



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

FALL 2025 SPORTS

<https://www.laparks.org/reccenter/vnso>**Registration Begins Online July 29th & In-Person on August 5th**

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

Waivers available for those who qualify, and will need to submit proof.

Volunteer Coaches Needed!

Volunteer Coaches Needed!

CO-REC SOCCER

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
TINY MITES	3 - 4	2022-2021	\$225	No Evaluations Needed.
MIGHTY MITES	5 - 6	2020-2019	\$225	No Evaluations Needed.
PEEWEE	7 - 8	2018-2017	\$225	Saturday, September 6, 2025 at 9:00 AM
MINOR	9 - 10	2016-2015	\$225	Saturday, September 6, 2025 at 10:00 AM
MAJOR	11 - 13	2014-2012	\$225	Saturday, September 6, 2025 at 11:00 AM

GIRLS VOLLEYBALL

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
PEE WEE GIRLS	7 - 8	2018-2017	\$225	Saturday, September 6, 2025 at 9:00 AM
MINOR GIRLS	9 - 10	2016-2015	\$225	Saturday, September 6, 2025 at 10:00 AM
MAJOR GIRLS	11 - 12	2014-2013	\$225	Saturday, September 6, 2025 at 11:00 AM
JUNIOR GIRLS	13 - 15	2012-2010	\$225	Saturday, September 6, 2025 at 12:30 PM

CO-REC FLAG FOOTBALL

DIVISION	AGE	BIRTH YEAR	COST	EVALUATION
PEE WEE	7-8	2018-2017	\$225	Tuesday, September 9, 2025 at 5:30 PM
MINORS	9-10	2016-2015	\$225	Wednesday, September 10, 2025 at 5:30 PM
MAJORS	11-13	2014-2012	\$225	Thursday, September 11, 2025 at 5:30 PM

Van Nuys Sherman Oaks Recreation Center

FALL SPORTS 2025

Important League Information

REGISTRATION FEE & PAYMENT

- Registration fee includes: Uniform, awards, Officials and administrative costs. Payment must be paid in full at the time of registration. Registration forms must be completed. Method of payments accepted: Credit cards (Visa or MasterCard).
- ***Individual and team pictures are not included in the registration fee.**
- Age determined as of January 1, 2025.
- *Only siblings and children of the head coach 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.
- ***Requesting a specific coach or practice days will not be accommodated.***

PRACTICES

- **Practices will tentatively begin mid-September.** 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 & Sundays, *pre-season* practices will take place between 9:00am and 4:00pm.
- Practices may be held both at VNSO and other local gymnasiums and outdoor fields 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 and field availability.

GAMES

- **Games will tentatively begin early October.** Each team will play a minimum of eight (8) games.
- Tiny Mite divisions will practice for 25 minutes and have a 15—20 minute game. This division will meet once a week for 8-weeks.
- 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. An additional \$40 fee will also be applied after teams have been drafted.
- **NO REFUNDS** will be given after the first day of games.

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 live-scanned and cleared by the Department of Recreation and Parks Volunteer Department 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.