



## YOUTH SPORTS FREQUENTLY ASKED QUESTIONS

- **Where can I pick up a flyer and registration form?**  
Flyers and registration forms are available at Rusch Park Community Center, 7801 Auburn Blvd., Citrus Heights, CA. The following school districts, San Juan Unified School District, Center Joint Unified School District, Twin Rivers Unified School District and Dry Creek Joint Elementary School District distribute our program flyers/registration forms prior to each program. Please see our website for program information and registration form.
- **My child won't be able to make it to the player ratings day. Can he/she still play?**  
The question only applies to youth flag football. Yes, although player ratings are highly recommended, they are not required. The child will be given an average score of those of the same gender and in the same grade level and placed on a team.
- **If the league is full, can my child somehow still get in the league?**  
Yes, once a league fills up, players are added to a waiting list and placed as space becomes available. Waiting lists are kept until the week prior to the first game.
- **What equipment do you recommend for my child?**  
Soccer: shin guards, athletic shoes or plastic cleats  
Flag Football: mouth guard, athletic shoes or plastic cleats  
Basketball: athletic shoes  
Baseball Camp: glove, athletic shoes or plastic cleats
- **I am interested in coaching. How do I sign up?**  
You can fill out our volunteer application and email to [tgordon@sunriseparks.com](mailto:tgordon@sunriseparks.com) or fax (916) 725-2541. You can also email the following information; name, address, contact numbers, sport, and preferred age level to [tgordon@sunriseparks.com](mailto:tgordon@sunriseparks.com) If you have additional questions, please contact Todd at (916) 725-0186.
- **Why are schedules handed out so late?**  
Schedules cannot be made until after teams are established, which normally occurs after the first week. Sometimes a team does not have a coach right away, so this further delays the process. If this happens, staff will make every effort to have schedules created one week prior to the first game.  
  
Please note that coaches are informed of game dates, locations, and approximate game times at the initial coaches meeting.
- **When are cancellations made up?**  
Games cancelled due to weather or other reasons will be made up if and when/where feasible. This is dependent on availability of game officials, conflicts with other events, and availability of facilities.