

East Sac Soccer Club
Select Soccer FAQ

What is Select Soccer?

Select Soccer is a level of soccer between Recreation and Competitive. Further details are provided below. However, to give some context to how Select fits in, the next questions and answers provide more general background on the various organizations involved in running soccer in our community.

What is East Sac Soccer?

The East Sacramento Youth Soccer Club (ESYSC or East Sac Soccer) is a soccer club affiliated with the Sacramento Youth Soccer League (SYSL) and the California Youth Soccer Association (CYSA).

East Sac Soccer offers playing opportunities at both the Recreational and Select level.

Please visit www.eastsacsoccer.com for more information about the Club.

What is SYSL?

The Sacramento Youth Soccer League is a league composed of 17 local soccer clubs. SYSL operates a recreational soccer league covering the area in this [map](#). The member Clubs are:

Clarksburg	Inter Youth	Southgate
Davis Alliance	Land Park	Tahoe Park
Dixon	Our Lady of Guadalupe	Valley Hi
East Sacramento	Parkway	West Sacramento
Fruitridge	River Park	Woodland
Greenhaven	South Florin	

Please visit www.sysl.com for more information about the League.

What is CYSA?

East Sac registers its players with the California Youth Soccer Association, CYSA, which is the largest youth soccer organization in Northern California. CYSA provides the Clubs with playing rules, governing policies, insurance, and affiliation with the US Youth Soccer Association. CYSA is organized into geographical Districts. The Sacramento Youth Soccer League is a member of CYSA District 6.

Please visit www.cysanorth.org for more information about the Association.

What is CYSA District 6?

CYSA District 6 has the geographical [boundaries](#) of Fairfield (west), Elk Grove (south), South Lake Tahoe (east), and Chico (north). CYSA District 6 also operates Select and Competitive soccer leagues. CYSA District 6 is composed of the following recreational playing leagues:

49er	Capital Valley	Fairfield-Suisun
American River	El Dorado	Gold Country
Butte	Elk Grove	Placer

Please visit www.d6soccer.org for more information about the District.

What are the different levels of youth soccer?

CYSA currently has three levels of youth soccer: Recreation (Division 4), **Select** (Division 3), and Competitive (Division 1). The table below shows what one might expect from these programs, although the cost and time commitments vary from team to team.

Playing Level	Ages	Annual Cost	Time	Games	Weekend Tournaments	Travel	Coaches
Competitive	8-18	\$2,000	12 months	30-40	8+	District 6	Paid
Select	8-18	\$200-\$400	7 months (Jun-Dec)	20-30	3-6	District 6	Licensed Volunteers
Recreation	4-18	\$100	4 months (Aug-Nov)	10	0	Sacramento Area	Parent Volunteers

What is Recreation Soccer?

Recreation soccer consists of teams formed through registration and typically consists of a 10 game season between September (Labor Day) and November (Thanksgiving). Practices typically begin in August and are held once or twice a week. East Sac Soccer recreation teams compete within the SYSL and play against SYSL Clubs during their regular season.

An estimated cost for recreation soccer is \$100 including registration and uniform.

What is Select Soccer?

Select Soccer (formerly referred to as 'Metro') is a level of soccer between Recreation and Competitive. Select teams are typically formed by starting with a "core team" of returning players, and then filling the remaining roster spots through open tryouts.

Select teams play a 10 game regular season in a league made up of teams from across CYSA District 6. In addition, Select teams play tournaments and District Cup. This adds an additional 10 to 15 games to the season. Tournament play starts in August and many Select teams begin practice in early summer. The average select team will play between 20 and 30 games between August and December.

An estimated cost for select soccer is \$200 to \$400 including registration, uniform, and tournaments and varies depending on the number of tournaments a particular team enters.

What is Competitive Soccer?

Competitive Soccer uses a tryout system to select players. The training and tournament schedules are more intense, and the coaches and trainers are paid by the team. Leagues can be formed across larger geographical areas so regular season travel can be more extensive.

As an example: Sac United is a competitive soccer club in our area. The teams are created through the tryout process and the Club is made up of only competitive level teams. They require a year round commitment from players and the cost to participate is considerably higher than Select (approximately \$2000 per season) for the following reasons: Paid Director of Coaching, Paid Team Coaches, and more extensive tournament and regular season travel.

What benefits are there to my child playing on a Select team?

Select strikes a good balance between allowing your child to play soccer on a more competitive level while at the same time not making soccer the sole priority to the exclusion of other activities.

The benefits of Select over recreational are that your child will play more soccer because of an extended soccer season and by playing in tournaments. With the tournament play and regular season play combined, Select players typically will get about twice as many games as recreational players. In addition, Select soccer teams generally consist of players who are more committed to soccer than at the recreational level. The strength and diversity of opposition teams ensures a more challenging environment. The coaches tend to be more experienced and are required to have coaching and refereeing licenses that are not required of recreational coaches

The benefits of Select over Competitive soccer are that many of the above positives can be accomplished without your child becoming a full time soccer player at such a young age. Select soccer allows kids, no matter how talented at soccer, to continue to actively participate in other activities. Select also is more affordable than Competitive and requires less travel.

Who should try out for Select Soccer?

Players who are enthusiastic about soccer and want to improve their skills are encouraged to try out. Your child does not have to be a soccer star – she/he just needs a passion for the game and willingness to learn and grow. Some indications that your child is a player suited for a Select team include that your child:

- has a high interest level in soccer and practices on her/his own or with friends outside of soccer practice
- has a desire to play in more than 10 soccer games per year
- is one of the better players on her team and seems to want more than recreational level soccer
- sees higher-level players and wants to be like them
- is mature enough to commit to more frequent practices and more strenuous training
- wants more of a challenge on the soccer field

Will I have to travel far?

At the U-9 & U-10 age levels, East Sac Select teams typically will enter into Sacramento area tournaments. As the teams move up into older age groups, they may choose to travel more and travel may include overnight hotel stays. Each team will choose for itself which tournaments to apply for. Half of the regularly scheduled games will be played at a field in East Sac. The remaining regularly scheduled games will be played at locations within District 6 but typically within 15 to 45 minutes driving distance from East Sac.

What is required for coaches?

Coaches are held to a high standard. The head coach must have both 'F' and 'E' coaching licenses. An assistant coach must have an 'F' coaching license. Either the head coach or assistant coach also must have a USSF Grade 8 Referee License.