



## Frequently Asked Questions for Youth Sports

### General

- **When does registration take place?**
  - Spring registration typically begins the first Monday of January, following New Years Day.
  - Fall registration typically begins the first Monday of June
  - Winter registration typically begins the third Monday of September
  
- **My child is interested in playing multiple sports in the same season, is that possible?**
  - Playing multiple sports in the same season is left up to the parent's discretion. Please note that by signing up for multiple sports in the same season, you are accepting responsibility for doing so, knowing there could be possible scheduling overlap. If you would like to sign up for multiple sports, it is best to avoid signing up for sports whose practices and games fall on the same days (i.e., Soccer and Flag – both leagues practice during the week and play games on Saturday) as this will lead to a much higher likelihood of scheduling conflict.
  
- **How are the age cutoff dates selected and how are they applied?**
  - The age cutoff dates used by the Town of Fuquay-Varina are widely accepted age cutoff dates for youth sports and align with the organization responsible for post season tournament play. To determine what league your child will be in, calculate his/her age on the cutoff date. The age cutoff date is applied to everyone the same and your child will be placed in a league of his/her peers.
  
- **How are teams formed?**
  - Team formation depends on the age group.
    - For ages 7 & under we assign teams at random while still trying to keep teams balanced using the skill grade the parents give us at the time of registration.
    - For ages 8 & above our teams are drafted by the Head Coach. We will hold a Pre-Season Evaluation which every participant is encouraged to attend. Higher attendance rates for pre-season evaluations lead to higher

success rates in balancing the talent within the league. The coaches of each league will evaluate each player's skill level and will then hold a draft for the coaches to pick the teams.

- For Lacrosse, all teams are assigned at random.

➤ **What if my child is not available to attend evaluations?**

- We urge you to make every effort to attend evaluations to help us provide the fairest league possible. Your child is still eligible to participate but will be randomly assigned to a team. Players that do not attend evaluations are not eligible to be drafted.

➤ **Can I submit a request for scheduling or team placement?**

- For leagues that are not drafted, you can submit requests on your sport registration. For leagues that are drafted, we do not accept requests for team placement or scheduling. Please understand that while we will do our best to accommodate requests that are submitted during the registration process, we are unable to guarantee team placement or scheduling needs.

➤ **I have multiple kids in the same age group, will they be on the same team?**

- Yes! We will make sure that siblings are always placed on the same team within the same age group. To ensure siblings are placed on the same team, please be sure to enter the same email address when completing registration.

➤ **I would like to become a volunteer coach, what do I need to do?**

- Volunteer coaches are the lifeblood of the Parks and Rec program, and we are always looking for great volunteers! If you would like to volunteer as a head or assistant coach, you will need to fill out the Coaches application and background check by following the links below. Once you have completed both and your background check has been reviewed, you are good to go and can get your coaches shirt and wristband for the season.

- Application - <https://www.fuquay-varina.org/FormCenter/Parks-Recreation-8/Youth-Coaches-Application-48>
- Background Check - <https://app.sterlingvolunteers.com/en/Mains/Home>
  - Good Deed Code: xd4cwoa

➤ **If I volunteer to coach, will I be able to coach my child?**

- Yes! We guarantee your child will be on your team.

➤ **I'm not committed to being a head coach but would like to help as an assistant, how does that work?**

- Individuals who wish to help out as an assistant coach should go through the same process as above in filling out the application and background check. Once

your child has been assigned to or drafted to a team, you can reach out to your team's head coach to let them know that you would like to be an assistant coach.

- In drafted leagues, if you wish to be an assistant coach for a specific Head Coach, it is the responsibility of the Head Coach to draft your child in keeping with the draft policies. We do not allow Head Coaches to "hold" an assistant coach during the draft process.
  
- **Where can I find the rosters, practice schedules and game schedules?**
  - Rosters and practice schedules are emailed to coaches and parents at least 2 weeks prior to the start of practices. Likewise, game schedules will be emailed to parents and coaches at least 2 weeks prior to the start of games. Schedules will also be posted on a calendar on each sport specific webpage.
  
- **I have received my child's roster and there is no coach listed, what do I do?**
  - If you receive your child's team roster and they do not have an assigned coach, do not worry. We are always actively recruiting coaches for our program and will do our best to find one for your team as quickly as possible. If you are interested in coaching your child's team, please be sure to complete the application and background check. Once a coach has been identified and completed the necessary paperwork, we will notify the team. If a coach is not found prior to the first day of practice, you will still attend practice at your regularly scheduled time and a member of the parks and rec staff will be present to help facilitate practice.
  
- **My Child lost his/her uniform shirt, what do I do?**
  - To get a new uniform shirt, you must visit the community center and pay the uniform shirt re-order fee (\$15). Once you have paid the fee, we will order a new shirt. Shirts can take up to 2 weeks to come in once ordered. When you pay this fee, please be sure to provide the following info:
    - Sport, Age Division, Team Name, Shirt Size and Number.
  - While waiting for the arrival of your new shirt, players may participate in regular season games by wearing a shirt that is similar to their team color. Players that do not have a uniform shirt may be withheld from tournament play.
  
- **Does the Parks and Rec department provide end of season awards/trophies?**
  - Yes. Leagues 10U and below will receive trophies to commemorate the season. League 12U and above will receive a gift from the Parks and Recreation Department.
  
- **What days and times are youth sports activities typically held?**
  - Youth sports activities may be held any day during the week. While we do try to limit activities on Wednesday evenings, there are no guarantees. We typically do not schedule activities for Sundays unless necessary. If Sunday activities are necessary, we will try to make this information available well in advance.

- Weeknight (Monday-Friday) activities typically do not begin before 5:45 PM and are typically finished by 9:00 PM. Weekend (Saturday & Sunday) activities typically do not begin before 8:30 AM and would be finished no later than 9:00 PM.

## **Baseball/Softball**

- **When are Baseball/Softball activities held?**
  - Prior to the start of games, teams will have practice 2 times per week, once during the week (Monday-Friday) and again on Saturday. When games begin, they will be played during the week and teams will keep their Saturday practice time. Specific times/days are not determined until teams have been formed and coaches have been selected.
- **Where will Baseball/Softball activities take place?**
  - Baseball/Softball activities may take place at any of the following locations:
    - South Park – 820 S. Main Street
    - Action Park – 609 Wake Chapel Road
    - Falcon Park – 105 Falcon Drive
    - Ballentine School Park – 1651 McLaurin Lane
- **What do the Evaluations consist of? What will my child need to bring?**
  - Each player will be evaluated on their hitting, running, fielding, and throwing. Your child needs to bring their glove and a bat.
- **What equipment will parents need to purchase for their child?**
  - Baseball - Parents will need to purchase grey pants, a glove, and socks.
  - Softball – Parents will need to purchase black pants/shorts, a glove, and socks.
  - The following items are recommended, but not required for both baseball and softball: Bat, Helmet, Bat Bag, Molded Cleats (no metal), & Water bottle.
- **What equipment will the Parks and Recreation Department provide?**
  - Baseball – Field space, balls, catcher’s gear, uniform shirts, and hats.
  - Softball – Field space, balls, catcher’s gear, and uniform shirts.
- **What kind of bat regulation is there in this league?**
  - Baseball - All bats should meet the USA Baseball Bat Guidelines. These guidelines can be found by visiting <https://www.usabaseball.com/bats/guidelines>
  - Softball - As a general rule, all fast pitch softball bats must have a 2 1/4-inch barrel diameter and must not be over 34 inches in length and 31 ½-oz in weight.

- **Does my child's batting helmet need a face mask?**
  - All players participating in Jr Bambino & Bambino Baseball, as well as 7U and 8U Softball are required to wear a helmet with a face mask while batting. All players participating in older age divisions are encouraged to wear a helmet with a face mask while batting but are not required.
- **What size softball does each league use?**
  - 10U and below – 11inch
  - 13U and above – 12inch
- **Does my child have to wear a fielding mask for softball?**
  - No. Fielding masks are not required for youth softball. It is highly recommended for pitchers to wear them for safety.

## **T-Ball**

- **When are T-Ball activities held?**
  - All T-Ball activities will be held on Saturdays.
- **How is the program set up?**
  - Each team will follow a 10-week program where teams will receive 5 dedicated practices and 5 games.
- **Where will T-Ball activities take place?**
  - All T-Ball activities will take place at Ballentine Elementary School located at 1651 N. McLaurin Lane Fuquay-Varina, 27526.
- **What equipment will parents need to purchase for their child?**
  - Parents will need to purchase grey pants, a glove, and socks. The following items are recommended, but not necessary: Bat, Helmet, Bat Bag, Molded Cleats, & Water bottle.
- **What equipment will the Parks and Recreation Department provide?**
  - We will provide the field, balls, tees, and uniforms. T-Ball equipment will be kept on site for all teams to use.
- **Does my child's bat need to have a USA baseball stamp?**
  - We do not regulate bats in our T-Ball League. We recommend that you purchase your child a bat that they can swing comfortably.

## Soccer

- **When are Soccer activities held?**
  - 4U/5U – All activities will be held on Saturdays. 5 practices and 5 games.
  - 6U-17U - Prior to the start of games, teams will have practice 2 times per week, once during the week (Monday-Friday) and again on Saturday. When games begin, they will be played on Saturdays and teams will keep their weeknight practice time. Specific times/days are not determined until teams have been formed and coaches have been selected.
  - 14U-17U – These age groups are subject to the activity schedule above in addition to the possibility of an occasional weeknight game during the season depending on registration numbers.
  - Due to time constraints, leagues 6U and above are subject to having a “Kickoff Game Week” where games are played during the week and on Saturday.
  
- **Where will Soccer activities take place?**
  - Soccer activities may take place at any of the following locations:
    - Fleming Loop Park – 503 Fleming Loop Road
    - Old Honeycutt Park – 101 Fitness Drive
  
- **What do the Evaluations consist of? What will my child need to bring?**
  - Each player will be evaluated on their dribbling, passing, shooting and running. Your child needs to wear athletic attire including tennis shoes or soccer cleats and will need to bring his/her water bottle.
  
- **What equipment will parents need to purchase for their child?**
  - Parents will need to purchase black shorts, shin guards and soccer socks.
  
- **What equipment will the Parks and Recreation Department provide?**
  - We will provide soccer balls, pinnies, and cones to coaches for practices. We will also provide uniform shirts for participants.
  
- **What size soccer ball does my child need?**
  - 4U-8U – Size 3
  - 10U-12U – Size 4
  - 14U-17U – Size 5

## Flag Football

- **When are Flag Football activities held?**

- Prior to the start of games, teams will have practice 2 times per week, once during the week (Monday-Friday) and again on Saturday. When games begin, they will be played on Saturdays and teams will keep their weeknight practice time. Specific times/days are not determined until teams have been formed and coaches have been selected.
- **Where will Flag Football activities take place?**
  - Flag Football activities may take place at any of the following locations:
    - Fleming Loop Park – 503 Fleming Loop Road
    - Banks Road Park – 10225 Chambers Road
- **What do the Evaluations consist of? What will my child need to bring?**
  - Each player will be evaluated on their running, catching, and flag pulling abilities. Players may also be evaluated on their throwing abilities. Your child needs to wear athletic attire including tennis shoes or cleats and will need to bring his/her water bottle.
- **What equipment will parents need to purchase for their child?**
  - Parents will need to purchase black shorts WITHOUT pockets.
- **What equipment will the Parks and Recreation Department provide?**
  - We will provide footballs, pinnies, and cones to coaches for practices. We will also provide uniform shirts and mouthguards for participants. Parents are welcome to purchase their own mouth guard as well.
- **What size football does my child need?**
  - 6U – K2
  - 9U – K2
  - 12U – TDJ
  - 15U – TDY

## **Volleyball**

- **When are Volleyball activities held?**
  - Prior to the start of games, teams will have practice 2 times per week, once during the week (Monday-Friday) and again on Saturday. When games begin, they will be played during the week and teams will keep their Saturday practice time. Specific times/days are not determined until teams have been formed and coaches have been selected.

- **Where will Volleyball activities take place?**
  - Volleyball activities will take place at the following location:
    - Fuquay-Varina Community Center – 820 S. Main Street
- **What do the Evaluations consist of? What will my child need to bring?**
  - Each player will be evaluated on their ability to bump, set, and serve. Your child needs to wear athletic attire including tennis shoes and will need to have his/her knee pads.
- **What equipment will parents need to purchase for their child?**
  - Parents will need to purchase black shorts and knee pads. Participants must also wear closed toe athletic shoes.
- **What equipment will the Parks and Recreation Department provide?**
  - We will provide all equipment necessary for practice/games and it will be kept on site. We will also provide uniform shirts for each participant.
- **What size volleyball does my child need?**
  - 10U and 12U – Vollelylite
  - 14U – 18U – Standard Size Volleyball

## Lacrosse

- **When are Lacrosse activities held?**
  - Prior to the start of games, teams will have practice 2 times per week, once during the week (Monday-Friday) and again on Saturday. When games begin, they will be played during the week and teams will keep their Saturday practice time. Specific times/days are not determined until teams have been formed and coaches have been selected.
- **Where will Lacrosse activities take place?**
  - Lacrosse activities will take place at the following location:
    - Fleming Loop Park – 503 Fleming Loop Road
- **What equipment will parents need to purchase for their child?**
  - Parents will need to purchase black shorts and lacrosse sticks.
- **What equipment will the Parks and Recreation Department provide?**
  - We will provide lacrosse balls, goals, and field space. We do have some sticks that teams may use but there are not enough for everyone to have a stick. We will also provide mouth guards and a uniform shirt for each player.



➤ **Is this traditional lacrosse?**

- The format of this league is similar to “Speed” lacrosse. The league is non-contact and does not require the use of additional protective gear aside from those mentioned above. Speed lacrosse is also played without goalies.

## **Tackle Football**

➤ **When are Tackle Football activities held?**

- Each participant is required to complete 10 hours of supervised conditioning prior to beginning practice. This will be accomplished during conditioning week, Monday-Friday. Teams will then practice 2-3 times per week typically lasting 1.5-2 hours per practice. Practice schedules are not set until coaches have been chosen and teams have been formed. Once games begin, teams will continue to practice 2-3 times per week and teams will play games on either Tuesday evening or Saturday. Saturday games could be held at any time during the day.

➤ **Where will Tackle Football activities take place?**

- Tackle Football activities will take place at the following location:
  - Fleming Loop Park – 503 Fleming Loop Road

➤ **How are teams formed for tackle football?**

- Players are evaluated during conditioning week and are grouped by position (Quarterback, Skill, Lineman). Towards the end of conditioning week, coaches will submit grades for all players and then a draft will be held to pick teams. Drafts are done by position groups to ensure all teams have necessary positions filled on their roster.

➤ **What does my child need for conditioning week?**

- Your child will need to wear shorts and a T-shirt as well as football cleats. He/she will also need to bring a water bottle to help stay hydrated. Shoulder pads and helmets are not allowed during conditioning week.

➤ **What equipment will parents need to purchase for their child?**

- Parents will need to purchase white football pants and pants pads. Ideally you can purchase “integrated football pants” that already have the pants pads sewn into them and you would not need to purchase them separately. Participants will also need football cleats.

- **What equipment will the Parks and Recreation Department provide?**
  - We will provide all necessary equipment for practice (pinnies, cones, balls, blocking shields, etc.). We will provide each player with a practice jersey, game jersey, helmet, shoulder pad, chin strap and mouthpiece. All items (except the mouthpiece) must be returned at the end of the season.
  
- **What size football does my child need?**
  - 10U – TDJ
  - 13U – TDY

## **Cheerleading/Dance Troupe**

- **When are Cheer/Dance activities held?**
  - Cheer and Dance teams will typically practice 1-2 times per week and will perform during games for their specific sport (Cheer – Tackle Football; Dance – Basketball). Specific schedules are set by the team’s head coach.
  
- **Where will Cheer/Dance activities take place?**
  - Cheer/Dance activities may take place at any of the following locations:
    - Fuquay-Varina Community Center – 820 S Main Street
    - Falcon Park Hut – 105 Falcon Drive
    - Council Gymnasium – 106 N Ennis Street
    - Fleming Loop Park – 503 Fleming Loop Road
  
- **How are teams formed for cheer/dance?**
  - Head coaches will split up performers based on age and skill.
  
- **What equipment will parents need to purchase for their child?**
  - Dance – participants will need to have tennis shoes and may be asked to purchase other small incidentals (such as hair bows)
  - Cheer – participants will need to have white cheer shoes, briefs, crop top and may be required to purchase other incidentals (such as hair bows)
  
- **What equipment will the Parks and Recreation Department provide?**
  - Dance – Parks and Rec will provide pom-poms for practices and performances as well as shirts for all performers.
  - Cheer – Parks and Rec will provide Cheer Uniforms (Shell and Skirt) and pom-poms as well a shirts for all performers.