

Fall 2022

SOCCER:

Kinder - 1st 2nd grade -
3rd 4th grade

FLAG FOOTBALL:

3rd/4th & 5th/6th grade

Program Guide

Season Opens:

9/6/2022

2021 Colorado Elks Soccer Shoot:

First Round: 9/20/22 & 9/21/22 –
3:30-5:30p
Districts: 9/25/22 –
10:00a - 12:30pm

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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

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.

2022 Colorado Elks Soccer Shoot



2022 Elk's Soccer Shoot with Aspen Recreation

Tuesday & Wednesday, September 20th & 21st, 2022

3:30-5:30pm - U8 – Lower Moore / U10 - Rotary

2022 Elk's District Soccer Shoot

Sunday, September 25th, 2022

10:00-12:30pm – 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 Monday or Tuesday in attempt to qualify for the District Qualifier on the 26th.

KINDER – Team 1 (Green)

Coaches	Candace Sherman 970-366-7606 candybruno6@gmail.com Ashley Andrews 614-404-4030 ashleyreenea@gmail.com																														
Practices	Field Mondays	Lower Moore Field 1 3:30-4:30p																													
Games	<table border="1"> <thead> <tr> <th data-bbox="283 431 444 459">Opponent</th> <th data-bbox="444 431 596 459">Location</th> <th data-bbox="596 431 815 459">Time</th> <th data-bbox="815 431 919 459">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="283 459 919 540" style="text-align: center;"> 2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore) </td> </tr> <tr> <td data-bbox="283 540 444 589">Team 2 (Red)</td> <td data-bbox="444 540 596 589">K1</td> <td data-bbox="596 540 815 589">3:30</td> <td data-bbox="815 540 919 589">September 16th</td> </tr> <tr> <td data-bbox="283 589 444 638">Team 3 (Yellow)</td> <td data-bbox="444 589 596 638">K1</td> <td data-bbox="596 589 815 638">3:30</td> <td data-bbox="815 589 919 638">September 23st</td> </tr> <tr> <td data-bbox="283 638 444 686">Team 4 (Burgundy)</td> <td data-bbox="444 638 596 686">K1</td> <td data-bbox="596 638 815 686">3:30</td> <td data-bbox="815 638 919 686">September 30th</td> </tr> <tr> <td data-bbox="283 686 444 735">Team 5 (Black)</td> <td data-bbox="444 686 596 735">K1</td> <td data-bbox="596 686 815 735">3:30</td> <td data-bbox="815 686 919 735">October 7th</td> </tr> <tr> <td data-bbox="283 735 444 784">Team 6 (Orange)</td> <td data-bbox="444 735 596 784">K1</td> <td data-bbox="596 735 815 784">3:30</td> <td data-bbox="815 735 919 784">October 14th</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore)				Team 2 (Red)	K1	3:30	September 16 th	Team 3 (Yellow)	K1	3:30	September 23 st	Team 4 (Burgundy)	K1	3:30	September 30th	Team 5 (Black)	K1	3:30	October 7 th	Team 6 (Orange)	K1	3:30	October 14th
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Bodhi Schumacher																															

KINDER – Team 2 (Red)

Coaches	Mike Shea 970-379-4781 mikeshea82@gmail.com Mark Umbarger 970-948-3674 wwwkayaker@hotmail.com Bethany Spitz 413-348-2963 bethanycspitz@gmail.com																																							
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Roster	Myles Shea Maisey Farrell Teigen Thompson Graham Shook Barclay Miller Hawkes Smith Phoebe Kiernan		Lily Spitz Holden Bory Indio Umbarger Robbie Bollinger Sailor Miller Ford Mangelsen																																					

KINDER – Team 3 (Yellow)

Coaches	Josefina Cattaneo 970-987-3628 russellandjosefina@gmail.com Kimbo & Jason Brown-Schirato 970-401-3222 kimbobrown@gmail.com			
Practices	Field Mondays	Lower Moore Field 3 3:30-4:30p		
Games	Opponent	Location	Time	Date
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore)			
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	Team 6 (Orange)	K2	3:30	September 30 th
	Team 2 (Red)	K2	3:30	October 7 th
	Team 5 (Black)	K2	3:30	October 14th
Roster	Taylor Brown-Schirato	Emilia Cattaneo		
	Wren Shure	Jake Nelson		
	Cooper Cagley	Margaret Van Arsdale		
	Walter Wessler	Presley Parker		
	Meadow Davis	Beatrice Robison		
	River Siberberg	Kathryn Torti		
	Dune Capps	Evelyn Ferguson		

KINDER – Team 4 (Burgundy)

Coaches	Kevin Jordan 732-735-0276 kmjandkaf@live.com		
Practices	Field Tuesday	Lower Moore 3:30-4:30p	
Games	Opponent	Location	Time
			Date
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore)		
	Team 3 (Yellow)	K2	3:30
	Team 5 (Black)	K2	3:30
	Team 1 (Green)	K1	3:30
	Team 6 (Orange)	K1	3:30
	Team 2 (Red)	K1	3:30
Roster	Branson Domek	Pippa Grace Jordan	
	Zayn Fritas	Schuyler Gaylord	
	Alaina Gelroth	Briggs Myatt	
	Eileen Farrell	Karina Malik	
	Livia Pappalardo	Sasha Hartman	
	Charlotte Janian		

Kinder – Team 5 (Team Black)

Coaches	Adam Szykiel 719-293-5994 sztyks@gmail.com Lee Liebmann 970-319-1020 leeliebmann@gmail.com																															
Practices	Field Wednesday	Lower Moore 3:30-4:30p																														
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Kinder – Team 6 (Team Orange)

Coaches	Travis Buckner 970-319-5416 Travis.buckner@aspens.gov																															
Practices	Field Thursday	Lower Moore 3:30-4:30p																														
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1st/2nd grade – Team 1 (Team Green)

Coaches	Vanessa Adam 970-618-6270 vanessa@vadamevents.com Eric Mangelsen 970-309-9607 eric@rossmoreproperty.com		
Practices	Field Mondays Wednesdays	Lower Moore Field 1 3:30-4:30p 3:30-4:30p	
Games	Opponent	Location	Time
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 - 5:30p @ Lower Moore)		
	Team 2 (Red)	LM1	3:30p
	Team 3 (Yellow)	LM1	3:30p
	Team 4 (Black)	LM1	3:30p
	Team 5 (Blue)	LM1	3:30p
	BYE WEEK	LM1	3:30p
Roster	Sydney Adam	Monroe Mangelsen	
	Aiden Schmit	Cade Gordon	
	Luka Marolda	Maddie Waldron	
	Jack Kalamaya	Axel Wagner	
	Bonnie Boyd	Elin Tippet	
	Oliver Hahn	Winifred Meister	
	Frank Torti		

1st/2nd grade – Team 2 (Team Red)

Coaches	Mandy Welgos 440-821-2020 mandywelgos@icloud.com Kevin Jordan 732-735-0276 kmjandkaf@live.com		
Practices	Field	Lower Moore Field 2	
	Mondays	3:30-4:30p	
	Wednesdays	3:30-4:30p	
Games	Opponent	Location	Time
			Date
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore)		
	Team 1 (Green)	LM1	3:30p
	BYE WEEK	LM3	3:30p
	Team 5 (Blue)	LM3	3:30p
	Team 3 (Yellow)	LM2	3:30p
	Team 4 (Black)	LM3	3:30p
Roster	Georgia Welgos	Colin Jordan	
	Tyson Forbes	Kyle Johnson	
	Rhone Reveal	Christopher Roeder	
	Declan Short	Lucy Heintz	
	Sidney Farrell	Sofia Baldwin	
	Spencer Sinclair	London Lathrop	

1st/2nd grade – Team 3 (Team Yellow)

Coaches	Julia Rowland 970-319-9639 Juliaarowland@gmail.com			
Practices	Field	Lower Moore 3		
	Mondays	3:30p – 4:30p		
	Wednesdays	3:30p – 4:30p		
Games	Opponent	Location	Time	Date
	2022 Elks Soccer Shoot			
	Tuesday & Wednesday, September 20 th & 21 st , 2022			
	(3:30 -5:30p @ Lower Moore)			
	Team 4 (Black)	LM2	3:30p	September 16 th
	Team 1 (Green)	LM1	3:30p	September 23rd
	BYE WEEK	LM2	3:30p	September 30th
	Team 2 (Red)	LM2	3:30p	October 7 th
	Team 5 (Blue)	LM2	3:30p	October 14th
Roster	Graham Rowland	Ben Haas		
	Samuel Ward	Harlan Moszynski		
	Hunter Gordan	Oskar Frielinghaus		
	Teal Pfeifer	Lydia Hancock		
	Matias Cattaneo	Kaitlyn Yaeger		
	Malo Long	Siena Winter		
	Scott McCready			

1st/2nd grade – Team 4 (Team Black)

Coaches	Jim & Julianne Stokes 908-303-6851 juliannenicolestokes@gmail.com			
Practices	Field	Lower Moore 1		
	Tuesdays	3:30-4:30p		
	Thursdays	3:30-4:30p		
Games	Opponent	Location	Time	Date
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20th & 21st, 2022 (3:30 -5:30p @ Lower Moore)			
	Team 3 (Yellow)	LM 2	3:30	September 16 th
	Team 5 (Black)	LM 2	3:30	September 23rd
	Team 1 (Green)	LM 1	3:30	September 30th
	BYE WEEK	LM 3	3:30	October 7 th
	Team 2 (Red)	LM 3	3:30	October 14th
Roster	Piper Stokes		Harper Moerke	
	Abraham Ehrnst		Ivan Marriott	
	Skye Spears		Conrad Campaigne	
	Charlie Sinkinson		Jackson Simpson	
	Mila Smith		Chole Fellin	
	James Littlejohn		Max Leslie	

1st/2nd grade – Team 5 (Team Blue)

Coaches	Marcel Mulvany 970-618-7994 thecrystalhealer@outlook.com Anthony Taylor 228-216-2692 anthonymontay85@yahoo.com																														
Practices	Field Tuesdays Thursdays	Lower Moore 2 3:30p – 4:30p 3:30p – 4:30p																													
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Roster	Tane Mulvany Geroge Firman Summer Kliner Simone Kliner Brinkley Nelson Elin Anderson Marcus Taylor		Ash Sabella Oliver Masciocchi Soraya Fritas Burgin Henderson Elijah Nakagawa Coulter Whitehead																												

3rd/4th grade – Team 1 (Team Red)

Coaches	Kelli Cupp 970-306-9336 cuppkk@gmail.com Adam Sztykiel 719-293-5994 sztyks@gmail.com																																																			
Practices	Field Mondays Wednesdays	Rotary 3:30-4:30p 3:30-4:30p																																																		
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Roster	Atticus Berg Sabrina Sztykiel Daniel Schumacher Colter Samelson Liam Long _____ _____		Evi Vugteveen Hunter Belmont Clark Rowland Christopher Canas _____ _____																																																	

3rd/4th grade – Team 2 (Team Black)

Coaches	Mike Sladdin 970-618-8988 mikesladdin@gmail.com Sonya Bolerjack 970-987-3433 aspenchefstogo@gmail.com																																		
Practices	Field Mondays Wednesdays	Rotary 1 3:30p – 4:30p 3:30p – 4:30p																																	
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Koan Bory	Willa O’Doherty																																		

3rd/4th grade – Team 3 (Team Green)

Coaches	Andrea Marriott 310-756-2534 dzeydrea@hotmail.com			
Practices	Field	Rotary 1		
	Tuesdays	3:30p – 4:30p		
	Thursdays	3:30p – 4:30p		
Games	Opponent	Location	Time	Date
	2022 Elks Soccer Shoot Tuesday & Wednesday, September 20 th & 21 st , 2022 (3:30 -5:30p @ Lower Moore)			
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	Team 1 (Red)	RO 1	3:30	October 7 th
	Team 1 & 2	RO 1	3:30	October 14th
Roster	Kaylee Ferguson		Sasha Elisha	
	Ansel Stokes		Addison Gates	
	John Pratt		Oskar Wasilawski	
	Aizen Nakagawa		Henry Marriott	
	Miro Miscione			

Flag Football Club

Coaches	James Bory 970-309-6417 James.bory@gmail.com Topher Sabella 970-343-2464 tophersabella@gmail.com	
Practices	<p style="text-align: center;">Field</p> <p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Thursday</p>	<p>Rotary</p> <p>4:00-5:00p</p> <p>4:00-5:00p</p>
	3rd/4th grade	
Roster	<p>Wes Black</p> <p>Steele Sabella</p> <p>Ryder Zack</p> <p>Atticus Berg</p> <p>Ryder Malik</p> <p>Koan Bory</p> <p>Otto Kwasnicka Marx</p> <p>Carson Lowe</p> <p>Soren Elisha</p> <p>Leopold Freidheim</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

Flag Football Club

Coaches	Chris Madigan Chris_madigan@yahoo.com Keith Meister 917-495-1177 kmeister@corvexcap.com Thomas Anderson 970-309-8434 knottyowlartco@gmail.com	
Practices	Field Tuesday Thursday	Rotary 4:00-5:00p 4:00-5:00p
	5th/6th grade	
Roster	Bliar Gessele Alex Noble Chase Vincent Havens Anderson Maxwell Meister Rory Madigan Alden Hancock Landon Blasberg Jackson Marriott Jack Nims Cannon Green Halsten DeBacker Matteo Marolda	

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.

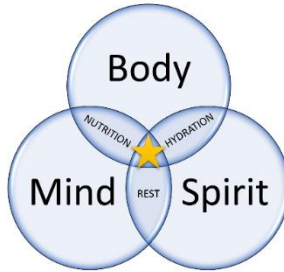
Children who consume healthy foods perform and develop *at a higher level* than those that eat foods low in nutritional value.

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 Travis directly)
- Coordinate a Post-Season Coaches Thank You Card from the players!