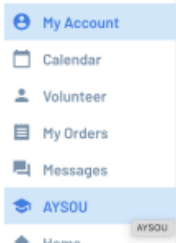


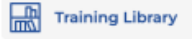
>> **VERY IMPORTANT:** In order to sign up for these in-person training you will need to have the online part of each course completed in AYSOU.

How to register:

1. Login to bluesombrero region 10 here: <https://ayso.bluesombrero.com/region10>
2. Under "My Account" on the left bar select AYSOU



1. A new window/tab will open and automatically will log you in AYSOU. Once you are in the system, then click on the "Training Library" option on the left bar menu



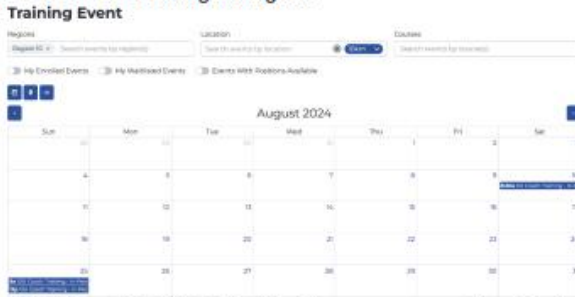
4. Now search for the Couch Course you are interested in (8U, 10U, 12U), and sign up for the online part and also for the in-person portion.
5. Example, if you need to do the 10U coach course, then sign up for these:



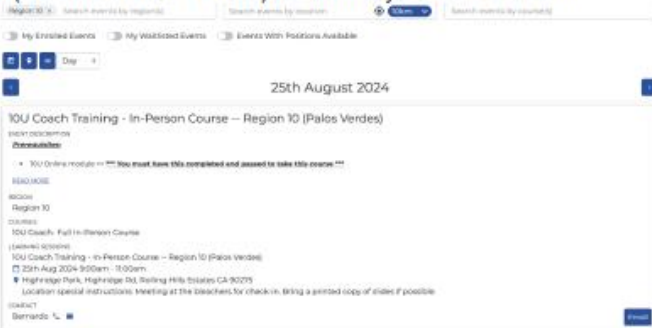
6. Once you've completed the online modules (all of them), pass the final exam, then you can sign up for the in-person class going to "Training Event" option on the menu



and you will see the training in August.



1. Sign up (click the ENROLL button) for the one you need to attend:



8. Enter all the needed information, and then show up for the training.