

Adult Sports FAQ's

Where can I get adult sports information?

The adult sports office located at 8820 Elk Grove Blvd, the Wackford Community and Aquatic Complex located at 9014 Bruceville Rd or the Laguna Town Hall located at 3020 Renwick Avenue. For detailed inquiries please call the adult sports office at (916) 405-5300 between 8am-5pm Monday through Friday.

How can an individual player get on a team?

A Free Agent List is kept current online at www.yourcsd.ca.gov and is made available at all managers' meetings. Interested players may be contacted by current team managers, but must be added to the roster through the fourth week of play. Interested players may also attend the games of the desired night or level of play during the first four weeks of league play. Currently, the Cosumnes CSD does not register or place individuals on teams.

How do I register my team?

A team manager may register their team by submitting a completed roster with all player's names, addresses, phone numbers, signatures, and shirt sizes to any CSD office, along with full payment during the designated registration period. The Cosumnes CSD accepts payments of cash, check, money order, Visa, Mastercard, and Discover.

What is a Registration Extension Form?

This form reserves your team spot in the league. The credit card you provide to CSD will be charged a \$25 non-refundable deposit at the time of registration. If an alternate form of payment has not been received by 2 days prior to the manager's meeting, the credit card listed will be charged the remaining balance due. If the credit card is declined, your team will be removed from the league and will not be allowed to file a registration extension form in the future.

When are final rosters due?

Final rosters are due 48 hours prior to the manager's meeting with a minimum number (see Adult Sports Guidebook for specific sport minimums) players completed filled out and signed with a manager's signature at the bottom of the form.

What is the team manager's responsibility?

The team manager is responsible for submitting complete rosters and payment, along with maintaining proper conduct of their team at all times. The team manager is also responsible for presenting the field or gym supervisor with a full roster at least 5 minutes before each scheduled game.

Where do players receive first aid during a game?

For minor injuries, players may receive assistance from the field or gym supervisor. The Cosumnes CSD keeps basic first aid supplies on hand as well as plenty of ice packs. The procedure for receiving first aid requires that some basic information be left with the field or gym supervisor on duty to document the incident that has occurred.

Who do I contact if I have a question, comment, or concern?

You may contact the main sports office Monday – Friday 8am-5pm at (916) 405-5300.