



Be Active Get Involved!

VAA encourages parent and youth volunteer participation.

VAA is a volunteer organization. Thousands of volunteer hours are needed throughout the year.

We recognize the importance of all individuals and conduct our programs in a manner that provides opportunities for the development of all participants.



VAA Where Tomorrow's Leaders Come to Play!

Valley Athletic Association (VAA), a non-profit organization has provided athletic and social development through organized sports to youth in the ISD 196 community since 1969. We seek to serve interested youth beginning in kindergarten through high school with a desire to participate in sports regardless of their skill or experience.



Year Round Youth Sports

Serving the Youth of ISD 196

We Need Your Help!

Volunteers are needed for:

- Assistant Coaches
- Board Members
- Clinics
- Coaches
- Parade float
- School open houses
- Special events
- Training athletes

Current high school seniors and post secondary students who have non-paid VAA volunteer experience are eligible to apply for a scholarship.

An annual recognition/awards event is held for volunteers and their families.

To volunteer, call 952.432.5618 or email admin@vaasports.org.



Valley Athletic Association
P.O. Box 240462
Apple Valley, Minnesota 55124
Phone: 952.432.5618
Email: admin@vaasports.org

www.vaasports.org

Valley Athletic Association



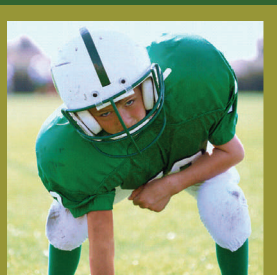
≡ Youth Sports

Physical education is an important part of a healthy childhood!

By participating in youth sports, participants will:

- Learn to work as a team
- Build self-confidence and self-esteem
- Develop leadership skills
- Learn to respect others
- Develop social skills with peers as well as adults
- Learn to win and lose graciously.
- Make new friends

And most importantly — Have Fun!



Sports are fun and rewarding!

Sports Schedule

Sport	Age/Grade*	Estimated Registration**	Season
Baseball — Community	Grades K — 11	January	May — July
Baseball — Traveling	Ages 10 — 15 yr	January	April — July
Basketball — Community	Grades K — 6	June	November — February
Basketball — Traveling	Grades 5 and 6	June	October — March
Cross Country — Community	Grades 4 — 6	June	August — September
Football — Flag	Grades 1 and 2	June	August — September
Football — Tackle	Grades 3 — 8	June	August — October
Lacrosse — Spring	Grades 2—9	January	March — May
Lacrosse — Summer	Grades 3 — 8	January	June — July
Soccer — Community, Summer	Grades K—7	January	May — July
Soccer — Community, Fall	Grades K — 7	June	August — October
Soccer — Community, High School	Grades 8 — 12	January	May — July
Soccer — Community, Adult pick-up	Ages 30+	January	June — October
Soccer — Traveling, Fall	Ages U9 — U14	June	August — October
Soccer — Traveling, Summer	Ages U9 — U18	January & June	March — July
Softball — Community, Slow pitch	Grade K — 12	January	June — July
Softball — Traveling, Fast pitch, Sum	Ages U10 — U18	January	May — July
Softball — Traveling, Fast pitch, Fall	Ages U10 — U16	June	August — September
Tennis — Community	Grades 1 — 10	January	June — July
Tennis — Traveling	14 yrs and Under	January	June — July
Track — Community	Ages 5 — 12 yr	January	April — June
Volleyball — Community, Fall	Grades 3 — 12	June	September — November
Volleyball — Community, Spring	Grades 3 — 12	January	March — May
Wrestling — Community	Grades K — 6	January	February — March

Note: Sports schedule may be subject to change.

U = Under

* Grades for Fall and Winter sports (June registration) is the grade during the season. Grades for Spring and Summer sports (January registration) is the grade at time of registration.

** Deadline for registration varies.



Registration and Fees

Register on-line or during one of the four walk-in registration dates.



Fees are reasonable and vary by sport.



For the current sports schedule, registration information and fees visit:

www.vaasports.org

or call VAA at
952.432.5618

or email
admin@vaasports.org