



ALDERGROVE

YOUTH SOCCER CLUB

AYSC Parent / Guardian & Player Guide

Welcome to AYSC Soccer!

The Aldergrove Youth Soccer Club strives to give all players the chance to develop their individual and team skills to the fullest of their potential.

AYSC ENCOURAGES A "ONE CLUB" PHILOSOPHY. Players grow and develop at tremendously different rates during their younger years. Although players may be assigned to a specific team in any given season, AYSC's programs are designed to allow players and parents / guardians to get to know other coaches and players within their age grouping, building trust and friendships across the wider Club.

All games are for FUN... let's keep it that way!





Questions, Comments?

If you have a question or concern at any point in the season – about a player, a parent / guardian, a volunteer coach or Club Coach, AYSC curriculum, a safety issue, etc. – please reach out to info@aldergrovesoccer.com sooner rather than later so that we can address it proactively!

Aldergrove Youth Soccer Club

info@aldergrovesoccer.com

778-401-6488 *phone number monitored infrequently – email is usually the quickest way of contacting us*

www.aldergrovesoccer.com

General Season Notes

All AYSC programs operate at Aldergrove Athletic Park, 27 Ave. and 269 St. behind Betty Gilbert Middle School (<https://www.google.ca/maps/place/Betty+Gilbert+Middle+School/>).

The Fall season starts in September and goes to the end of February. The season breaks for the Christmas holidays (second week of December through second week of January).

The Fall U5/U6 season ends at the Christmas break (no soccer for our youngest players during the colder, wetter Winter weather), but AYSC may offer training opportunities for this group January-February if there is enough interest.

The Spring season starts in April and goes to mid-June.

Inclement Weather Procedures

Rain / Snow

Sessions (practices or games) are run regardless of the degree of rain. **However, fields are sometimes closed by the Township of Langley due to too much water on the field. In extreme weather the Township can make this decision as late as just before any session.** In some instances, the Club itself may decide to close the fields depending on the weather.

If the fields are deemed unplayable, the Club will send a club-wide TeamSnap notification or email as soon as the decision is known. **You are encouraged to check your notifications, email, or the AYSC website / Facebook page often if the weather is questionable.**



Note that ONLY the Club can cancel a session; volunteer coaches should NEVER cancel any sessions themselves.

In the event of snow on the field, all sessions will be cancelled – a club-wide TeamSnap notification or email will be sent.



Parent / Guardian Responsibilities

Parents / guardians are responsible for making sure players make it to all games and practices. **You MUST contact the volunteer coach / team manager via TeamSnap or email if your player is unable to make the session.**

- you must arrive at least 15 minutes before the scheduled game start time – this allows the volunteer coach and players time to warm up, and parents / guardians to set up nets
- please volunteer to help with the team – bring oranges, be the team manager, help the volunteer coach!
- please help with equipment setup (and ensure your player is assisting as well)
- the games are for FUN so all comments from parents / guardians and fans should be kept positive – model good sportsmanship and cheer ALL good plays regardless of the team making the play – keep the focus off winning

Concussion Management

AYSC follows BC Soccer's Concussion Policy

(https://cloud3.rampinteractive.com/bcsoccerassociation/files/Safe%20Sport/2018_concussion_policy_digital_en_compressed.pdf). Parents / guardians can support this by being aware of concussion signs and symptoms, and supporting AYSO coaches' management of any situations involving potential concussions.

The Concussion Recognition Tool 6 (CRT6)

(<https://coach.ca/sites/default/files/documents/2024-09/crt6.pdf>) can help you identify concussion.

PLEASE INFORM YOUR COACH IMMEDIATELY if you feel your child may have a concussion.

Return to play post-concussion will follow BC Soccer's concussion protocols

(<https://cloud3.rampinteractive.com/bcsoccerassociation/files/Safe%20Sport/Return-to-Sport-Strategy.pdf>).



Volunteer Coach Responsibilities

Volunteer coaches are responsible for helping each player develop to his / her full potential, as best they can – but most importantly, encouraging players to have FUN!

All volunteer coaches are VOLUNTEERS who have given up their time to encourage your player's development as a soccer player. Parents / guardians, please remember that volunteer coaches are learning too. Please support AYSC's volunteer coaches by helping with team duties wherever you can!

Required Equipment

Provided by the Club at the Start of the Season (Included in Fees)

- **Jersey (Fall) or Tshirt (Spring):** In colder weather, an extra shirt or jacket can be worn UNDER jerseys or tshirts. Hoodies are not recommended but if worn must be tucked UNDER jerseys. Goalkeepers must wear a different coloured jersey to distinguish them from other players and the referee.
- **Shorts:** Shorts may be worn over leggings or track pants (not provided by the Club). (Track pants are not considered "proper" attire for older ages, however they may be worn for practices.)
- **Soccer Socks:** Socks must cover the entire shin guard.

Not Provided by the Club

- **Shin Guards:** Shin guards are mandatory for all age groups to prevent injury.
- **Footwear:** Cleats or runners are required for outdoor games. Non-marking runners are required for any indoor practices. Footwear must be safe and will be inspected by the referee.

A player must not use equipment or wear anything which might be dangerous. Rings, necklaces, watches, bracelets, earrings and barrettes MUST be removed. Hats with visors (e.g. ball caps) should not be worn, as they block a player's vision (consider a toque instead). Only lightweight arm casts wrapped with a soft material are allowed – casts made of plaster are not allowed as per Canada Soccer regulations.



Boot Exchange

AYSC maintains a free soccer boot (also called cleats) exchange at Aldergrove Athletic Park (Rubbermaid bins in the large container). If you need boots, check in the bins to see if there are a pair that will fit your player. If you have used boots to exchange or donate, please put them in a Rubbermaid bin during any session.

Practices

Volunteer coaches will conduct a practice session with their team (and at times other teams) within their age bracket / level, following weekly learning goals provided by the Club, and supported by Club Coaches.

Parents / guardians, please support your player in meeting the expectations for the practice. If you see your player is lacking focus or needs support, please provide it. Speak to your volunteer coach to see how you can support your player to stay on task and have fun.

Games

AYSC follows Canada Soccer's Grassroots Standards (https://canadasoccer.com/wp-content/uploads/2026/02/2026-CS-GrassrootsStandards-EN_final91.pdf). Grassroots games for U5-U10 are often "small-sided" (e.g. 3 v 3 or 4 v 4) which may look different from what you remember from soccer in your own youth. For some Saturdays, U5-U10s may play a traditional game against another AYSC team.

During any session (practice or game), teams may be divided into smaller groups – or combined into larger groupings across teams – to allow Club Coaches and volunteer coaches to focus on developing specific skills.

For Competitive teams, sometimes called "U11-U18" or "Traveling Teams", a Home or Away game is usually played against another local club (Boys usually Saturdays, Girls Sundays).

Volunteer coaches will typically conduct a short warm-up (10-15 minutes) with their team before any game.

It's important for you to cheer, encourage, and get excited for your players even though a session may look different than what you have seen in the past!

Laws of the Game – Brief Overview

Age Group	# of Players on Field	Ball Size	Coaches on Field During Play	Referee	Length of Half	Corner Kicks	Throw-Ins	Retreat Line
U5/U6	3-4 aside, no GK	3	Yes	optional	25 min	Yes	No (Kick-Ins)	1/2
U7/U8	5-6 aside, GK optional	3	Yes	optional	25 min	Yes	No (Kick-Ins)	1/2
U9/U10	7 aside, including GK	4	No	Yes	25 min	Yes	Yes	1/3
U11	8 v 8	4	No	Yes	25 min	Yes	No (Kick-Ins)	1/3
U12	8 v 8	4	No	Yes	35 min	Yes	Yes	No Retreat Line
U13	9 v 9	5	No	Yes	40 min	Yes	Yes	No Retreat Line

Additional Game Guidelines – Developmental Soccer (U5-U10)

SCORES / STANDINGS ARE NOT KEPT AT THE DEVELOPMENTAL LEVEL (SOMETIMES CALLED "IN-HOUSE", "RECREATIONAL", OR "U5-U10").

- there is no overtime or shootouts; no offside calls are made
- goalkeepers should not play more than one half per game
- players should be rotated through all positions throughout the season
- players should have equal playing time
- for small sided game formats (e.g. 3 v 3 or 4 v 4), throw-ins where listed above are substituted with dribble-ins or pass-ins
- **no "slide tackles" or "slide checks"** (only allowed U11 and up) – will result in an indirect free kick
- **the number of players on a field listed above is a GUIDELINE** – volunteer coaches can agree to adjust numbers up or down depending on circumstances (e.g. if many players are away, or both teams have large rosters who all show up) – if necessary, mix or divide the teams and just PLAY!



AYSC – Building Community Soccer in Aldergrove

The AYSC Executive works hard to provide quality soccer programs within the Aldergrove / Langley / West Abbotsford area, with programming from youth through to adult (in partnership with the Aldergrove United adult club). AYSC follows BC Soccer's Long-Term Player Development (LTPD) model, which promotes player development from "Wellness to World Cup".

- U18 Boys 2012 – Bronze Medal at Provincial Championships
- U18 Boys 2014 – Fraser Valley District Champions
- U17 Girls 2014 – Gold at Provincial Championships
- U14 Girls 2025 – Coastal Cup Champions
- AYSC players have gone on to the Whitecaps residency program and have received soccer scholarships to TWU, UNBC
- Former AYSC player Joel Waterman is currently playing in the MLS and played for the Canadian National Men's Team at two World Cups (2022 Qatar; 2026 Canada / USA / Mexico)

Although AYSC is perhaps one of BC's smallest clubs, we're very proud that we run the Club extremely efficiently, with some of the lowest fees in the Lower Mainland.

Registration fees are inclusive of ALL of the following:

- BC Soccer fees / insurance
- referees and linespersons
- an individual and a team photo
- uniforms (jersey / tshirt, shorts and socks)
- use / upkeep of equipment (balls, cones, and nets)
- field maintenance (lining) and other field charges for all-weather and grass fields
- general Club operating costs (administration, Club Coaches, accounting, advertising, website and systems costs, etc.)

AYSC is largely a volunteer- and sponsor-driven club. WITHOUT VOLUNTEERS AND SPONSORS, THE AYSC COULD NOT EXIST. We invite you to get involved with our Club by volunteering to be a volunteer coach, team manager, or Executive member, or by sponsoring our Club – contact us at info@aldergrovesoccer.com for more information.

Revised 01-Oct-2026