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## *Summer 2022*

**T-Ball:** 5-6

**Baseball:** 7-8 | 9-10 | 11-12

## Program Guide

**Season Opens:** 6/13/2022

**T-Ball Jamboree:**

Friday, July 22<sup>nd</sup>, 2022

**7-8/9-10/11-12 League Playoffs:**

Monday-Friday

7/25/22 – 7/29/22

## TABLE OF CONTENTS

INTRODUCTION .....  
3

    EQUIPMENT ..... 4

    FIELDS/STATUS ALERTS ..... 5

T-BALL .....  
7

    T-BALL TEAM GREEN ..... 7

    T-BALL TEAM BIUE.....  
8

7-8 COACH PITCH .....  
9

    7-8 COACH PITCH TEAM  
    ORANGE..... 9

9-10 KID PITCH .....  
10

    9-10 TEAM BLUE .....  
10

11-12 KID PITCH .....  
11

    11-12 TEAM GREEN .....  
11

MISC .....  
12

    HEALTH & WELLNESS AT-A-GLANCE .....  
12

TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS .....  
14-15  
PARENT MANAGER GUIDE  
..... 16

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## 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.

## Introduction

### EQUIPMENT

#### JERSEYS

Jerseys, and Hats are all provided by Aspen Recreation and covered by registration fees. Apparel is yours to keep!

Pants are available in limited size options, if you'd like a more longlasting option, feel free to bring your own in White or Grey!

#### **Bring Your Own**

#### GLOVES

*Gloves require a*

*everyone. Contact personal fit, and we cannot provide them for T-Ball: Recommend Aspen Recreation for recommend vendors.*

*[Walmart/Target in nd a lightweight, synthetic glove.*

Contact Alex for r Glenwood Springs have a limited selection. ]  
ecommeded online vendors.

**SHOES**

**Bring Your Own**

teel, metal/steel tipped, or  
detachable cleats metal/steel allowed. **Molded  
rubber only.**

**BATS**

Aspen Recreation will provide 2 bats for each team.

Size options are limited and players are encouraged to bring  
their own to share with their team.

weight in ounces cannot exceed a value of 12 less than the length of the bat in  
inches. – i.e. a 30" bat must be over 18oz) **BALLS** Aspen Recreation provides a  
set of baseballs per team.

*Coaches can always use more! Contact Aspen Recreation to offer  
support by donating an extra box to your team.*

**MISC.**

Aspen Recreation has one set of catcher's gear for each team, but  
selection is limited. If your athlete is committed to the catcher  
position, bringing your own catcher's mitt and gear would be  
beneficial.

**BATTING**

The Batting Cage is open for Summer 2021!

**CAGE**

Coaches will be assigned a training date and will have the ability to  
book hour reservations with their players, free of charge.

Parents can also participate in a training to gain their Batting Cage  
Approval, which permits you to book hour reservations at \$20/hour.

[CLICK HERE FOR BATTING CAGE TRAINING SIGN UPS](#)

[CLICK HERE FOR BATTING CAGE RESERVATIONS](#)

**Tip:**

Use your phone/desktop "Search" or "Find in Page" feature to search  
your child's Last Name to navigate directly to your team page.

# Introduction

## FIELDS

<b>ROTARY</b>	<b>Aspen – Rotary Field</b> Aspen Recreation Campus 0861 Maroon Creek Rd, Aspen, CO 81611
<b>ISELIN</b>	<b>Aspen – Iselin Field</b> Aspen Recreation Campus 0861 Maroon Creek Rd, Aspen, CO 81611
<b>U MOORE</b>	<b>Aspen – Upper Moore Field</b> Aspen School District Campus 235 High School Rd, Aspen, CO 81611
<b>L MOORE</b>	<b>Aspen – Lower Moore Field</b> Aspen School District Campus 235 High School Rd, Aspen, CO 81611
<b>TOT LOT</b>	<b>Aspen – Tot Lot</b> At the corner of Bonita Dr and Alta Vista St, off Cemetery Lane Aspen, CO 81611
<b>Basalt Elementary School</b>	151 East Cottonwood Drive Basalt, CO Recommended to turn at the Fire Station and park in the parking lot right behind the fields.
<b>NORTHFACE</b>	<b>Carbondale – North Face Field</b> Behind the Fire Department off CO-133 in Carbondale Meadowood Dr, Carbondale, CO 81623
<b>SOPRIS E/W</b>	<b>Glenwood – Sopris Park</b> South Glenwood 1150 Mt Sopris Dr, 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.

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## GAME SCHEDULES

Games are to be scheduled with Basalt, Carbondale, Glenwood.

*Schedule updates will always be posted to this Program Guide, linked on our [Baseball & Softball Page](#).*

# T-Ball Green Team

Coaches	Emily Farrell <a href="mailto:emilywfarrell@gmail.com">emilywfarrell@gmail.com</a> 303-887-7570	Megan Parsons <a href="mailto:meganmarfione@gmail.com">meganmarfione@gmail.com</a> 831-917-8285
Practice	Mondays at Tot Lot Field 4:30-5:30	
Roster	Everett Andersen Robbie Ferguson Justin Flynn Siersha Furges Cade Gordan Isaac Nemechek Holden Bory	Finn Parsons Jack Parsons Emma Souki Cameron Trane Coulter Whitehead Maisey Farrell Kennedy Knapp
Game	End of season Scrimmage vs Team Blue On Friday, July 22 <sup>nd</sup> 4pm	

# T-Ball Blue Team

Coaches	Topher Sabella <a href="mailto:tophersabella@gmail.com">tophersabella@gmail.com</a> 970-343-2464	Ryan Kalamaya <a href="mailto:kalamaya@gmail.com">kalamaya@gmail.com</a> 970-401-3569
Practices	Wednesdays at Tot Lot Field 5-6pm.	
Roster	Jack Kalamaya Brigid Kury Madison Louthis Jake Nelson Christopher Roeder Cooper Von Ohlen Taylor Brown-Schirato Ash Sabella	Myles Shea Declean Short Owen Short Charles Supino Walter Wessler Arlo Duncan George Firman
Game	End of season Scrimmage vs Team Green On Friday, July 22 <sup>nd</sup> 4pm	



## 7/8 Coach Pitch Orange Team

Coaches	Troy Forbes <a href="mailto:troyforbes25@yahoo.com">troyforbes25@yahoo.com</a> 906-748-1780 Brad Wilson <a href="mailto:brad@wilson.me">brad@wilson.me</a> 312-208-6948	
Practices	Tuesday/Thursday 3:30-5pm Upper Moore	
Roster	Kingsly Barr Wes Black Tyson Forbes Kaden Furges Cooper Gellert Hunter Gordan River Klug Atticus Berg	Jonathan Pfautz Waylon Rodgers Steele Sabella Samuel Vidamour Tuima Waqanibaravi Lachlan Wilson Austin Kreizer

## 9/10 Kid Pitch Blue Team

Coaches	<p>Andrew Wasilawski      James Bory <a href="mailto:ajwazoo@gmail.com">ajwazoo@gmail.com</a>      <a href="mailto:james.bory@gmail.com">james.bory@gmail.com</a> 970-309-5430                      970-309-6417</p> <p>Ray Marfino <a href="mailto:raymarfino@yahoo.com">raymarfino@yahoo.com</a> 843-609-7573</p>																			
Practices	<p>Tuesday/Thursday 5:00-6:30pm Upper Moore Field</p>																			
Roster	<table><tr><td>Koan Bory</td><td>Maddox Miller</td></tr><tr><td>Win Connolly</td><td>Alex Noble</td></tr><tr><td>Noah Crane</td><td>Cole Ryan</td></tr><tr><td>Wyatt Lawrence</td><td>Leo Ryan</td></tr><tr><td>Phoenix Marfino</td><td>Jack Vidamour</td></tr><tr><td>Matteo Marolda</td><td>Dillon Whitehead</td></tr><tr><td>Finn Zubrod</td><td>Rex Lee</td></tr><tr><td>Calvin Gloor</td><td>Merric Lutz-Sladin</td></tr><tr><td>John Pratt</td><td>Oskar Wasilawski</td></tr></table>		Koan Bory	Maddox Miller	Win Connolly	Alex Noble	Noah Crane	Cole Ryan	Wyatt Lawrence	Leo Ryan	Phoenix Marfino	Jack Vidamour	Matteo Marolda	Dillon Whitehead	Finn Zubrod	Rex Lee	Calvin Gloor	Merric Lutz-Sladin	John Pratt	Oskar Wasilawski
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Finn Zubrod	Rex Lee																			
Calvin Gloor	Merric Lutz-Sladin																			
John Pratt	Oskar Wasilawski																			

## 11/12 Kid Pitch Green Team

Coaches	<p>Eric Knight  <a href="mailto:ebknight@aol.com">ebknight@aol.com</a>            970-379-9622</p>	<p>Mat Zubrod  <a href="mailto:mzubrod@thelittlenell.com">mzubrod@thelittlenell.com</a>              Ed Zane            970-925-8970</p>
Practices	<p>Monday/Wednesday            3:30-5pm            Lower Moore Field</p>	
Roster	<p>Mangus Carlson            James Connolly            William Daniels            Halsten DeBacker            Andrew Dube            George Goulandris            Tommy Zane            Tanner Barbin</p>	<p>Kai Grueter            Elijah Knight            Kirk Lawrence            Luke Pfautz            Anders Sellmeyer            Bode Zubrod            Wyatt Weihs            Zander            Meissner</p>

## Nutrition At-a-Glance



Health & Wellness  
**RECREATION**  
CITY OF **ASPEN**

Aspen Recreation  
//  
City of Aspen Health  
& Wellness

### Points of Emphases

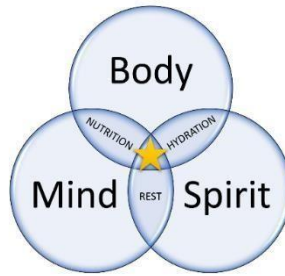
Optimal nutrition is an integral part of peak performance.

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 7 Performance

 <p><b>BEFORE EXERCISE</b></p> <p>Keeps the athlete from feeling hungry during and maintains optimal levels of energy for exercising muscles.</p>	 <p><b>DURING EXERCISE</b></p> <p>For workouts or events lasting more than one hour: sports drinks, solid or gel forms of carbohydrates and water!</p>	 <p><b>AFTER EXERCISE</b></p> <p>Within 30 minutes after training will assist the body in replenishing glycogen stores. Add small amount of protein for muscle recovery.</p>
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**Note: Water is always the recommended beverage over sports/energy drinks**

## Nutrition At-a-Glance

<p><b>Carbohydrates</b></p>	<p><b>Carbohydrates provide athletes with an excellent source of fuel.</b> Good sources of carbohydrates include fruits, vegetables, and whole grains.</p> <p><b>Sugary carbs such as candy bars or sodas are not appropriate for athletes.</b> 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>
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<b>Proteins</b>	<p><b>Athletes may need more protein than less-active teens</b>, 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><b>Good sources of protein</b> 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>
<b>Hydration</b>	<p><b>Sufficient fluid is necessary to maintain energy levels.</b>  <i>Approx 60% of body weight is water.</i>                  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.  <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>
<b>Rest &amp; Recovery</b>	<p><b>Minimize screen time!</b>  <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><b>Adolescents should average 9.5 hours of sleep per night.</b>  <i>Kids need more sleep than adults! Remind your children that the body grows when the brain sleeps! <b>Stretching is a habit!</b></i>  <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>  <b>Start every day with a glass of water!</b></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 exacerbates 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 out, 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!

**Aspen Recreation Center:** (970)540-4100

**Red Brick Offices:** (970)920-5140

**Travis Buckner:** (970)319-5416

**Desiree Whitehead:** (970)379-7178

**Shelley Roy:** (970) 618-9750