



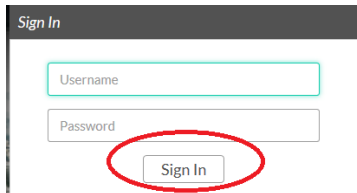
Team Parent Training

Step 1: Go to www.5citiesayso.com

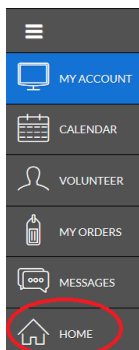
Step 2: Log In



I. Enter user name and password and click **Sign In:**



II. Once signed in click on **Home** link



III. Click on AYSO-U



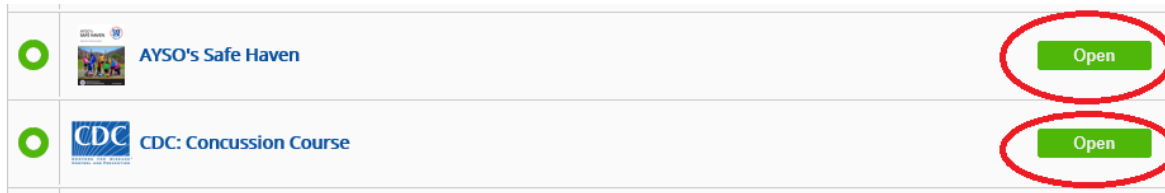
IV. Once on AYSO-U click on **login** to be automatically signed in



Step 3: Once logged in Click on **My Courses** Link:



- I. Find AYSO Safe Haven Course and Click **Open** to take course
- II. Find CDC: Concussion Course and Click **Open** to take course



Step 4: Take a picture of certificates and email to region83ca@yahoo.com