

# **EXTRA (formerly Plus) Guidelines**

## **Overview**

The EXTRA program is designed to give AYSO players an opportunity to participate in a more competitive level of soccer play without the substantial increase in cost, time commitment, and travel required of club soccer.

The AYSO EXTRA program is run during the fall season. Teams may also participate in a pre and other post season tournaments. Region 55 teams compete against other AYSO EXTRA teams from Area K – Northwest Orange County ([www.ayso11k.org](http://www.ayso11k.org)), Area L – South Orange County ([www.ayso11l.org](http://www.ayso11l.org)), and Area Q – Central Orange County ([www.ayso11q.org](http://www.ayso11q.org)).

## **Players**

A player interested in the EXTRA program should understand the higher level of commitment and work that the program entails.

All players registered for the coming AYSO Fall season are welcome to tryout. Attendance at one tryout date is mandatory. Attendance at both tryout dates is strongly encouraged to give evaluators a better idea of the player's talent.

**Tryouts for the 2010 EXTRA teams will be held on April 3rd & 10th at Sun View Elementary at the following times:**

### **Girls - April 10th**

U13/U14 1:00 PM - 2:30 PM

U11/U12 2:30 - 4:00 PM

### **Boys - April 3rd**

U13/U14 1:00 PM - 2:30 PM

U11/U12 2:30 - 4:00 PM

Note: EXTRA Team players are not eligible for All-Stars or post season playoffs.

## **Coaches**

All AYSO EXTRA coaches need to have completed age appropriate coach training as well as Intermediate Coach training (U10 and U11) and Advanced Coach training (U12–U14). All AYSO EXTRA coaches must be Coach Safe Haven certified. In addition, each coach must be a trained and certified referee (Basic or higher badge level). In the case of training/certification deficiency, the applicable coach will be given until August 25 of the current registration year to obtain the necessary training/certification.

If you are interested in coaching a EXTRA team, please contact Rich Vendas, Region Coach Administrator at [coach@ayso55.org](mailto:coach@ayso55.org)