

Summer 2023

T-Ball: 5-6

Baseball: 7-8 | 9-10 | 11-1

Program Guide

Season Opens: 6/12/2023

T-Ball Jamboree:

Friday, July 21st, 2023

9-10/11-13 League Playoffs:

Monday-Thursday

7/17/23 – 7/20/23

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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 long-lasting option, feel free to bring your own in White or Grey!	
GLOVES	Bring Your Own	- Gloves are required for fielding. Stores such as Walmart or Big 5 in Glenwood are ideal locations to get a glove for the season.
SHOES	Bring Your Own	- No metal or removable cleats are 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. <i>*11-12 Baseball: Bats must follow "12oz-Drop Rule"*</i> (Bat 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. <i>Coaches can always use more! Contact Aspen Recreation to offer support by donating an extra box to your team.</i>	
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 CAGE	The Batting Cage is open for Summer 2023! 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. Batting Cage: 2023 Batting Cage Training (signupgenius.com) Batting Cage: 2023 Batting Cage Reservations (signupgenius.com)	

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

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
TOT LOT	Aspen – Tot Lot At the corner of Bonita Dr and Alta Vista St, off Cemetery Lane Aspen, CO 81611
BASALT	Basalt – Basalt Field Off Two Rivers Road near the Basalt Middle School. 51 School St, Basalt, CO 81621
NORTHFACE	Carbondale – North Face Field Behind the Fire Department off CO-133 in Carbondale Meadowood Dr, Carbondale, CO 81623
Nightingale	Carbondale – Tiny Nightingale Field In between the Carbondale Middle School and Fire Department off CO-133 Carbondale, CO 81623
SAYRE	Glenwood – Sayre Park Downtown Glenwood 1702 Grand Ave, Glenwood Springs, CO 81601
SOPRIS E/W	Glenwood – Sopris Park South Glenwood 1500 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.

5-6 T-Ball GREEN

COACHES:

Cam Short. (805) 890-9992. camshort@gmail.com

David Cook. (970) 379-5574. david@aspendedailynews.com

PRACTICE:

TUESDAYS from 4-5pm at Tot Lot Field.

GAME:

End of season Jamboree on Friday July 21st at 4pm.

ROSTER:

Hazel Andersen, Cairo Cook, Leo Issa, Everett McLendon
Christopher Scheetz, Levi Guth, Jake Nelson, Owen Short,
Charles Supino, Beckham Wilson.

7-8 COACH/MACHINE PITCH ROYALS

COACHES:

Troy Forbes. (906)748-1780. Troyforbes25@yahoo.com

Cam Short. (805) 890-9992. camshort@gmail.com

Tophers Sabella. (970) 343-2464. tophersabella@gmail.com

PRACTICE:

MONDAY & WEDNESDAY 3:30-5pm on Upper Moore Field.

GAME: All Start at 6pm.

6/13 vs Glenwood Springs Grizzlies at Sayre Park.

6/20 vs Carbondale Rockies at North Face Park.

6/27 vs Glenwood Springs Isotopes at Upper Moore Field.

7/11 vs Carbondale Cardinals at North Face Park.

7/18 vs Basalt 2 at Upper Moore Field.

7/25 vs Basalt 1 at Upper Moore Field.

ROSTER:

Everett Andersen, Aiden Cohen, George Firman, Tyson Forbes, Cooper Gellert, Cade Gordon, Hunter Gordon, Jaymus Katz, Austin Kreizer, Luka Marolda, Tane Mulvany, Jonathan Pfautz, Waylon Rodgers, Christopher Roeder, Ash Sabella, Declan Short, Coulter Whitehead.

9-10 KID PITCH DODGERS

COACHES:

Andy Wasilawski. (970) 309-5430. ajwazoo@gmail.com

James Bory. (970) 309-6417. James.bory@gmail.com

Brad Wilson. (312) 231-0800. brad@wilson.me

PRACTICE:

MONDAY & WEDNESDAY 5-6:30pm on Upper Moore Field.

GAME: All Start at 6pm.

6/15 vs Carbondale Mariners on Upper Moore Field.

6/22 vs Carbondale Yankees on Upper Moore Field.

6/29 vs Basalt at Basalt Field.

7/6 vs Glenwood Springs Grizzlies at Sopris East Field.

7/13 vs Carbondale Rockies on Upper Moore Field.

7/17-7/20 Playoff Week.

ROSTER:

Kingsly Barr, Koan Bory, Dominic DeBacker, Scotty Erwin, Egan Lukas Hinderberger, Arthur Jones, River Klug, Merric Lutz-Sladdin, Grayson Novak, Dean Ritter, Alexander Russell, Steele Sabella, Samuel Vidamour, Oskar Wasilawski, Lachlan Wilson.

11-13 KID PITCH ANGELS

COACHES:

Ed Zane. (970) 379-2522. Eddiezane3@gmail.com

Eric Knight. (970) 379-9622. ebknight@aol.com

PRACTICE:

TUESDAY & THURSDAY 3:30-5pm on Lower Moore Field.

GAME: All Start at 6pm.

6/21 vs Glenwood Springs Grizzlies on Lower Moore Field.

6/29 vs Aspen Athletics on Lower Moore Field.

7/6 vs Carbondale Pirates at North Face Field.

7/11 vs Glenwood Springs Isotopes on Lower Moore Field.

7/12 vs Carbondale Phillies on Lower Moore Field.

7/17-7/20 Playoff Week.

ROSTER:

Tommy Zane, Elijah Knight, Halsten DeBacker, Henry Holmes, Amos Lageschulte, Luke Pfautz, Magus Carlson, Tanner Barbin, Diggs Weldon, Carter Neilson, Gray Everson, Bode Zubrod, Brayden Persusse.

11-13 KID PITCH ATHLETICS

COACHES:

Ray Marfino. (843) 609-7573. raymarfino@yahoo.com

David Smallwood. (602) 291-4954. Therealkdjmusic@gmail.com

PRACTICE:

MONDAY & WEDNESDAY 4:30-6pm on Lower Moore Field.

GAME: All Start at 6pm.

6/14 vs Glenwood Springs Isotopes at Sopris West Field.

6/20 vs Carbondale Phillies on Lower Moore Field.

6/29 vs Aspen Angels on Lower Moore Field.

7/6 vs Glenwood Springs Grizzlies at Sopris West Field.

7/13 vs Carbondale Pirates on Lower Moore Field.

7/17-7/20 Playoff Week.

Roster:

Giffin Anderson, Leo Ryan, Dillon Whitehead, Alex Noble, Robert Rex Lee, Josh Eakins, Benjamin Berro, Matteo Marolda, Bohs Smallwood, Sebastain Wiseman, Phoenix Marfino, Max Williams, Aiden Haynie.

Nutrition At-a-Glance



Points of Emphases

Optimal nutrition is an integral part of peak performance.

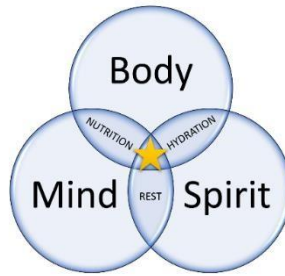
Children who consume healthy foods perform and develop *at a higher level* than those that eat foods low in nutritional value.

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

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

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

Nutrition At-a-Glance

Carbohydrates

Carbohydrates provide athletes with an excellent source of fuel. Good sources of carbohydrates include fruits, vegetables, and whole grains.

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.

Proteins

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.

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.

Hydration

Sufficient fluid is necessary to maintain energy levels.

Approx 60% of body weight is water.

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.

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!

Rest & Recovery

Minimize screen time!

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.

Adolescents should average 9.5 hours of sleep per night.

*Kids need more sleep than adults! Remind your children that the body grows when the brain sleeps! **Stretching is a habit!***

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!

Start every day with a glass of water!

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 baseball 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, then 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 are 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 to 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 must 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 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're 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 handling 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) Never yell at the officials.

- a) We don't expect our players to bat 1000, 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
- Travis @ 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!

Aspen Recreation Center: (970)540-4100 **Red Brick Offices:** (970)920-5140

Travis Buckner: (970)319-5416 **Desiree Whitehead:** (970)379-7178