

Fall 2019

SOCCER:

Kinder / U8 / U10 / U12

FLAG FOOTBALL:

8-12 Club

Program Guide

Season Opens:

9/9/2019

Elk's Lodge #224 Soccer Shoot:

First Round: 9/19/19 – 3:00-4:30p

Districts: 9/22/19 – 10:00a

End of Season Jamboree:

Saturday, October 19th, 2019

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Introduction

EQUIPMENT

JERSEYS	Jerseys are all provided by Aspen Recreation and covered by registration fees. Apparel is yours to keep!
SHIN GUARDS	Bring Your Own Shin Guards <i>Shin guards require a personal fit, and we cannot provide them for everyone. Contact Aspen Recreation for recommend vendors.</i>
SHOES	Bring Your Own Cleats No metal/steel, metal/steel tipped, or metal/steel detachable cleats are allowed. Molded rubber only.
BALLS	Aspen Recreation provides a set of soccer balls per team. Coaches can always use more! Contact Aspen Recreation to offer support by donating an extra box to your team.
MISC.	Aspen Recreation provides goals and fields, cones, pennies, and are open to any requests from coaches for additional equipment that may benefit the experience for players/coaches. Please contact Alex directly with any requests, or if you are interested in sponsoring the purchase of any miscellaneous equipment for the program.

Tip:

Use your phone/desktop “Search” or “Find in Page” feature to search your child’s Last Name and navigate directly to your team page.

Introduction

FIELDS

ROTARY	Aspen – Rotary Field Aspen Recreation Campus 0861 Maroon Creek Rd, Aspen, CO 81611
ISELIN	Aspen – Iselin Field Aspen Recreation Campus 0861 Maroon Creek Rd, Aspen, CO 81611
U MOORE	Aspen – Upper Moore Field Aspen School District Campus 235 High School Rd, Aspen, CO 81611
L MOORE	Aspen – Lower Moore Field Aspen School District Campus 235 High School Rd, Aspen, CO 81611
RIO GRANDE	Aspen – John Denver Sanctuary 470 Rio Grande Pl Aspen, CO 81611
CROWN 1/2	Basalt – Crown Mountain Park Off Valley Rd, South of CO-82 in El-Jebel/Basalt El Jebel, CO 81623
SULLIVAN	Glenwood Springs – Sullivan Fields 1500 Mount Sopris Drive Glenwood Springs, CO 81601

Respect of all facilities is paramount. We strive to always leave the fields and dugouts in better shape than we received them.

Please respect the fields by picking up and properly disposing of any trash brought to or found on site.

JUDI Hotline

(970)544-JUDI (5834)

Enroll in Text Notifications

Text: “ASPEN YOUTH” to 313131

Use either service to access up-to-date information on field status for the day.

We always try to announce changes or cancellations in Aspen at least 1-hour in advance.

Elk's Lodge #224 Soccer Shoot



2019 Elk's Soccer Shoot with Aspen Recreation

Tuesday, September 17th 2019

3:30-5:00pm

2019 Elk's District Soccer Shoot

Sunday, September 22nd, 2019

9:30-11:30am – Iselin Field

The Elks Soccer Shoot program consists of two different contests that test different level skills at different ages. A "Five Goal Contest" consists of a series of five goals, decreasing in size from 48 inches to 17 inches. The age groups that use these goals are divided into two categories, U-8 contains all ages seven years old and younger, and U-10 group contains ages eight and nine. The contest is open to boys and girls who shoot separately. The U-8 contestants kick from 15 feet from the face of the goal, while the U-10 contestants kick from 18 feet from the goal.

The Grid Goal Contest consists of a full-size goal sectioned off so points can be scored when the ball is kicked into certain sections. The age groups that use this goal are U-12, which contain the ages ten and eleven, and U-14, which contain ages twelve and thirteen. The contest is open to both boys and girls and they shoot separately.

All Aspen Recreation Participants are welcome to participate on Tuesday in attempt to qualify for the District Qualifier on the 22nd.

The Soccer Shoot will take place on Lower Moore and Rotary Fields during practices on Tuesday the 17th.

KINDER – Team 1 **RED**

Coaches	Anthony Rizzuto TBD Anthonyrizzuto95@gmail.com (970)309-9349																													
Practices	Field Mondays	Lower Moore 3:30-4:30p																												
Games	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Opponent</th> <th style="text-align: left;">Location</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center;">2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore)</td> </tr> <tr> <td>Team 3</td> <td>K2</td> <td>3:30</td> <td>September 20th</td> </tr> <tr> <td>Team 2</td> <td>K2</td> <td>3:30</td> <td>September 27th</td> </tr> <tr> <td>Team 4</td> <td>K2</td> <td>3:30</td> <td>October 4th</td> </tr> <tr> <td>Team 3</td> <td>K2</td> <td>3:30</td> <td>October 11th</td> </tr> <tr> <td>Team 2</td> <td>K2</td> <td>3:30</td> <td>October 18th</td> </tr> </tbody> </table>		Opponent	Location	Time	Date	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore)				Team 3	K2	3:30	September 20 th	Team 2	K2	3:30	September 27 th	Team 4	K2	3:30	October 4 th	Team 3	K2	3:30	October 11 th	Team 2	K2	3:30	October 18 th
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Roster	<u>Eli Davenport</u> <u>Eloise Campaigne</u> <u>Samuel Morgan</u> <u>Ayva Rizzuto</u> <u>Sam Vidamour</u> <u>Ryder Zack</u>	<u>Emerson Berg</u> <u>Bathlazar Grimmet</u> <u>Harlan May</u> <u>Micha Uhl</u> <u>Griffin Waldron</u> <u>Jeffrey Hall</u>																												

KINDER – Team 2 GREEN

Coaches	Topher Sabella TBD tophersabella@gmail.com (970)343-2464																															
Practices	Field Mondays	Lower Moore 4:30-5:30p																														
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Cecilia Valentino	Sumner Mitchell																															

KINDER – Team 3 **RED**

Coaches	Jim Marcus TBD jmarcuszg@gmail.com (970)948-1328																														
Practices	Field Tuesdays	Lower Moore 3:30-4:30p																													
Games	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Opponent</th> <th style="width: 25%;">Location</th> <th style="width: 25%;">Time</th> <th style="width: 25%;">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center; background-color: #ffff00;"> 2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore) </td> </tr> <tr> <td>Team 1</td> <td>K2</td> <td>3:30</td> <td>September 20th</td> </tr> <tr> <td>Team 4</td> <td>K1</td> <td>3:30</td> <td>September 27th</td> </tr> <tr> <td>Team 2</td> <td>K1</td> <td>3:30</td> <td>October 4th</td> </tr> <tr> <td>Team 1</td> <td>K2</td> <td>3:30</td> <td>October 11th</td> </tr> <tr> <td>Team 4</td> <td>K1</td> <td>3:30</td> <td>October 18th</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)				Team 1	K2	3:30	September 20 th	Team 4	K1	3:30	September 27 th	Team 2	K1	3:30	October 4 th	Team 1	K2	3:30	October 11 th	Team 4	K1	3:30	October 18 th
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Roster	Wes Black Lauren Calliham Thomas Maher Rio Metcalf Liam Bhandari Sebastian Tunte		Pierson Brown Colton Earnest Oliver Marcus Marcel Miracle Caroline Quigley Kinzer Collins																												

KINDER – Team 4 GREEN

Coaches	Bret Hirsh Bret.hirsh@gmail.com (917)355-0053		Brad Hathaway Brad.hathaway@gmail.com (646)701-1013	
	Practices	Field Thursdays	Lower Moore 3:30-4:30p	
Games	Opponent	Location	Time	Date
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)			
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	Team 3	K1	3:30	October 18 th
Roster	Hunter Belmont		Atticus Berg	
	Soren Elisha		Logan Gilmartin	
	Maddie Hathaway		Sam Hirsh	
	Noah Huck		David Pergande	
	Eleonore Sauder		Julien Souki	
	Ansel Stokes		Emmy McCullough	
	Griffin Duba			

U8 – Team 1 **RED**

Coaches	Kathy Yang kathyyang@yahoo.com (773)771-1342		Jeff Winter winterjeffrey@hotmail.com (970)274-8375		
	Practices	Field Tuesdays Thursdays	Lower Moore 1 3:30-4:30p 3:30-4:30p		
Games	Opponent	Location	Time	Date	
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)				
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	Team 6	LM2	3:30p	October 18 th	
	End of Season Jamboree: Saturday October 19th, 2019				
Roster	Jaxon Andrulaitis		Beckett Dorr		
	Greta Campaigne		Alex Canas		
	Cora Chimerakis		Dylan Duba		
	Griffin O'Donovan		Blair Gessele		
	Sam Gilmore		Ella Marcus		
	Henry Marriott		Emily Nitti		
	Alex Noble		Estella Winter		
	Celia Yang				

U8 – Team 2 **BLUE**

Coaches	Bryan Peterson bryan.aspenre@gmail.com (970)948-0859		Adam Roy adamcharlesroy@gmail.com (970)274-0890																																	
Practices	Field Mondays Wednesdays	Lower Moore 1 3:30-4:30p 3:30-4:30p																																		
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Roster	Jagger Burstyn Caroline Forbes Phoenix Marfino Maddox Miller Piper Peterson Izzy Poole John Pratt Lydia Roy		Cornell Ernemann James Gordon-Deluca Walt McCullough Maxwell Morgan Kalena Pfeifer Max Poole Ryleigh Rizzuto Emma Sinclair																																	

U8 – Team 3 GREEN

Coaches	Ashley Connolly ashlevinaspen@gmail.com (970)618-7007	Steven Vidamour vidamour@gmail.com (970)343-2913	Mandy Welgos mandywelgos@icloud.com (970)618-7007																																
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U8 – Team 4 **RED**

Coaches	Chris Klug chris@chrisklug.com (970)948-7055	Peter Waanders pwaanders@andersonranch.org (970)544-7912																																	
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End of Season Jamboree: Saturday October 19th, 2019																																			
Roster	Ellis Burggraf London Elston Willow Friedley-Hall Koan Bory Rowan Stoller Finn Zubrod Chase Vincent Jasper Vardy	Zsofia Bartha Andrew Fink River Klug Clark Rowland Julian Tuddenham Kai Waanders Brooklyn Lewis																																	

U8 – Team 5 BLUE

Coaches	Emily Fields efields@aspenk12.net (970)309-1175		Matt Fields mfields@aspenk12.net (970)319-7177	
	Practices	Field Tuesdays Thursdays	Lower Moore 3 3:30-4:30p 3:30-4:30p	
Games	Opponent	Location	Time	Date
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)			
	Team 6	LM1	3:30p	September 20 th
	Team 2	LM2	3:30p	September 27 th
	Team 3	LM3	3:30p	October 4 th
	Team 1	LM2	3:30p	October 11 th
	Team 4	LM1	3:30p	October 18 th
	End of Season Jamboree: Saturday October 19 th , 2019			
Roster	Kelly Boggs		Rylan Fields	
	Liam Flynn		Colton Folk	
	Tanim Franze		Alden Hancock	
	Patrick Hurley		Nolan Mika	
	Sullivan Nelson		Henry Nottingham	
	Annen Weiler		Dillon Whitehead	
	Max Williams		Thea Rioux	
	Aizen Nakagawa		Wyatt Lawrence	

U8 – Team 6 GREEN

Coaches	Katherine Gleason Katherine.gleason66@gmail.com (303)564-8868		Kiki Raj usatara@gmail.com (970)309-0320	
Practices	Field	Lower Moore 1		
	Mondays	4:30p – 5:30p		
	Wednesdays	4:30p – 5:30p		
Games	Opponent	Location	Time	Date
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)			
	Team 5	LM1	3:30p	September 20 th
	Team 3	LM1	3:30p	September 27 th
	Team 4	LM1	3:30p	October 4 th
	Team 2	LM3	3:30p	October 11 th
	Team 1	LM2	3:30p	October 18 th
	End of Season Jamboree: Saturday October 19th, 2019			
Roster	Gray Everson		Landon Blasberg	
	Juan Filipello-Barna		Lucas Kirby	
	Merric Lutz-Sladdin		Porter Hopson	
	Scarlett Gleason		Winston Ward	
	Jake Parker Rugeberg		Remy Selby	
	Kauan Silva		Rowan Tekus	
	Tuima Waqanibaravi		Lauren Rubel	
	Maya Mead			

U10 – Team 1 **RED**

Coaches	Casey Ward casey_j_ward@hotmail.com (970)404-1547	Tom Anderson ajaxwhitewater@yahoo.com (970)274-1281		
Practices	Field Mondays Wednesdays	Rotary 1 3:30-4:30p 3:30-4:30p		
Games	Opponent	Location	Time	Date
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore)			
	Team 2	RO 1	3:45	September 20 th
	Team 4	RO 1	4:45	September 27 th
	Team 3	RO 2	3:45	October 4 th
	Team 2	RO 2	3:45	October 11 th
	Team 4	RO 1	3:45	October 18 th
	End of Season Jamboree: Saturday October 19th, 2019			
Roster	Havens Anderson	Botond Bartha		
	Marshall Butler	Max Carney		
	Tillar Ernemann	Bija Vardy		
	Henry Oster	Spencer Ward		
	Maximilian Wisniewski	Olivia Armstrong		
	Siri Bassion	Bali Klug		
	Jane Morehouse	Sienna Munder		
	Lucy Tuddenham	Alexander Freidheim		

U10 – Team 2 GREEN

Coaches	Todd Gardner Ktgardner5@gmail.com (970)309-8969	Andy Poole andy@ptaspen.com (970)309-6323																																	
Practices	Field Mondays Wednesdays	Rotary 2 3:30p – 4:30p 3:30p – 4:30p																																	
Games	<table border="1"> <thead> <tr> <th>Opponent</th> <th>Location</th> <th>Time</th> <th>Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center;">2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore)</td> </tr> <tr> <td>Team 1</td> <td>RO 1</td> <td>3:45</td> <td>September 20th</td> </tr> <tr> <td>Team 3</td> <td>RO 1</td> <td>3:45</td> <td>September 27th</td> </tr> <tr> <td>Team 4</td> <td>RO 1</td> <td>3:45</td> <td>October 4th</td> </tr> <tr> <td>Team 1</td> <td>RO 2</td> <td>3:45</td> <td>October 11th</td> </tr> <tr> <td>Team 3</td> <td>RO 2</td> <td>3:45</td> <td>October 18th</td> </tr> <tr> <td colspan="4" style="text-align: center;">End of Season Jamboree: Saturday October 19th, 2019</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore)				Team 1	RO 1	3:45	September 20 th	Team 3	RO 1	3:45	September 27 th	Team 4	RO 1	3:45	October 4 th	Team 1	RO 2	3:45	October 11 th	Team 3	RO 2	3:45	October 18 th	End of Season Jamboree: Saturday October 19th, 2019			
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End of Season Jamboree: Saturday October 19th, 2019																																			
Roster	Charlie Cunniffe Timmy Gardener Gaspar Riboud Ryder Sinclair Keller Tudge Remi Shane Abigail White Charlie Morris	Beck Dunnett Ryder Poole Strummer Amato Anderson Tippet Violet Pratt Noelani Von Stocken Emerson Hemstreet Noa Hodgson																																	

U10 – Team 3 RED

Coaches	Chris Henderson chris@ccaspen.com (970)925-7828		Ellen Forsman ellenforsman@msn.com (970)366-1915	
	Practice s	Field Tuesdays Thursdays	Rotary 1 3:30-4:30p 3:30-4:30p	
Games	Opponent	Location	Time	Date
	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)			
	Team 4	RO 1	4:45	September 20 th
	Team 2	RO 1	3:45	September 27 th
	Team 1	RO 2	3:45	October 4 th
	Team 4	RO 1	3:45	October 11 th
	Team 2	RO 2	3:45	October 18 th
	End of Season Jamboree: Saturday October 19th, 2019			
Roster	Roxwell Bennett	Kirk Lawrence		
	Jackson Marriott	Carter Neilson		
	Liam Kirby	Jack Earnest		
	Augusta Berg	Palmer Elston		
	Hannah Forsman	Karis Henderson		
	Charlotte McNellis	Layla Miller		
	Lyla Osborne	Fiona Sada		
Jerome Webster	Lewis Yang			

U10 – Team 4 GREEN

Coaches	Chris Palasz Christopher.palasz@gmail.com (970)274-5180	Josh Berro jberro@aspenk12.net (970)274-0182																																	
Practices	Field Tuesdays Thursdays	Rotary 2 3:30p – 4:30p 3:30p – 4:30p																																	
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Team 1	RO 1	3:45	October 18 th																																
End of Season Jamboree: Saturday October 19th, 2019																																			
Roster	Roger Farrell Christopher Gilmartin Jack Nims Samuel Striegler Lulu Freitas Mara Hoffner Avea Spears Josue Solis	Benjamin Berro Ben Lewis Myles O'Donovan Alexis Depamphilis Brina Henrichon Trinidad Palasz Balthazar Sachs																																	

U10 – JAMBOREE TEAM **RED**

Coaches	Michael Depamphilis michaelsnowmass@live.com (970)710-9730			
Games	Opponent	Location	Time	Date
	FC Glenwood 2	Sullivan Park	11:30a	Saturday, September 21
	FC Glenwood 3	Sullivan Park	12:45a	Saturday, September 21
	RFVSC Armand	Rotary Field 1	11:00a	Saturday, September 28
	FCG Scott	Rotary Field 2	1:00p	Saturday, September 28
	RFVSC Kelsey	Rotary Field 1	2:00p	Saturday, September 28
	Aspen v Aspen Scrimmage	Rotary Field	5:00p	Tuesday, October 1
Roster	Spencer Ward		Violet Pratt	
	Balthazar Sachs		Lewis Yang	
	Roger Farrell		Alexis Depamphilis	
	Gaspar Riboud		Mica Torres	
	Trinidad Palasz			

U10 – JAMBOREE TEAM GREEN

Coaches	Josh Berro jberro@aspenk12.net (970)274-0182	Chris Henderson chris@ccaspen.com (970)925-7828		
	Games			
	Opponent	Location	Time	Date
	RFVSC Becky	Rotary Field 2	11:00a	Saturday, September 28
	RFVSC Kelsey	Rotary Field 2	12:00p	Saturday, September 28
	RFVSC Armand	Rotary Field 1	3:00p	Saturday, September 28
	Aspen v Aspen Scrimmage	Rotary Field	5:00p	Tuesday, October 1
Roster	Botond Bartha	Karis Henderson		
	Avea Spears	Benjamin Berro		
	Jane Morehouse	Kirk Lawrence		
	Jerome Webster	Brina Henrichon		
	Lyla Osborne			

Attendance Tracker

Players & Dates	PLAYER NAME	9/21/19 - Glenwood	9/28/19 - Aspen	10/1/19 - Aspen
	Spencer Ward	X	X	X
	Balthazar Sachs	X	X	X
	Roger Farrell	X	X	X
	Gaspar Riboud	X	X	X
	Jerome Webster		X	X
	Violet Pratt	X	X	
	Kirk Lawrence		X	X
	Karis Henderson		X	X
	Lewis Yang	X	X	X
	Botond Bartha		X	X
	Avea Spears		X	X
	Jane Morehouse		X	X
	Alexis Depamphilis	X	X	X
	Benjamin Berro		X	X
	Mica Torres	X	X	X
	Brina Henrichon	X	X	X
	Lyla Osborne	X	X	X
	Trinidad Palasz		X	X

- "X" Marks confirmed attendance.

U12 – Team RED

Coaches	Mike Dunn Dunn81611@gmail.com (970)618-4456		Adam Roy adamcharlesroy@gmail.com (970)274-0890																					
Practices	Field Wednesdays Fridays	Rotary 1 4:30-5:30p 4:30-5:30p																						
Games	<table border="1"> <thead> <tr> <th data-bbox="259 444 437 477">Opponent</th> <th data-bbox="440 444 575 477">Location</th> <th data-bbox="578 444 713 477">Time</th> <th data-bbox="717 444 919 477">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="259 482 919 558"> 2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17th, 2019 (During practices @ Lower Moore) </td> </tr> <tr> <td data-bbox="259 563 437 596">AUSC Team 1</td> <td data-bbox="440 563 575 596">RIO</td> <td data-bbox="578 563 713 596">4:00p</td> <td data-bbox="717 563 919 596">Friday, October 11th</td> </tr> <tr> <td data-bbox="259 600 437 633">AUSC Team 2</td> <td data-bbox="440 600 575 633">RIO</td> <td data-bbox="578 600 713 633">4:00p</td> <td data-bbox="717 600 919 633">Friday, October 18th</td> </tr> <tr> <td colspan="4" data-bbox="259 670 919 703"> End of Season Jamboree: Saturday October 19th, 2019 </td> </tr> </tbody> </table>				Opponent	Location	Time	Date	2019 Elk's Lodge #224 Soccer Shoot Tuesday September 17 th , 2019 (During practices @ Lower Moore)				AUSC Team 1	RIO	4:00p	Friday, October 11 th	AUSC Team 2	RIO	4:00p	Friday, October 18 th	End of Season Jamboree: Saturday October 19th, 2019			
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End of Season Jamboree: Saturday October 19th, 2019																								
Roster	Malcolm Berg Charles Kaplinski Jesse Kravitz Luke Roy Kendyl Young _____ _____		Desmond Dunn RJ Munder Julian Plesset Jasper Spears Lia Hodgson _____ _____																					

Flag Football Club

[KK2]		
Coaches	Larry Butler larry@getawestruck.com (310)721-6134	Alex Schrempf Alex.schrempf@cityofaspen.com (970)319-5416
Practices	Field Mondays Wednesdays	Rotary 2 4:30-6:00p 4:30-6:00p
Games	Our group meets 2x/week for 90-minute practices/scrimmages sessions	
Roster	Tiago Bennett Joshua Butler Anderson Carr Win Connolly Cornell Ernemann Arslan Finesilver Elijah Knight Wyatt Lawrence Matteo Marolda Griffin O'Donovan Riis Peterson Drew Rushing Cody Sauder Wyatt Shepherd Koston Tanner Santino Ward Liam Flynn Ayden Martinez William Marolt	Malcolm Berg Marshall Butler James Connolly Charlie Deavers Tillar Ernemann Kai Grueter Kirk Lawrence Matthew Maher RJ Munder Myles O'Donovan Daniel Quigley Leo Ryan Cody Shepherd Jasper Spears Gavin Vold Bode Zubrod Sawyer Curry Walt McCullough Mickey Marolt

Nutrition At-a-Glance



Health & Wellness
RECREATION
CITY OF ASPEN

Aspen Recreation
//
City of Aspen Health
& Wellness

Points of Emphases

Optimal nutrition is an integral part of peak performance.

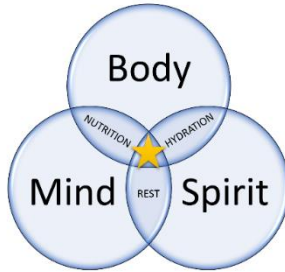
Children who consume healthy foods perform and develop *at a higher level* than those that eat foods low in nutritional value.

Eating well will **lower your risk of injury, improve muscle integrity,** and **help you maintain sufficient energy to perform!**

Replace processed sugars with fruits and organic “sweets” as much as possible!

(ORANGE SLICES @ HALFTIME!)

Proper, balanced **nutrition**, **rest**, and **hydration** impact your **physical**, **mental**, and **emotional health!**



Intake → Performance



BEFORE EXERCISE

Keeps the athlete from feeling hungry during and maintains optimal levels of energy for exercising muscles.



DURING EXERCISE

For workouts or events lasting more than one hour: sports drinks, solid or gel forms of carbohydrates and water!



AFTER EXERCISE

Within 30 minutes after training will assist the body in replenishing glycogen stores. Add small amount of protein for muscle recovery.

Note: Water is always the recommended beverage over sports/energy drinks

Nutrition At-a-Glance

<p>Carbohydrates</p>	<p>Carbohydrates provide athletes with an excellent source of fuel. Good sources of carbohydrates include fruits, vegetables, and whole grains.</p> <p>Sugary carbs such as candy bars or sodas are not appropriate for athletes. They do not contain any nutrients your body needs. In addition, eating candy bars or other sugary snacks just before practice or competition can give athletes a quick burst of energy and then leave them to "crash" or run out of energy before they've finished working out.</p>
<p>Proteins</p>	<p>Athletes may need more protein than less-active teens, but most teen athletes get plenty of protein through regular eating. It's a myth that athletes need a huge daily intake of protein to build large, strong muscles. Muscle growth comes from regular training and hard work. And taking in too much protein can actually harm the body, causing dehydration, calcium loss, and even kidney problems.</p> <p>Good sources of protein are fish, lean meats and poultry, beans, legumes, eggs, nuts, soy, and nut butters. Most vegetable proteins are incomplete, however by combining different sources, vegetarians and vegans can get complete proteins.</p>
<p>Hydration</p>	<p>Sufficient fluid is necessary to maintain energy levels. <i>Approx 60% of body weight is water.</i></p> <p>When you sweat during exercise, it's easy to become overheated, headachy, and worn out — especially in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance. Especially with youth athletes.</p> <p><i>Help your child develop the healthy habit of proper, consistent hydration by always travelling with a jug of water, and looking after a reusable water bottle!</i></p>
<p>Rest & Recovery</p>	<p>Minimize screen time! <i>Blue-Hued light from Phone, Tablet, Television or Computer screens trick the brain into keeping itself awake! Minimize screen time after dark and at least one hour before sleep.</i></p> <p>Adolescents should average 9.5 hours of sleep per night. <i>Kids need more sleep than adults! Remind your children that the body grows when the brain sleeps!</i></p> <p>Stretching is a habit! <i>Teach your children to enjoy the feeling of stretching your back and legs on a regular basis (whether watching TV or reading a book, the effort is minimal and can greatly reduce risk of injury in athletics!</i></p> <p>Start every day with a glass of water!</p>

TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS

- 1) **Remember that winning isn't important.**
 - a) There are many aspects of youth sports that are far more important than your child's team winning the basketball game. If you hold yourself to that expectation, your child will notice.
- 2) **Focus on your child's enjoyment.**
 - a) It's better for a child to play on a weak team that emphasizes enjoyment, development, and allows the players to develop a passion for the sport, than a winning team that over-stresses commitment, intensity, and defeating opponents.
- 3) **Let the coach do the coaching**
 - a) ... And never undermine coaching decisions.
 - i) Respect the ROLES of youth athletics, and the boundaries between them. When a child is being coached from two different directions, they are placed in the position of being forced to choose who they're going to listen to and who they'll 'disappoint'. This is a pressure no child should have to endure in youth sports.
 - ii) If you can coach, please volunteer to coach a team at the beginning of the season. If you cannot commit to the team for an entire season, please focus on encouraging from the sidelines, and helping develop the fundamentals at home. Encourage teamwork; both individual and collective growth.
- 4) **Don't be afraid to raise issues with the coach.**
 - a) Too often parents will refuse to ask to meet the coach and discuss a problem they have. Instead, they choose to share the problem with other spectators or players. This only exasperates the issue.
 - b) If you ever have an issue, ask to set up a meeting with the coach and find a private location to ask your questions and discuss solutions. If your questions is approached respectfully and the right way, all good coaches will be happy to answer and discuss. Keep in mind that you must be willing to receive an answer you might not want to hear.
 - c) Volunteer coaches are instructed to be receptive to parent/spectator feedback while enforcing healthy boundaries;
 - i) The 24-Hour Rule: After games, allow yourself 24 hours before approaching to coach to discuss issues or questions about the game. Emotions run high after the buzzer sounds – let both parties cool-off and reflect before discussing.
 - ii) Feedback should never occur during practice or during games. Never allow a parent/spectator-coach interaction distract from a situation where the kids' participation should be the primary focus.
- 5) **Allow your child to be coached.**
 - a) Trust the coach to do their job; sometimes expectations have to be upheld and players must be held accountable. We recognize the value of "tough love" while stressing the importance of tone and delivery method; coaches shouldn't yell, demean, or blame the players, ever. But when rules or expectations need to be enforced, healthy discipline is undeniably beneficial developmentally.
- 6) **Display good body language at games.**
 - a) Your child will **always** know exactly where you are in the gym during games and practices. They will look at you often, and you can never know when.
 - b) Your body language displays your emotions and if yours is visibly negative, your child will notice and may misguidedly attest it to their performance.
 - c) If you ever catch your child looking your way, make sure you smile and wave, showing them you've enjoying being there.
- 7) **Know your role at the game & Don't stand out from the crowd.**

"It amazes me that spectators want to coach, coaches want to officiate, and officials just want to watch the game."
- Lou Holtz

 - a) The Four Main ROLES:
 - i) Player – they play the game
 - ii) Coach – they coach the game
 - iii) Referee – they referee the game
 - iv) Spectator – they watch the game
 - (1) Any time a role is handing the duties of another, something is wrong.
- 8) **Treat your child the same after a win or a loss.**
 - a) Don't let the outcome of the game determine the way you interact on the car ride home. Remain positive, especially if they are down or upset. Your support for them is not contingent on the outcome of the game or their performance.
- 9) **Don't focus on "skill" stats, focus on "hustle" and "teamwork" stats.**
 - a) Points are hard to score. Highlights are simple and spread apart. Don't inflate the value of points scored, steals made, or assists thrown. Recognize them for helping their teammates up, setting good screens, boxing out for rebounds, dribbling and shooting with proper technique. What are your 'hustle' stats? Reward hard-work, not results! That's not the focus at this age.
- 10) **Never yell at the referees.**
 - a) We don't expect our players to make 100% of their shots, so how can we expect referees to make the right call 100% of the time?

Parent Manager Guide

Coaches need Assistance ON and OFF the Field!

Please contact your coach if you are willing to support as a Team Parent Manager, or as an Assistant Coach.

The Team Parent Manager Role is fundamental to the success of any Youth Recreation Team.
Our coaches have their hands FULL planning, managing, and executing practices and games. Any support with **communication**, **organization**, and **added value**, has a tremendous impact on both the coaches and the players experience.

Parent Manager Outline:

- Contact the Head Coach DIRECTLY if you are able and willing to support as a Parent Manager
- Receive the Team Contact Deck from the Head Coach
- Begin the season with a Team-Wide email to all parents introducing yourself, the Coaches, and the following;
 - Copy of the Practice Schedule, Game Schedule, Roster, and Coach contact information (available in the Program Guide)
 - Rainout Hotline/Communication Information:
 - (970)544-JUDI is our Aspen Recreation Rainout Hotline!
 - Text “ASPEN YOUTH” to “31-31-31” to register for Text Alerts for Rainouts
 - Reminder of Equipment requirements for the season (available in the Program Guide)
 - Request parents communicate anticipated absences or carpool/support requests to the Parent Manager
- Meet with the Head Coach at the first practice and discuss where and how your Coaches need assistance
- **GAME DAY SUPPORT:**
 - Plan ahead with your Parent Group;
 - Orange Slices/Post-Game snacks, etc.
 - Confirmed attendance for game days to support the coach
- A post-season Team Dinner is a great way to bring the kids together to celebrate their efforts and time together.
 - Gives the coaches a chance to recognize each player for their commitment to the team
 - Gives the players a chance to show their gratitude for all the work the coaches do
 - Alex @ Aspen Recreation is happy to support with ordering of medals or trophies for your team (collect funds from your parent group to cover costs and coordinate with Alex directly)
- Coordinate a Post-Season Coaches Thank You Card from the players!

2019 FALL PRACTICE GRID

Kinder	Team 1 RED Rizzuto	Mondays 3:30-4:30pm	Lower Moore Field
	Team 2 GREEN Sabella	Mondays 4:30-5:30pm	Lower Moore Field
	Team 3 RED Marcus	Tuesdays 3:30-4:30pm	Lower Moore Field
	Team 4 GREEN Hirsh	Thursdays 3:30-4:30pm	Lower Moore Field
U8	Team 1 RED Yang	Tuesdays/Thursdays 3:30-4:30pm	Lower Moore U8 Field 1
	Team 2 BLUE Peterson	Mondays/Wednesdays 3:30-4:30pm	Lower Moore U8 Field 1
	Team 3 GREEN Connolly	Tuesdays/Thursdays 3:30-4:30pm	Lower Moore U8 Field 2
	Team 4 RED Klug	Mondays/Wednesdays 4:30-5:30pm	Lower Moore U8 Field 3
	Team 5 BLUE Fields	Tuesdays/Thursdays 3:30-4:30pm	Lower Moore U8 Field 3
	Team 6 GREEN Gleason	Mondays/Wednesdays 4:30-5:30pm	Lower Moore U8 Field 1
U10	Team 1 RED Ward	Mondays/Wednesdays 3:30-4:30pm	Rotary Field 1
	Team 2 GREEN Gardner	Mondays/Wednesdays 3:30-4:30pm	Rotary Field 2
	Team 3 RED Henderson	Tuesdays/Thursdays 3:30-4:30pm	Rotary Field 1
	Team 4 GREEN Palasz	Tuesdays/Thursdays 3:30-4:30pm	Rotary Field 2
U12	Team RED Dunn	Wednesdays 4:30-5:30pm Fridays 3:30-4:30pm	Rotary Field 1 Rotary Field 2

Aspen Recreation Center: (970)544-4100
Red Brick Offices: (970)920-5140
Alex Schrempf: (970)319-5416