

**Regina Soccer Association's
2009/2010 Indoor
Better than Botox
Women's 30+ Morning Soccer League**

The League:

We are gearing up to kick off another *exciting season* of the **Better than Botox** Tuesday morning ladies league!

All women over 30 (or even close to 30) are invited to come out and enjoy the exercise and social benefits of the most popular sport in the world!

The mission of this league is to encourage women who are new to soccer or haven't played in years to participate in the game to grow Women's soccer in Regina. The success of this league has already carried over into our Women's Leagues which are starting to grow.

Experienced players are more than welcome to come out if they are looking to have some fun!

Time:

The league will run on Tuesday mornings from 9:30 am to 11:00 am in the Credit Union EventPlex located at EVRAZ Place (Regina Exhibition Park).

League Dates:

- Oct. 27th
- Nov. 3, 10, *3 week break due to Agribition*
- Dec. 8, 15, *break for Christmas*
- Jan. 5, 12, 19, 26
- Feb 2, *break in facility*, 16, 23
- Mar 2, 9, 16, 23, 30
- Apr. 6, 13
- Wind-up to be announced!!

Clinics:

At least 3 clinics will be included (on league dates) at no extra charge. There will be two skill clinics taught a certified coach and one rule clinic taught by one of our best Senior Referees!

These dates are To Be Determined and will be announced shortly.

Equipment

All you need is a good pair of running shoes, indoor soccer shoes or cleats (no metal cleats, please) along with a pair of shin pads and shorts. No jewelry of any kind is allowed on the pitch.

Cost

The registration fee is \$100 per player and includes a Better than Botox Souvenir!

Childcare

To ensure we have an accurate staff/child ratio, children must be registered and paid for with the player's registration. The entire season is \$75/child.

Registration

Deadline is October 23rd. Late registrations may be accepted, depending on space.

Registrations can be done online: <http://www.maxsolutionsonline.com/reginasoccer/>

Or

Over the phone by calling 352-8040

Or

At the RSA office located on the EVRAZ Place grounds, next to the Credit Union EventPlex. The entrance is on the east side on the outside of the OT Lounge (the old casino/bingo hall).

Office Hours:
Monday - Friday
12:00PM - 5:00PM