policy, please see the last page of this handbook.

## **League Celebration**

- We are planning to host a small end-of-season celebration after your last game. We will send out more details on our celebration the week prior to the end of the season.

## **Volunteerism**

We have a great need for volunteer coaches. We would like to have a coach and assistant coach for each team to ensure greater attention for the players. We may also be in need of volunteers to help run the scoreboard and scorecards. It will be the responsibility of that team to find parents to fulfill those duties. We appreciate any and all support and involvement.

## **Post-Game Snack**

Each week, parents will take a turn bringing a healthy, pre-packaged snack to share with their team. The coaches will coordinate a snack schedule for their teams.

**VENTURA FAMILY YMCA**  
**SOCCER LEAGUE**  
**General Information, Con't**

**Inclement Weather Policy**

It is our intent to get every practice and game in as scheduled. However, safety is our top priority. Practices or games that are canceled due to inclement weather are not guaranteed to be made up. However, in the event of a cancelation due to weather, we will do our best to provide a make-up day if scheduling allows. (YMCA Leagues consist of a total of 7 game days. We have pre-built rain flex days into the season, and are expecting at least one weekend to be canceled. Our end date will most likely be 4/12, assuming 1-2 games during the season are rained out)

**General Rules by Age Group**

<b>Age Division</b>	<b># of Players on Field</b>	<b>Field Size</b>	<b>Goalie</b>	<b>Game Length</b>	<b>Ball Size</b>	<b>Throw-ins</b>	<b>Offsides</b>
3-4 yrs	4 v 4	30 x 20 yds	No	4 x 6 min periods	3	No; Kick-ins	No
5-7 yrs	6 v 6	60 x 30 yds	No	4 x 8 min periods	4	Yes	No
8-12 yrs	7 v 7	60 x 30 yds	Yes	4 x 9 min periods	5	Yes	Yes



## Sport League Check In/Out Waiver – Ventura Family YMCA

**First Name:** \_\_\_\_\_

**Last Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Program Dates:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Parent's Phone:** \_\_\_\_\_

**Parent's Email Address:** \_\_\_\_\_

**The Ventura Family YMCA requires all program participants under the age of 18 in sports leagues to be signed in and out by an adult over the age of 18 and for an adult to remain in the program area for the duration of the program.** While this policy is implemented for the safety of your child, there are some situations that a parent may request an exemption or alteration.

**I am requesting the following accommodation for my child (select one):**

My child, who is at least 11 years of age, has my permission to sign themselves in and out of the above sports league.

- My child will be responsible for checking in with a staff or volunteer coach at the beginning of practice at which time supervision from the staff/volunteer begins.
- My child will not be supervised by a staff/volunteer once he/she completes the self-sign out.
- To remain in the facility after the program ends, the participant must be above the age of 12 and have a valid YMCA membership.

My child, who is at least 7 years of age, will be signed in and out by a parent or guardian. I am requesting the ability to leave the facility while the program is occurring. I will remain reachable at the phone number listed above. I agree to be charged \$1 per minute for each minute my child is late being signed out.

**My justification for this request is as follows:**

**By submitting this request, I understand and agree to the following policies:**

- I grant permission for my child to use the restroom or drinking fountain without direct supervision from a parent, guardian, or staff member.
- Once approved, this request will remain in effect until the end of the program date unless it is revoked, in writing, to the YMCA Program Director.

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**OFFICE USE ONLY:**

Approved  Denied **Director Signature:** \_\_\_\_\_ **CORE:** \_\_\_\_\_