



A Parent's Guide to AYSO

- ***The ABC's of Soccer***
- ***Everyone Plays[®]***
– *AYSO Puts Kids First!*
- ***What You Can Expect***
- ***Inside The Game of Soccer***





American Youth Soccer Organization

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Dear AYSO Parent,

Thank you for joining us and welcome to the AYSO experience! We are pleased to have you and your children enrolled in the most innovative and positive youth sports program available.


This magazine is your introduction to AYSO and the sport of soccer. You will learn the basics of the game and opportunities for you, as a parent, to get more involved in making soccer a positive experience for everyone. In addition, we'll give you information about AYSO's progressive programs for high school aged athletes, players with disabilities and economically disadvantaged communities. In AYSO, there's something for everyone!

By signing up your child for AYSO soccer you're giving him or her the finest soccer instruction, and the **GUARANTEE** that they will play at least half of **EVERY** game. In AYSO, everyone plays...and everyone has fun.

I hope you enjoy it, and that you enjoy your AYSO soccer season!

Sincerely,

The AYSO Family

Everyone Plays  • Balanced Teams • Open Registration • Positive Coaching • Good Sportsmanship • Player Development

The American Youth Soccer Organization (AYSO) was established in 1964 with nine teams and the dream to bring soccer to American children. Today, AYSO has more than 60,000 teams and approximately 600,000 players in nearly 1,000 Regions. Thanks to the efforts of over 250,000 volunteers and the vision of the founding members, AYSO continues to be a leader in providing quality youth soccer programs.

AYSO'S PHILOSOPHIES

Everyone Plays® At least half of every game

Open Registration No tryouts, no cuts

Balanced Teams No stacked teams

Positive Coaching Building confidence

Good Sportsmanship Winning and losing gracefully

Player Development Improving skills

Everyone Helps Out

AYSO is a volunteer organization with more than 250,000 parents and friends, many of them working as coaches, referees and administrators. It's not unusual to find two, three or more children in the same family playing AYSO soccer—while dad serves as referee and mom as coach. It can be a total family experience.



AYSO Vision

To provide world class youth soccer programs that enrich children's lives.

AYSO Mission

To develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's six philosophies:

- **Everyone Plays®:** Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50 percent of every game. It's no fun to spend the game on the bench...and that's no way to learn soccer!
- **Balanced Teams:** Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.
- **Open Registration:** Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no elimination try-outs and nobody gets cut.
- **Positive Coaching:** Encouragement of player effort provides for greater enjoyment for the players and leads to better-skilled and better-motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.
- **Good Sportsmanship:** We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.
- **Player Development:** We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

Safe Haven®

Safe Haven® is a program designed to address a growing need for child and volunteer protection.

Child Protection

There are four elements in the Safe Haven® intervention cycle. These are intended to stop child abuse and its agents before they get into the program.

1. Create Policies
2. Screen Volunteers
3. Train Volunteers
4. Promote Education and Awareness

Volunteer Protection Act of 1997

This law grants immunity from certain types of prosecution for volunteers who meet its requirements. In order to receive full protection under the law, AYSO volunteers need three things.

1. They must be properly trained and certified.
2. They must be performing duties as laid out in a position description.
3. They must act within the scope of AYSO's Policies, Procedures and Guidelines.

AYSO Certification

AYSO's goal is to provide certification training for all its volunteers. Certification offers the hope that every AYSO child will be treated with understanding, compassion and respect.



The Growth of AYSO

AYSO was founded in 1964 in Torrance, Calif., with about 125 players. Today that number has grown to approximately 600,000 nationwide.

Why AYSO Works

AYSO works because our volunteers work. The volunteers work because they believe in the AYSO philosophies. Our phenomenal growth underscores AYSO's commitment to a healthy competitive atmosphere for youth soccer players, combined with dedication toward the development of responsible individuals.

What Makes AYSO Tick

AYSO was founded on community involvement. Volunteer staff members are encouraged to organize in ways best suited to their needs. The foundation of AYSO is the "Region," or basic community program. Each Region is headed by a Regional Commissioner who, with the help of a Region Board, conducts business within the framework of AYSO's philosophies, Rules & Regulations and Bylaws. Depending on its stage of development, a Region may have as few as 200 players or as many as 5,000, grouped into boys and girls divisions based on age.

Several bordering Regions compose an "Area." Each Area is headed by an Area Director who is responsible for performance and development of the Area.

Area Directors report to Section Directors, who are responsible for the general welfare and administration of a "Section." A Section may cover a portion of a state, an entire state or several states.

A National Board of Directors governs the overall AYSO organization. Regional Commissioners, Area and Section Directors, along with the National Board Members, serve as Executive Members with voting rights.

The staff at AYSO's national headquarters in Hawthorne, Calif., works closely with these volunteer Executive Members and interfaces directly with each Region. The headquarters, called the National Support & Training Center (NSTC), provides many services: computerized registration; publications; liability and accident insurance; training programs for coaches, referees and administrators and more.

What's a Region?

Whether you are a veteran AYSO volunteer or you're new at this soccer business, you may be wondering just what is this thing called an AYSO Region and how it works.

Your AYSO Region is one of approximately 1,000 local programs in communities nationwide. Each AYSO Region is the same, yet different.

That means AYSO Bylaws and Rules & Regulations standardize operational procedures and playing rules. But because community needs and characteristics may be different, Regions have flexibility to satisfy their unique needs.

Your Region is identified by its own number. It is managed by parents just like yourself. In fact, you may be one of those dedicated volunteers working to ensure the program is run effectively and AYSO philosophies are upheld.

Your Regional Commissioner and Region Board will usually meet once a month during the season and perhaps more often for pre-season planning. You are welcome to attend any of these meetings.

Many Regions give out a Region Handbook at registration, with their policies fully defined. The Handbook may cover everything from rainy-day procedures, practice routines and important telephone numbers to lost-and-found information. Read it and keep it handy.

Get to know your child's soccer coach and other parents. Volunteer your time, skills and energies to make your AYSO Region run well. This way, both your child and you benefit from the AYSO experience.



Here's what you can expect from your Region:

- A fun soccer experience for your child during games and practices.
- Coaches and referees who understand the AYSO philosophies and support them.
- Training for coaches, referees and administrators.
- Caring volunteers to manage the "business" of the Region.
- A national organization for support and guidance.
- Fiscal responsibility via a financial statement, published yearly.

AYSO works because its volunteers work hard for kids.



Soccer is a simple game. It requires a field, a ball, two teams of players and their equipment and a referee.

Soccer is played by two teams on a rectangular field approximately the size of a football field. Smaller fields may be used for younger players.

The game is played in two halves of equal length. The length of each half is determined by the age of the children playing.

Physical size is not an important factor in becoming a skilled and successful soccer player. Because of the game's pace, every child participates in the action while on the field.



Soccer Skills

The sport involves several basic skills: passing, shooting, dribbling and controlling the ball.

These skills can be learned at any age, and a dedicated soccer player works continually to improve them.

Passing

Passing is playing the ball to a teammate or to a space where a teammate can run to the ball. A player may lightly tap the ball to a teammate several feet away or kick it strongly to move it down the field. The ball may scoot along the ground or may be kicked into the air.

Most players use two types of kicks to pass to a teammate or shoot towards the goal. One is the instep drive which is a powerful kick. The other kick is called a push pass. Performed using the inside of the foot, the push pass is much more accurate than the instep drive, but is less powerful.

Dribbling

Dribbling is transporting the ball under control from one area to another. Soccer players cannot use their hands. Players dribble the ball with their feet, using light taps on the ball to move it along the ground.

Controlling

Controlling is receiving the ball in flight or on the ground, and then controlling it by either dribbling or passing the ball to teammates. There are many ways to control a ball: (1) allow it to hit the chest at an angle that deflects the ball to the ground where it can be controlled; (2) allow it to hit the thigh or bent knee to deflect the ball to the ground where it can be controlled; or (3) use the foot to receive/control the ball.

Heading

Heading is unique to the game of soccer. When a ball is too high to kick, players “head” the ball to pass to a teammate or score a goal.

The Team

A team has a maximum of 11 players on the field at any one time, although a game can be played with as few as seven players on a team. AYSO recommends that Regions use short-sided teams in younger age divisions. This will allow for younger players get more “touches” on the ball, learn skills quicker and have more fun.

Each team offers the following positions:

- The goalkeeper is responsible for guarding his or her team’s goal and preventing the other team from scoring. Some short-sided teams play without goalkeepers. This is so shooting skills can be developed.
- The defender’s primary duty is to prevent the opponent from having a good shot at the goal. This player also works to gain possession of the ball and pass it to a teammate for an attack.
- The midfielder plays a “transitional” game from defense to offense and vice versa. Usually, the midfielder is the most active player on the field and key to maintaining team continuity.
- The forward’s primary responsibilities are to score and assist the midfield in shifting play from defense to offense.
- It’s important to keep in mind that any player on a team may score a goal, regardless of position.

The Officials

AYSO recommends the use of three game officials—one referee and two assistant referees.

The referee is the ultimate authority during the game. The referee’s chief responsibilities are to make the game as fun, fair and safe for the players as possible. The referee enforces the rules—which, in soccer, are called “Laws”—by calling fouls (offenses) and determining if goals have been scored.

Assistant referees provide vital assistance to the referee by signaling when the ball has gone out of play and which team gets possession. Assistant referees also assist with substitutions and the general control of the game.

Equipment: What Players Need

Soccer has limited equipment requirements. However, most AYSO teams play in uniforms (shirt, shorts and socks) supplied by the local Region. Shinguards are mandatory during practice and games. Shoes are required, and it is advisable to use shoes designed specifically for soccer. Regions also provide field equipment, such as goals, nets and flags.



The Laws (Rules)

There are 17 rules in soccer, called “The Laws of the Game,” and they are easy to understand. Their purpose is to make the game fun, safe and fair.

The object of the game is for the players to get the ball into their opponent’s goal using any part of their body except hands and arms. Only goalkeepers may use their hands, but only while inside their own penalty area.

Generally, the Laws require that referees stop the game only when something has happened which they decide is unfair or unsafe. Important elements of the Law to be familiar with include ball in and out of play, fouls, misconduct and offside.

Kickoff

To start the game or the second half, and after each goal, a kickoff is taken from the center circle.

Throw-In

After the ball has completely crossed the side boundary lines—called touch lines—a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground on or behind the touch line.

Goal Kick

The goal kick is taken by the defending team each time the ball crosses the goal line without a goal being scored and was last touched by an attacking player. The ball may be placed anywhere in the goal area and is not considered back in play until it has been kicked out of the penalty area.

Corner Kick

This kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line without a goal being scored. The ball is placed within the three-foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the attacking team.

Penalty Kick

A penalty kick is awarded when a defending player commits one of the 10 major fouls within his or her own penalty area while the ball is still in play. The penalty kick is taken by a player from the offended team from a spot 12 yards from the goal. All players must remain outside the penalty area, 10 yards from the ball, and behind the penalty kick mark until the kick is taken, except for the kicker and the goalkeeper. The goalkeeper must remain on the goal line until the ball is kicked. Once kicked, the goalkeeper may try to stop the ball from entering the goal. The kicker, after waiting for the referee’s signal, may score by kicking the ball directly into the opponent’s goal.



Misconduct

There are two kinds of misconduct: (1) when an action results in a caution (yellow card) from the referee, and (2) when an action results in a player being sent off or ejected from the field (red card). A referee may also warn a player to improve his or her conduct (or unsporting behavior) before a caution is issued.

The referee also has the authority to suspend or terminate play because of field conditions or due to misconduct or interference on the part of coaches or spectators.

Offside

A player is offside if he or she gains an advantage from being ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player...

1. is in his/her own half of the field.
2. has two opponents even with or between him/her and the opponent's goal line. The referee's moment of judgment is the instant the ball is played, not when it is received.
3. is the first to receive the ball from a throw-in, corner kick or goal kick.
4. is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

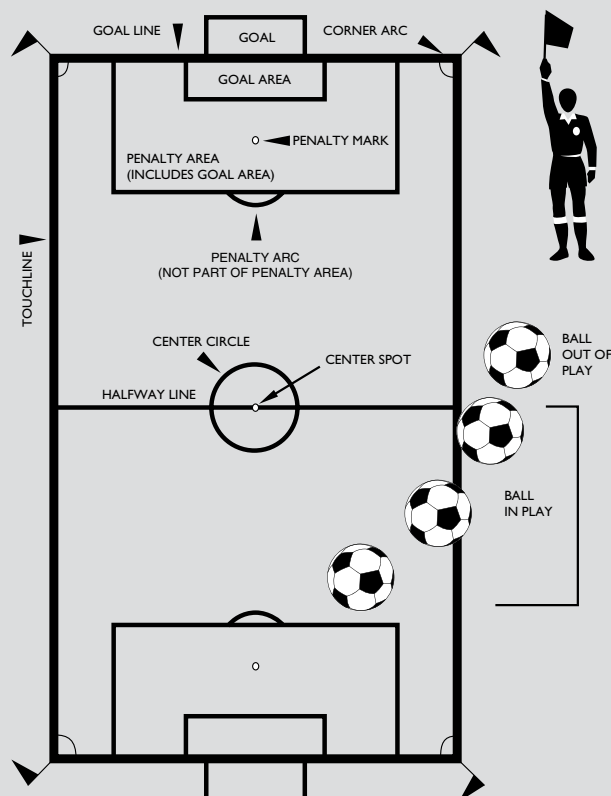


The Field

The field is divided in two halves. The center circle in the middle of the field is used to start the game, to start the second half and to restart after a goal has been scored.

There is a large rectangular area and a smaller rectangular area found at each end of the field. These are vital areas for both teams, and are where penalty kicks are taken.

The four corners of the field are inscribed with three-foot arcs where corner kicks are taken.



The Fouls

Major Fouls

There are 10 major fouls that result in a direct free kick (DFK), and from which a goal may be directly scored against the opponents.

The 10 fouls are divided into two groups. Seven within the first group require that the foul be committed carelessly, recklessly or using excessive force:

- **Kicking** or attempting to kick an opponent.
- **Striking** or attempting to strike an opponent.
- **Pushing** an opponent.
- **Charging** an opponent.
- **Tripping** or attempting to trip an opponent.
- **Jumping** at an opponent.
- **Tackling** an opponent and making contact with the opponent before the ball.

The other three fouls require only that they be committed:

- **Spitting at** an opponent.
- **Holding** an opponent.
- **Handling** the ball deliberately (except for the goalkeepers within their own penalty areas).

Minor Fouls

There are eight minor fouls that result in an indirect free kick (IFK). At least one additional player of either team must touch the ball before a goal can be scored from an IFK.

- **Playing in a Dangerous Manner**
Including kicking at a ball that is near another player's head or trying to play a ball held by a goalkeeper.
- **Impeding the Progress of an Opponent**
Getting between an opponent and the ball when not playing the ball.
- **Preventing the Goalkeeper** from releasing the ball from his/her hands.
- **Commits any other offense**, not previously mentioned in Law 12, for which play is stopped to caution or send off a player.

Goalkeeper Offenses

An IFK is also awarded to the opposing team if a goalkeeper, within his/her own penalty area, commits any of the following four offenses.

- While controlling the ball with the hands, takes more than six seconds before putting the ball back into play.
- Touches the ball again with his hands after it has been released from his possession and before it has touched another player.
- Touches the ball with the hands when the ball is deliberately kicked to the goalkeeper by a teammate.
- Touches the ball with the hands after receiving it directly from a throw-in taken by a team-mate.



AYSO has always encouraged good sportsmanship in its programs. In fact, “Good Sportsmanship” is one of the six philosophies listed in the AYSO National Bylaws. AYSO strongly recommends that its individual Regions promote good sportsmanship through dynamic programs.

Elements of these programs may vary from Region to Region, but all define the conduct of players, coaches, referees and even parents. They explain the fundamentals of good behavior—which is simply showing courtesy and respect for all involved in the game.

We figure that if players, volunteers and parents understand what is expected of them when it comes to good sportsmanship, that’s probably how they will act. AYSO is proud of its many good sports, but understands that good sportsmanship doesn’t just happen. It needs to be taught, encouraged and demonstrated.

PLAYER’S CODE

- Play for the fun of it, not just to please your parents or coach.
- Play by the Laws of the Game.
- Never argue with or complain about referees’ calls or decisions.
- Control your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer with your best efforts. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your team’s or your opponent’s.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills and feel good. Don’t be a showoff or a ball hog.
- Cooperate with your coaches, teammates, opponents and the referees.

REFEREE’S CODE

- Always remember that the game is for the players. Player safety and fair play come first.
- Study and learn the Laws of the Game and understand the “spirit” of the Laws. Help fellow referees do the same.
- Encourage and enforce the AYSO philosophies of Everyone Plays®, Positive Coaching and Good Sportsmanship.
- Respect other referees’ decisions, and do not publicly criticize another official.
- Wear the proper uniform and keep it in good condition.
- Maintain good physical condition so you can keep up with the action.
- Stay calm when confronted with emotional reactions from players, coaches and parents.
- Honor accepted game assignments. In an emergency, find a replacement.
- Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
- Always be fair and impartial, avoiding conflicts of interest. Decisions based on personal bias are dishonest and unacceptable.



COACH'S CODE

- Enthusiastically support and practice the Everyone Plays®, Good Sportsmanship, Positive Coaching and Player Development philosophies of AYSO.
- Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the soccer field.
- Impress on your players that they must abide by the Laws of the Game at all times.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed of sound principles of coaching, growth and child development.
- Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.
- Seek the advice of a physician when determining when an injured child is ready to play again.



PARENT'S CODE Your Role in AYSO

As a parent, you have a special role in contributing to the needs and development of these youngsters. Through your encouragement and good example, you can help assure the effectiveness of the AYSO program.

- **Support Your Child**
Support your child by giving encouragement and showing an interest in his or her team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory. Your child will be a winner, even in defeat.
- **Always Be Positive**
Parents are not participants on their child's team. However, they do contribute to the success experienced by their child and the team. Parents serve as role models for their children. Applaud good plays by your child's team and by the opposing team. Support all efforts to remove verbal and physical abuse from youth sporting activities.
- **Be Enthusiastic and Supportive**
Let children set their own goals and play the game for themselves. Be careful not to impose your own standards and goals on your child. Don't put too heavy a burden on your child to win games. Surveys reveal that 72 percent of children would rather play for a losing team than ride the bench for a winner.
- **Reinforce Positive Behavior**
The best way to help a child to achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he or she is still learning. Encourage your child's efforts and point out the good things your child accomplished.
- **Let Coaches Coach and Refs Ref**
Coaches and referees are usually parents. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support, too. What coaches and referees don't need is your help in coaching from the sidelines. So please refrain from coaching during games and practices. Referees are not the "bad guys." They are volunteers too, and need your support and encouragement. Treat them and their calls fairly and respectfully.

What are volunteers?

People who give freely of their time and talent to a worthwhile group or cause. A volunteer is someone who believes that people make a difference and is willing to prove it.

What is an AYSO volunteer?

A coach, a referee, a registrar, a fundraiser, a field marker, a publicist, a treasurer—many people, all contributing their time and efforts to make AYSO a great program for our soccer-playing kids.

Why does AYSO need volunteers?

AYSO needs volunteers because people power runs AYSO. Volunteers strengthen AYSO by giving their time and energy, their ideas and ideals. Volunteers make AYSO happen.

Who can be an AYSO volunteer?

Almost anyone can volunteer. Moms, dads, sisters, brothers, grandparents, even friends. We need women and men, young, middle-aged and young at heart folks. AYSO wants volunteers who want to help make our soccer program a fun experience for kids.

Everyone plays in AYSO, and everyone has something special to contribute to the program.

- They contribute a special skill or ability.
- They contribute their time.
- They contribute their energy.
- They contribute themselves.

What do AYSO volunteers do?

- They do what is needed to make the program work.
- They coach teams and stuff envelopes.
- They referee games and write checks.
- They line the field and work in the snack bar.
- They put up goals and take down nets.
- They take registrations and raise funds.
- They bandage knees and schedule games.
- They put up posters and take pictures.
- They buy equipment and go to meetings.
- They call meetings and run computer programs.
- They make decisions and make a difference.

How do AYSO volunteers help themselves?

AYSO volunteers gain satisfaction and growth from their experiences. They make new friends. They learn new skills. They develop creativity. They investigate new careers. They enrich their lives.

How do I become an AYSO volunteer?

It's easy. Talk to your child's coach, or call your Regional Commissioner or any of the Region's board members. They will be most helpful—and happy—to find the right job for you. You can visit http://www.ayso.org/coaches_referees/volunteer for more information.



EXTRAS AYSO Special Programs

AYSO's special programs allow any child to enjoy the benefits of soccer, regardless of ability or circumstances, and to get the utmost benefit at every level from beginner to expert.

Suit-Up

For AYSO programs in communities facing economic hardship, the Suit-Up program provides assistance until the program can get on its feet. Used uniforms and equipment are often donated for Regions that need help, and other assistance may be provided by the AYSO national organization.

New and existing AYSO Regions can apply for Suit-Up assistance. Suit-Up programs have been successful in inner-city and rural areas, as well as Native American reservations and small towns.



Very Important Player (VIP)

The VIP program is for players whose mental or physical disabilities make it difficult to successfully participate on a mainsteam soccer team. Special rule allowances let more players enjoy the benefits of AYSO soccer. VIP teams may include athletes who are blind, deaf, amputees, mentally challenged, autistic and those with Down Syndrome, Cerebral Palsy or other conditions that impair mobility, strength and/or comprehension.

VIP programs operate within the existing structure of a Region, just like an age division. VIP integrates its players into AYSO by using "buddies" to help the players both on and off the field. Teams can be as few as five players and may be coed. VIP teams can be balanced based on size or physical ability. The program has AYSO's minimum age requirements but has no upper age limit.

For families who thought they would never see their loved ones playing a sport or making new friends, VIP gives them joy and hope. They are able to relax and enjoy watching their players having fun and learning skills.



Kids Zone®

The national media has focused on the negative, even violent, behavior of players, coaches and parents involved in youth sports. As part of AYSO's education agenda, Kids Zone® is a dynamic program targeted to eliminate negative sideline behavior. It is aimed toward producing a thoroughly positive impact on everyone involved in youth soccer. To execute this program, three basic elements are involved:

1. **The Button.** This is a pin-on button bearing the program's logo. This will be worn by program supporters at games, and will serve as a reminder of the importance of positive sideline behavior.
2. **The Sign.** A large sign, which lists positive behavior standards, will be posted at the entrance of participating fields. Parents and spectators who will abide by these standards are welcome—all others are not.
3. **The Pledge.** We request AYSO parents to sign a pledge that holds them to the Kids Zone® standards.
4. **The Video.** This is a 12 minute documentary that introduces AYSO's principles and its Kids Zone® action plan to new participants. Viewers will also watch another parent intervene to change another parent's negative behavior.

As a support to these elements, we also have a special Kids Zone® Promise. It's a simple pledge, but we encourage all AYSO members to consider these words:

I promise to Honor the Game. I will respect all participants, encourage good sportsmanship and keep soccer fun.

Finally, we encourage all AYSO members to help Kids Zone® grow. Let your Region know that you support Kids Zone®. AYSO depends on you to keep youth soccer safe, fun and fair. So spread the word!

To order Kids® Zone materials, call the AYSO Supply Center at (888) 243-2976.

Play It Safe

Safety is a big part of keeping things fun. Here are a few safety tips to keep in mind:

- **Buddies**
Advise your child never to leave a practice or game alone. Walk with a buddy whenever possible.
- **Goal Posts**
NEVER let your children play on soccer goals. Portable goals have been known to tip over when people play on them, resulting in serious injury and even death.
- **Code Word**
If you normally pick your child up from the field, but have to send someone else, use a code word. That way, if someone comes up and says "Your mother sent me to pick you up," but they don't have the code word you and your child have established, your child knows not to go with the stranger.





AYSO

and Herbalife

Teaming up for healthy, active kids

Herbalife is proud to be Official Nutrition Advisor to AYSO. Since Herbalife champions a healthy, active lifestyle, and AYSO provides an outlet for kids to be active, it's easy to see why we're a natural fit.

Official Nutrition Advisor to AYSO
Official Nutrition Company and Presenting Sponsor of the LA Galaxy