



2021 - 2022

3rd/4th, 5th/6th

Winter Basketball Season

Parent Guide

Season Opens: 11/29/21

Holiday Break: 12/20/21 – 1/2/22

3rd/4th Playoff Week:

2/21/22 – 2/25/22

5th/6th Playoff Week:

2/28/22 – 3/4/22

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Introduction

EQUIPMENT

JERSEYS	Provided by Aspen Recreation! Yours to keep this season.
SHORTS	Players are expected to have their own basketball shorts for games. Plain black shorts that cut-off at the knee-line or just above are most appropriate.
SHOES	Non-marking BASKETBALL shoes are expected.
BASKETBALLS	Provided by Aspen Recreation! Coaches will have 6 basketballs per team, as well as cones and other miscellaneous practice equipment.
MASKS	Masks MUST be worn at all times on Aspen School District property. Please see facility rules below for regulations at other facilities.

FACILITIES

AES	Aspen Elementary School 235 High School Rd, Aspen, CO 81611
AMS	Aspen Middle School 235 High School Rd, Aspen, CO 81611

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

We are not allowed access anywhere on the campuses outside of the gyms and bathrooms.

3rd / 4th Grade BOYS**[AB34-1]**

Coaches	Josh Berro c. 970-274-0182 e. jberro@aspenk12.net	Andrew Rushing c. 970-274-4210 e. arushing@tosv.com																												
Practices	Aspen Elementary School Court 1 Mondays / Wednesdays 3.15pm – 4.15pm																													
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3rd / 4th Grade BOYS

[AB34-2]

Coaches	Don Nottingham c. 303-818-8937 e.donald.r.nottingham@gmail.com	Jennifer Ryan c. 970-309-1630 e.jenant12000@yahoo.com																													
Practices	Aspen Elementary School Court 1 Tuesdays / Thursdays 3.15pm – 4.15pm																														
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5th / 6th Grade BOYS**[AB56-1]**

Coaches	Jeff Pendarvis c. 970-309-7638 e.jpendarvis@hotmail.com	Todd Hoeffner c. 713-504-5994 e.todd_hoeffner@yahoo.com																																
Practices	Aspen Elementary School Mondays / Wednesdays 5:30pm – 6.30pm																																	
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5th / 6th Grade BOYS

[AB56-2]

Coaches	Larry Butler c. 310-721-6134 e. larry@getawestruck.com			
Practices	Aspen Elementary School Tuesdays / Thursdays 4.15pm – 5.15pm			
Games	Aspen - AB56-1	AMS	7:00	Mon, January 3, 2022
	Glenwood - GB56-2	AMS	7:00	Wed, January 12, 2022
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	Basalt 3 - BB56-3	AMS	6:15	Tue, February 8, 2022
	Basalt 5 - BB56-5	AMS	7:15	Tue, February 15, 2022
	Aspen - AB56-1	AMS	6:15	Tue, February 22, 2022
Roster	James Connolly	Robert Schaffer		
11	Lincon Botts	Marshall Butler		
	Carter Neilson	Roger Farrell		
	Elijah Knight	Adam Gieszl		
	James Holloway	Karlis Klavins		
	Etai Platt			

3rd - 6th Grade GIRLS**[AG56-1]**

Coaches	Paul Sohn c. 917-584-9165 e. paul.sohn@gmail.com																									
Practices	Aspen Elementary School Mondays 4.15pm – 5.15pm Thursdays 5:30pm - 6:30pm																									
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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'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 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?

Facility Rules

ASPEN MIDDLE SCHOOL, 135 HIGH SCHOOL RD, ASPEN (AMS)

Masks are required in all indoor facilities within Pitkin County. This includes all players, coaches, staff, and spectators over the age of 2 years old. Non-compliant individuals will be asked to leave, and games will not be played until compliance is met.

BASALT ELEMENTARY SCHOOL, 151 COTTONWOOD DVE, BASALT (BES)

Mask requirement for all spectators. Mask Requirement for all Coaches. Mask are required for all players NOT in the game. We are allowed per the School District to have TEN participants on the court (5 home, 5 away) drop their masks while in the game. It is suggested that the mask be readily available (on chin or neck) for when the players are not in the game. Any obstruction of this policy will result in a delay of game and possible forfeiture of the game.

BASALT MIDDLE SCHOOL, 51 SCHOOL ST, BASALT (BMS)

Mask Requirement for all spectators. Mask Requirement for all Coaches. Mask are required for all players NOT in the game. We are allowed per the School District to have TEN participants on the court (5 home, 5 away) drop their masks while in the game. It is suggested that the mask be readily available (on chin or neck) for when the players are not in the game. Any obstruction of this policy will result in a delay of game and possible forfeiture of the game.

CARBONDALE RECREATION CENTER, 567 COLORADO AVE, CARBONDALE (CRC)

Masks are optional for vaccinated players while they are on the court playing. Masks are required for all players on the bench. Masks are optional for all fully vaccinated coaches and parents.

GLENWOOD SPRINGS COMMUNITY CENTER, 100 WULFSON RD, GLENWOOD SPRINGS

Masks are recommended but not required for spectators, participants, and coaches.

Weekly Practice Grid

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3.00					
	4.00	Boys 3/4 M/W 3.15 - 4.15 (AB34-1)	Boys 3/4 T/T 3.15 - 4.15 (AB34-2)	Boys 3/4 M/W 3.15 - 4.15 (AB34-1)	Boys 3/4 T/T 3.15 - 4.15 (AB34-2)
5.00		Girls 4.15 - 5.15 (AG56-1)	Boys 5/6 T/T 4.15 - 5.15 (AB56-2)		Boys 5/6 T/T 4.15 - 5.15 (AB56-2)
	6.00	Boys 5/6 M/W 5.30 - 6.30 (AB56-1)		Boys 5/6 M/W 5.30 - 6.30 (AB56-1)	Girls 5.30 - 6.30 (AG56-1)