VAT Recreation Soccer

WHERE DO WE PLAY OUR GAMES?

We offer two leagues: North Ogden and Farr West.

When you register to play, you will be asked to choose the one you want to play in.

> Both leagues include a Fall season and a Spring season!

WHEN DO WE PLAY?

The Fall season (7 games) starts the end of August and runs until mid October.

The Spring season (7 games) begins the end of March and finishes in mid May.

Games are typically on Saturdays. Practice schedule is determined by the coach, so we do not know these schedules ahead of time.

WHAT EQUIPMENT DO I NEED?

Jersey, shorts and socks are included in your registration fee.

You will get these from your coach before your first game.

Shin guards are REQUIRED.

You will need to provide these for your player.

Cleats are optional.

If you do purchase cleats, make sure they are soccer cleats (no front toe cleats).

A soccer ball is optional.

Age groups U4 through U7 use a size 3 ball. U8 through U12 use a size 4 ball. U13 and up use a size 5 ball.