



Fall 2021

SOCCER:

Kinder / U8 / U10 / U12

FLAG FOOTBALL:

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

Program Guide

Season Opens:

9/13/2021

2021 Colorado Elks Soccer Shoot:

First Round: 9/20/21 & 9/21/21 –
3:30-5:30p

Districts: 9/26/21 –

10:00a - 12:30pm

TABLE OF CONTENTS

INTRODUCTION..... 3

 EQUIPMENT3

 FIELDS/STATUS ALERTS4

 2021 ELKS SOCCER SHOOT5

KINDER 6

 KINDER TEAM 1 - RED6

 KINDER TEAM 2 - GREEN.....7

 KINDER TEAM 3 - RED8

 KINDER TEAM 4 - GREEN.....9

 KINDER TEAM 5 - GREEN.....10

 KINDER TEAM 6 - GREEN.....11

 KINDER TEAM 7 - GREEN.....12

U8 13

 U8 TEAM 1 - RED13

 U8 TEAM 2 - BLUE14

 U8 TEAM 3 - GREEN15

 U8 TEAM 4 - RED16

 U8 TEAM 5 - BLUE17

 U8 TEAM 6 - GREEN18

U10 19

 U10 TEAM 1 - RED19

 U10 TEAM 2 - BLUE20

FLAG FOOTBALL CLUB 21

 2021 FLAG FOOTBALL CLUB21

 2021 FLAG FOOTBALL CLUB22

MISC..... 23

 HEALTH & WELLNESS AT-A-GLANCE.....23

 TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS24

 PARENT MANAGER GUIDE25

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.

2021 Colorado Elks Soccer Shoot



2021 Elk's Soccer Shoot with Aspen Recreation

Monday & Tuesday, September 20th & 21st, 2021

3:30-5:30pm

2021 Elk's District Soccer Shoot

Sunday, September 26th, 2021

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

Coaches	Julia Rowland – 970-544-2068 Collin Kliner – Ckliner@yahoo.com																														
Practices	Field Mondays	Lower Moore 3:30-4:30p																													
Games	<table border="1"> <thead> <tr> <th data-bbox="276 430 441 462">Opponent</th> <th data-bbox="446 430 601 462">Location</th> <th data-bbox="606 430 760 462">Time</th> <th data-bbox="766 430 915 462">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="276 462 915 544" style="text-align: center;"> 2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore) </td> </tr> <tr> <td data-bbox="276 544 441 576">Team 2</td> <td data-bbox="446 544 601 576">K1</td> <td data-bbox="606 544 760 576">3:30</td> <td data-bbox="766 544 915 576">September 24th</td> </tr> <tr> <td data-bbox="276 584 441 617">Team 3</td> <td data-bbox="446 584 601 617">K1</td> <td data-bbox="606 584 760 617">3:30</td> <td data-bbox="766 584 915 617">October 1st</td> </tr> <tr> <td data-bbox="276 625 441 657">Team 4</td> <td data-bbox="446 625 601 657">K1</td> <td data-bbox="606 625 760 657">3:30</td> <td data-bbox="766 625 915 657">October 8th</td> </tr> <tr> <td data-bbox="276 665 441 698">Team 5</td> <td data-bbox="446 665 601 698">K1</td> <td data-bbox="606 665 760 698">3:30</td> <td data-bbox="766 665 915 698">October 15th</td> </tr> <tr> <td data-bbox="276 706 441 738">Team 6</td> <td data-bbox="446 706 601 738">K1</td> <td data-bbox="606 706 760 738">3:30</td> <td data-bbox="766 706 915 738">October 22nd</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2021 Elks Soccer Shoot Monday & Tuesday September 20 th & 21 st , 2021 (3:30 -5:30p @ Lower Moore)				Team 2	K1	3:30	September 24 th	Team 3	K1	3:30	October 1 st	Team 4	K1	3:30	October 8 th	Team 5	K1	3:30	October 15 th	Team 6	K1	3:30	October 22 nd
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Roster	Jack Kalamaya Madeleine Miller Coulter Whitehead Rhone Reveal Bonnie Boyd Simone Kliner Mila Smith		Summer Kliner Oliver Masciocchi Hana Meleg Tom Marx Graham Rowland Oscar Vugteveen																												

KINDER – Team 2

Coaches	Eric Mangelsen – 970-309-9607			
Practices	Field Mondays	Lower Moore 3:30-4:30p		
Games	Opponent	Location	Time	Date
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)			
	Team 1	K1	3:30	September 24 TH
	Team 6	K1	4:30	October 1 st
	Team 5	K1	4:30	October 8 th
	Team 3	K2	3:30	October 15 th
	Team 4	K1	4:30	October 22 nd
Roster	Crosby Lowe		Lily Lyons	
	Scarlette Voss		Sienna Sohn	
			Harlan Moszynski	
	Elin Tippet		Maddie Waldron	
	Cora Weiler		Erin Heintz	
	Geprgoa Welgos		Monore Mangelsen	
	London Lathrop			

KINDER – Team 3

Coaches	Topher Sabella – 970-343-2464 Margaret Roush – 319-389-3027			
Practices	Field Mondays	Lower Moore 4:30-5:30p		
Games	Opponent	Location	Time	Date
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)			
	Team 4	K2	3:30	September 24 TH
	Team 1	K1	3:30	October 1 st
	Team 6	K2	3:30	October 8 th
	Team 2	K2	3:30	October 15 th
	Team 5	K2	3:30	October 22 nd
Roster	Ash Sabella		Charlie Sinkinson	
			Andreson Koster	
	Renee Wheeler		Wyatt Neukomm	
	Crosby Chimerakis			
	William Morgan			
	Guthrie Roush			

KINDER – Team 4

Coaches	Vanessa Adams – 970-618-6270 Anthony Taylor – taylormadelawns20@gmail.com																																		
Practices	Field Tuesday	Lower Moore 3:30-4:30p																																	
Games	<table border="1"> <thead> <tr> <th data-bbox="338 402 505 431">Opponent</th> <th data-bbox="505 402 657 431">Location</th> <th data-bbox="657 402 827 431">Time</th> <th data-bbox="827 402 984 431">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="338 431 984 461" style="text-align: center;">2021 Elks Soccer Shoot</td> </tr> <tr> <td colspan="4" data-bbox="338 461 984 513" style="text-align: center;">Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)</td> </tr> <tr> <td data-bbox="338 513 505 561">Team 3</td> <td data-bbox="505 513 657 561">K2</td> <td data-bbox="657 513 827 561">3:30</td> <td data-bbox="827 513 984 561">September 24TH</td> </tr> <tr> <td data-bbox="338 561 505 610">Team 5</td> <td data-bbox="505 561 657 610">K2</td> <td data-bbox="657 561 827 610">3:30</td> <td data-bbox="827 561 984 610">October 1st</td> </tr> <tr> <td data-bbox="338 610 505 659">Team 1</td> <td data-bbox="505 610 657 659">K1</td> <td data-bbox="657 610 827 659">3:30</td> <td data-bbox="827 610 984 659">October 8th</td> </tr> <tr> <td data-bbox="338 659 505 708">Team 6</td> <td data-bbox="505 659 657 708">K1</td> <td data-bbox="657 659 827 708">4:30</td> <td data-bbox="827 659 984 708">October 15th</td> </tr> <tr> <td data-bbox="338 708 505 756">Team 2</td> <td data-bbox="505 708 657 756">K1</td> <td data-bbox="657 708 827 756">4:30</td> <td data-bbox="827 708 984 756">October 22nd</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2021 Elks Soccer Shoot				Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)				Team 3	K2	3:30	September 24 TH	Team 5	K2	3:30	October 1 st	Team 1	K1	3:30	October 8 th	Team 6	K1	4:30	October 15 th	Team 2	K1	4:30	October 22 nd
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Sydney Adam																																			

Kinder – Team 5

Coaches	Macel Mulvaney 970-618-7994																																		
Practices	Field Tuesdays	Lower Moore 1 3:30-4:30p																																	
Games	<table border="1"> <thead> <tr> <th data-bbox="267 440 444 472">Opponent</th> <th data-bbox="447 440 575 472">Location</th> <th data-bbox="578 440 749 472">Time</th> <th data-bbox="752 440 948 472">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="267 477 948 553" style="text-align: center;"> 2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore) </td> </tr> <tr> <td data-bbox="267 558 444 591">Team 6</td> <td data-bbox="447 558 575 591">K1</td> <td data-bbox="578 558 749 591">4:30p</td> <td data-bbox="752 558 948 591">September 24TH</td> </tr> <tr> <td data-bbox="267 596 444 628">Team 4</td> <td data-bbox="447 596 575 628">K2</td> <td data-bbox="578 596 749 628">3:30p</td> <td data-bbox="752 596 948 628">October 1st</td> </tr> <tr> <td data-bbox="267 633 444 665">Team 2</td> <td data-bbox="447 633 575 665">K1</td> <td data-bbox="578 633 749 665">4:30p</td> <td data-bbox="752 633 948 665">October 8th</td> </tr> <tr> <td data-bbox="267 670 444 703">Team 1</td> <td data-bbox="447 670 575 703">K1</td> <td data-bbox="578 670 749 703">3:30p</td> <td data-bbox="752 670 948 703">October 15th</td> </tr> <tr> <td data-bbox="267 708 444 740">Team 3</td> <td data-bbox="447 708 575 740">K2</td> <td data-bbox="578 708 749 740">3:30p</td> <td data-bbox="752 708 948 740">October 22nd</td> </tr> <tr> <td colspan="4" data-bbox="267 745 948 813"> </td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2021 Elks Soccer Shoot Monday & Tuesday September 20 th & 21 st , 2021 (3:30 -5:30p @ Lower Moore)				Team 6	K1	4:30p	September 24 TH	Team 4	K2	3:30p	October 1 st	Team 2	K1	4:30p	October 8 th	Team 1	K1	3:30p	October 15 th	Team 3	K2	3:30p	October 22 nd				
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Team 3	K2	3:30p	October 22 nd																																
Roster	Declan Short Isaac Nemechek Siersha Furges George Nims Evertt Anderson _____ _____ _____		Tane Mulvaney Luka Marolda Conard Campaigne _____ _____ _____																																

Kinder – Team 6

Coaches	Sue Rodgers - stsnavlin@hotmail.com			
Practices	Field	Lower Moore 1		
	Wednesdays	3:30-4:30p		
Games	Opponent	Location	Time	
	2021 Elks Soccer Shoot			
	Monday & Tuesday September 20th & 21st, 2021			
	(3:30 -5:30p @ Lower Moore)			
	Team 5	K1	4:30p	September 20 th
	Team 2	K1	4:30p	September 27 th
	Team 3	K2	3:30p	October 4 th
	Team 4	K1	4:30p	October 11 th
Team 1	K1	3:30p	October 18 th	
Roster	Madeleine Miller	Dominic Minniti		
	Celine Zilkha	Kieran Keleher		
	Jacinta Quintana	Peyton Bennett		
	Wesleigh Elston	Evan Elisha Lamont		
	Isabel Guth	Celine Zilkha		
	Spencer Sinclair			
	Waylon Rodgers			
	Sienna Umbarger			

U8 – Team 1

Coaches	Julia Stokes - 908-303-6851 Ryan Voss- 203-912-8618		
Practices	Field	Lower Moore 1	
	Mondays	3:30-4:30p	
	Wednesdays	3:30-4:30p	
Games	Opponent	Location	Time
		Date	
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)		
	Team 2	LM1	3:30p
			September 24 th
	Team 3	LM1	3:30p
			October 1 st
	Team 4	LM1	3:30p
			October 8 th
	Team 5	LM1	3:30p
			October 15 th
	Team 6	LM1	3:30p
			October 22
Roster	Piper Stokes	Ansel Stokes	
	Elin Anderson	Clark Rowland	
	Parker Voss	James Kai Waanders	
	Jonathan Pfautz	River Klug	
	Alegra Adams		
	Jens Manka		
	Jeffrey Hall		
	Griffin Waldron		

U8 – Team 2

Coaches	Topher Sabella 970-343-2464 Matt Zubord 970-618-5306			
Practices	Field Mondays Wednesdays	Lower Moore 2 3:30-4:30p 3:30-4:30p		
Games	Opponent	Location	Time	Date
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)			
	Team 1	LM1	3:30p	September 24 th
	Team 6	LM3	3:30p	October 1 st
	Team 5	LM3	3:30p	October 8 th
	Team 3	LM2	3:30p	October 15 th
	Team 4	LM3	3:30p	October 22
Roster	Samuel Ward	Tyson Forbes		
	Kyle Johnson	Tuima Waqanibaravi		
	Carter Shook	Max Leslie		
	Finn Zubord	Beck Dorr		
	Colton Earnest			
	Steele Sabella			
	Colin Jordan			
	River Klug			

U8 – Team 3

Coaches	Mike Miracle – 970-319-1975 Adam Szykiel – 719-293-5994			
Practices	Field	Lower Moore 3		
	Mondays	3:30p – 4:30p		
	Wednesdays	3:30p – 4:30p		
Games	Opponent	Location	Time	Date
	2021 Elks Soccer Shoot			
	Monday & Tuesday September 20th & 21st, 2021			
	(3:30 -5:30p @ Lower Moore)			
	Team 4	LM2	3:30p	September 24 th
	Team 1	LM1	3:30p	October 1 st
	Team 6	LM2	3:30p	October 8 th
	Team 2	LM2	3:30p	October 15 th
Team 5	LM2	3:30p	October 22 nd	
Roster	Sidney Farrel	Sabrina Szykiel		
	Oliver Hahn	Jaxon Lorentzen		
	Marcel Miracle	Otoo Marx		
	Evi Vugteveen			
	Colby Kalamaya			
	Nicolo Porceddu			
	Cooper Russell			
	Hagen Strokes			

U8 – Team 4

Coaches	Andrew Firman 970-389-0137 Candace Parker 970-366-7606		
Practices	Field Tuesdays Thursdays	Lower Moore 1 3:30-4:30p 3:30-4:30p	
Games	Opponent	Location	Time
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)		
	Team 3	LM 2	September 24 th
	Team 5	LM 2	October 1 st
	Team 1	LM 1	October 8 th
	Team 6	LM 3	October 15 th
	Team 2	LM 3	October 22 nd
Roster	Mason Fortier	Logan Bennett	
	Parker Sherman	Mila Burstyn	
	Isla Gilmore	Tom Marx	
	Lucy Firman	Zealand Gilbert	
	Skyler Strickland	Henry Marriot	
	Henry Shea	Ivan Marriott	
	James Douglas		
	Taylor Adam		

U8 – Team 5

Coaches	Chris Henderson 970-319-2611 Margarita Samelson 530-386-8220 Mike Sladdin - 970-379-5917																														
Practices	Field Tuesdays Thursdays	Lower Moore 2 3:30p – 4:30p 3:30p – 4:30p																													
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Colter Samelson																															

U8 – Team 6

Coaches	Lee Malik – 720-490-0845 May Selby/Troy Selby 970-618-7669 David Greene - ashley.geller@Gmail		
Practices	Field	Lower Moore 3	
	Tuesdays	3:30-4:30p	
	Thursdays	3:30-4:30p	
Games	Opponent	Location	Time
			Date
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)		
	Team 5	LM 3	3:30
			September 24 th
	Team 2	LM 3	3:30
			October 1 st
	Team 3	LM 2	3:30
			October 8 th
	Team 4	LM 3	3:30
			October 15 th
	Team 1	LM 1	3:30
			October 22 nd
Roster	Sebatian Tunte	Georgia Greene	
	Cecilia Valentino	John Pratt	
	Ryder Zack	Max Pool	
	Atticus Berg	Remy Selby	
	Ryder Malik	Oskar Wasilawski	
	Noah Huck	Hunter Gordon	
	Kenyon Keleher		
	Saylor Friesen		

U10 – Team 1

Coaches	Katherine McIntosh – 720-987-8016 Kiki Everson – 970-309-0320																		
Practices	Field Mondays Wednesdays	Rotary 1 3:30p – 4:30p 3:30p – 4:30p																	
Games	Opponent	Location	Time																
	2021 Elks Soccer Shoot Monday & Tuesday September 20th & 21st, 2021 (3:30 -5:30p @ Lower Moore)																		
	Team 2	RO 1	September 24 th																
	Team 2	RO 1	October 1 st																
	Team 2	RO 1	October 8 th																
	Team 2	RO 1	October 15 th																
	Team 2	RO 1	October 22 nd																
Roster	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">Duke Decker</td> <td style="border-bottom: 1px solid black;">Gray Everson</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Molly Mandelblatt</td> <td style="border-bottom: 1px solid black;">Jagger Burstyn</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Annen Weiler</td> <td style="border-bottom: 1px solid black;">Teagan Kidd</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Hailey Ward</td> <td style="border-bottom: 1px solid black;">Kauan Silva</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Ellis Burggraf</td> <td style="border-bottom: 1px solid black;">Parker Waller</td> </tr> <tr> <td style="border-bottom: 1px solid black;">Noah Crane</td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td style="border-bottom: 1px solid black;">Kla Kohlhepp</td> <td style="border-bottom: 1px solid black;"></td> </tr> <tr> <td style="border-bottom: 1px solid black;">Rocco Margieka</td> <td style="border-bottom: 1px solid black;"></td> </tr> </table>			Duke Decker	Gray Everson	Molly Mandelblatt	Jagger Burstyn	Annen Weiler	Teagan Kidd	Hailey Ward	Kauan Silva	Ellis Burggraf	Parker Waller	Noah Crane		Kla Kohlhepp		Rocco Margieka	
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Hailey Ward	Kauan Silva																		
Ellis Burggraf	Parker Waller																		
Noah Crane																			
Kla Kohlhepp																			
Rocco Margieka																			

U10 – Team 2

Coaches	Christopher Palasz – 970-274-5180 Kelli Cupp – 970-920-3023		
	Practices	Field Tuesdays Thursdays	Rotary 1 3:30p – 4:30p 3:30p – 4:30p
Games	2021 Elks Soccer Shoot Monday & Tuesday September 20 th & 21 st , 2021 (3:30 -5:30p @ Lower Moore)		
	Opponent	Location	Time
	Team 1	RO 1	3:30
			September 24 th
	Team 1	RO 1	3:30
			October 1 st
	Team 1	RO 1	3:30
		October 8 th	
Team 1	RO 1	3:30	
		October 15 th	
Team 1	RO 1	3:30	
		October 22 nd	
Roster	Katherine issa	Avea Spears	
	Alden Hancock	Matteo Marolda	
	Lauren Rubel	Jackson Marriott	
	Trinidad Palasz	Jack Nims	
	Roxwell Bennett	Augusta Berg	
	Melora Minniti	Molly Gilmore	
	Ember Lapenna	Anna Taber Tessa Gray	

Flag Football Club

Coaches	Ray Marfino raymarfino@yahoo.com	
Practices	Field Tuesday Thursday	Rotary 2 4:30-5:30p 4:30-5:30p
	3rd/4th grade	
Roster	Michael Mandelblatt Samuel Morgan Carson Lowe Paul Kelly Dashiell Schmidt Michael Presutti Win Connolly Billy Hartsfield Otto Marx Sam Gilmore Ryan Gilmore Ryan Kadish Jonathan Grzyb Leo Ryan Maddox Miller Kauan Silva Aiden Haynie Matteo Marolda	

Flag Football Club

Coaches	Griffin Randazzo 970-544-4209	
Practices	Field	Rotary 2
	Tuesday	4:00-5:00p
	Thursday	4:00-5:00p
	5th/6th grade	
Roster	Jack Suma Jack Earnest Levi Anderson Halsten DeBacker Mercer Margjeka Holbrook Grenney Bode Zubrod James Connolly Myles O'donovan Andrew Dube Jack Haynie Hayden Clifford Henry Oster Griffin O'Donovan	

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.

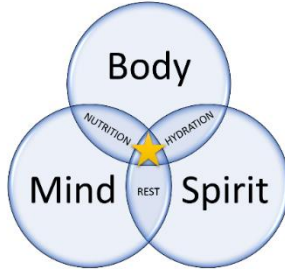
Children who consume healthy foods perform and develop *at a higher level* than those that eat foods low in nutritional value.

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!