



# Flag Football and Soccer Guide

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### Fall 2024

#### **SOCCER:**

Kinder, 1<sup>st</sup> / 2<sup>nd</sup> grade,  
3<sup>rd</sup> / 4<sup>th</sup> grade.

#### **FLAG FOOTBALL:**

5/6-Year-Old, 7/8-Year-Old,  
9/10-Year-Old, 11/12-Year-Old

## Program Guide

#### **Season Opens:**

September 9th

#### **Season Ends:**

October 18th

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# **Equipment (Soccer)**

## **Jerseys**

Jerseys are provided by Aspen Recreation and included in the registration fees. The apparel is yours to keep!

## **Shin Guards**

Shin guards are optional, and children can bring their own if they choose. Aspen Recreation does not provide shin guards, so if you prefer your child to wear them, please purchase them independently.

## **Shoes**

Bring your own cleats. Only molded rubber cleats are allowed; no metal or steel, whether tipped or detachable.

## **Balls**

Aspen Recreation provides a set of soccer balls per team. Coaches can always use extra! If you'd like to donate, please contact Aspen Recreation.

## **Miscellaneous**

Goals, fields, cones, and pennies are provided by Aspen Recreation. Coaches may request additional equipment. Contact Zach directly for any requests or to sponsor equipment for the program.

# Equipment (Flag Football)

## NFL FLAG Jersey

Provided by Aspen Recreation. Players **must wear** their official NFL FLAG jersey during games.

## Mouthguard

**MANDATORY FOR ALL PLAYERS.** No player will be allowed to participate in games without a mouthguard.

## Flag Belt

Provided by Aspen Recreation. Players must wear their flag belt during practices and games.

## Athletic Shorts or Pants

Players should try to wear shorts or pants without pockets to prevent injury and flag obstruction. No metal or steel components allowed.

## Football Cleats (Optional)

**Optional but recommended.** Cleats should be molded rubber; no metal or detachable metal cleats are allowed. Athletic shoes are acceptable if cleats are not available.

## Football Gloves (Optional)

**Optional.** Gloves may be worn for better grip, especially in cooler weather.

## Water Bottle

**Highly recommended.** Each player should bring a labeled water bottle to stay hydrated during practices and games.

## Weather-Appropriate Clothing

In cooler weather, players can wear long sleeves or tights under their jerseys. Ensure the clothing is tight-fitting and does not interfere with flag removal.

## Hand Warmers/Beanie (Optional)

For cold weather conditions, players may wear hand warmers or a beanie, as long as it does not obstruct their vision or interfere with play

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# Sport Ninja App



Dear Parents and Athletes,

We at the Aspen Rec Center are excited to introduce **Sports Ninja**, a powerful new app designed to streamline communication, track scores, and provide real-time updates for all our athletic programs. We understand that staying informed about schedules, game results, and important updates can sometimes be challenging. Sports Ninja is here to simplify that process and enhance your overall experience.

## Why Sports Ninja?

1. **Real-Time Updates:** With Sports Ninja, you'll receive instant notifications on game schedules, score updates, and any last-minute changes. No more sifting through emails or texts—everything you need is right at your fingertips.
2. **Easy Communication:** The app offers a centralized platform for coaches, parents, and athletes to communicate effortlessly. Whether it's sharing practice details, coordinating carpooling, or asking questions, Sports Ninja ensures everyone is on the same page.
3. **Organized Information:** Sports Ninja neatly organizes all your team's information in one place. From rosters and game locations to team standings and stats, you can access everything with just a few taps.
4. **Enhanced Engagement:** Stay engaged with your child's athletic journey. Follow their progress, celebrate victories, and support them through every game—no matter where you are.

5. **User-Friendly Interface:** Sports Ninja is designed with simplicity in mind. It's easy to navigate, even for those who may not be tech-savvy, making it accessible for all members of the community.

### **How to Get Started**

Getting started with Sports Ninja is easy. Simply download the app from the App Store or Google Play, create an account, and select your team. IT'S COMPLETELY FREE! You'll begin receiving updates immediately, and you'll have all the tools you need to stay connected and informed.

We believe that Sports Ninja will greatly enhance the communication and coordination of our programs, making it easier for everyone to stay involved and up-to-date. We're confident that this app will be a valuable resource for coaches, parents, and athletes alike.

Thank you for your continued support and involvement in our athletic programs. We look forward to seeing the positive impact Sports Ninja will bring to our community.

## Field Information

<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>TWO RIVERS PARK</b>	<b>Glenwood Springs – Two Rivers 1</b> 740 Devereux Rd, 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.**

### 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.

## 2024 Colorado Elks Soccer Shoot



### **2024 Elk's Soccer Shoot with Aspen Recreation**

Tuesday & Wednesday, September 17<sup>th</sup> & 18<sup>th</sup>, 2024

3:30-5:30pm - U8 – Lower Moore / U10 & U12 - Rotary

### **2024 Elk's District Soccer Shoot**

Sunday, September 22<sup>th</sup>, 2024

10:00-11:00 – Iselin Field

11:00-12:00pm – Awards and BBQ

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.

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 Tuesday or Wednesday in attempt to qualify for the District Qualifier on the 24<sup>th</sup>.**



## KINDER Soccer - Mon- Team 1 (Jets)

Coaches	Lauren Buzzard Love Phone - (970)-989-333 <a href="mailto:vibrantholistics@gmail.com">Email – vibrantholistics@gmail.com</a>			
	Elizabeth Stewart-Severy Phone – N/A Email - elizabeth.severy@gmail.com			
Practices	<b>Field</b> <b>Mondays</b>	Lower Moore Field K1 3:30-4:30p		
Games	<b>Opponent</b>	<b>Location</b>	<b>Time</b>	<b>Date</b>
	2024 Elks Soccer Shoot <b>Tuesday &amp; Wednesday, September 17<sup>th</sup> &amp; 18<sup>th</sup>, 2024</b> (3:30 -5:30p @ Lower Moore)			
	Ravens		3:30	September 20th
	Rockets		3:30	September 27th
	Ducks		3:30	October 4th
	<b>Bye</b>		3:30	October 11th
	Jays		3:30	October 18th
Roster	Jaxson Buzzard Love	Altair N Gonzalez Meraz		
	Claire Chimerakis	Taggart Whipple		
	Tazwell Stewart-Severy	Liam Farrell		
	Willa Duncan	Annabelle Edmonds		

## KINDER Soccer - Mon – Team 2 (Rockets)

Coaches	Ritchie Zah Phone - (970)274-4109 Email - <a href="mailto:ritchie.zah@aspens.gov">ritchie.zah@aspens.gov</a>			
	Sara Christensen Phone – (801)-440-4348 Email – sarachristensen@gmail.com			
Practices	<b>Field Mondays</b>	Lower Moore Field K2 3:30-4:30p		
Games	<b>Opponent</b>	<b>Location</b>	<b>Time</b>	<b>Date</b>
	2024 Elks Soccer Shoot <b>Tuesday &amp; Wednesday, September 17<sup>th</sup> &amp; 18<sup>th</sup>, 2024</b> (3:30 -5:30p @ Lower Moore)			
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	Jets		3:30	September 27th
	<b>Bye</b>		3:30	October 4th
	Ravens		3:30	October 11th
	Ducks		3:30	October 18th
Roster	Jack M Heintz	Tucker Christensen		
	Verena Jeffreys	Cy Friedland		
	Lena Johnson	Maeve Zordan		
	Cleopatra LaPenna	Cole Zah		

## KINDER Soccer - Tue— Team 3 (Ducks)

Coaches	Eric Mangelsen Phone -(214)-356-6770 Email - <a href="mailto:eric@rossmoreproperty.com">eric@rossmoreproperty.com</a>			
	Emily Farrell Phone -(303)-887-7570 Email - emilywfarrell@gmail.com			
Practices	<b>Field</b> <b>Tuesdays</b>	Lower Moore Field K1 3:30-4:30p		
Games	<b>Opponent</b>	<b>Location</b>	<b>Time</b>	<b>Date</b>
	2024 Elks Soccer Shoot <b>Tuesday &amp; Wednesday, September 17<sup>th</sup> &amp; 18<sup>th</sup>, 2024</b> (3:30 -5:30p @ Lower Moore)			
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	Ravens		3:30	September 27th
	Jets		3:30	October 4th
	Jays		3:30	October 11th
	Rockets		3:30	October 18th
Roster	Sage Abramson	Henrik Miller		
	Wilder Doremus	Simon Miller		
	Max Farrell	Nicolaus Sponar		
	Stella Mangelsen	Haakon Moe		
	Hudson Welgos	Tyler Oliver		
	Gracie Bollinger			

## KINDER Soccer - Tue – Team 4 (Ravens)

Coaches	<p>Andy Spitz                  Phone - (860)-961-0908                  Email - <a href="mailto:spitzandy@gmail.com">spitzandy@gmail.com</a></p> <p>Ryan Thompson                  Phone - (970)-379-2651                  Email - <a href="mailto:thompson.ryan23@gmail.com">thompson.ryan23@gmail.com</a></p>																														
Practice s	<p><b>Field</b> <b>Tuesdays</b></p>	<p>Lower Moore Field K2                  3:30-4:30p</p>																													
Games	<table border="1"> <thead> <tr> <th data-bbox="235 634 399 678">Opponent</th> <th data-bbox="399 634 537 678">Location</th> <th data-bbox="537 634 728 678">Time</th> <th data-bbox="728 634 1003 678">Date</th> </tr> </thead> <tbody> <tr> <td colspan="4" data-bbox="235 678 1003 760" style="text-align: center;">                     2024 Elks Soccer Shoot                      Tuesday &amp; Wednesday, September 17<sup>th</sup> &amp; 18<sup>th</sup>, 2024                      (3:30 -5:30p @ Lower Moore)                 </td> </tr> <tr> <td data-bbox="235 760 399 803">Jets</td> <td data-bbox="399 760 537 803"></td> <td data-bbox="537 760 728 803">3:30</td> <td data-bbox="728 760 1003 803">September 20th</td> </tr> <tr> <td data-bbox="235 803 399 847">Ducks</td> <td data-bbox="399 803 537 847"></td> <td data-bbox="537 803 728 847">3:30</td> <td data-bbox="728 803 1003 847">September 27th</td> </tr> <tr> <td data-bbox="235 847 399 891">Jays</td> <td data-bbox="399 847 537 891"></td> <td data-bbox="537 847 728 891">3:30</td> <td data-bbox="728 847 1003 891">October 4th</td> </tr> <tr> <td data-bbox="235 891 399 935">Rockets</td> <td data-bbox="399 891 537 935"></td> <td data-bbox="537 891 728 935">3:30</td> <td data-bbox="728 891 1003 935">October 11th</td> </tr> <tr> <td data-bbox="235 935 399 979">Bye</td> <td data-bbox="399 935 537 979"></td> <td data-bbox="537 935 728 979">3:30</td> <td data-bbox="728 935 1003 979">October 18th</td> </tr> </tbody> </table>			Opponent	Location	Time	Date	2024 Elks Soccer Shoot Tuesday & Wednesday, September 17 <sup>th</sup> & 18 <sup>th</sup> , 2024 (3:30 -5:30p @ Lower Moore)				Jets		3:30	September 20th	Ducks		3:30	September 27th	Jays		3:30	October 4th	Rockets		3:30	October 11th	Bye		3:30	October 18th
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Tanner Thompson																															

## KINDER Soccer - Tue – Team 5 (Jays)

Coaches	<p>Kyle Landers                  Phone - (208)819-3579                  Email – kyle.landars@yahoo.com</p> <p>Julie Morrah                  Phone - (970)305-7439                  Email – jsheaton@icloud.com</p>																																		
Practices	<p><b>Field</b>  <b>Tuesdays</b></p>	<p>Lower Moore Field K3                  3:30-4:30p</p>																																	
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Roster	<p>Layla Landers</p> <p>Bond Bremen</p> <p>Penelope Donahue</p> <p>Benjamin Duchein</p> <p>Siena Anny Paulus</p>		<p>Marshall Rodgers</p> <p>Ellison Johnson</p> <p>Elsa Belle Morrah</p> <p>Grayton Timme</p> <p>Tomas Quintana Prieto</p>																																

# 1<sup>st</sup>/2<sup>nd</sup> grade Soccer – M/W – Team 1 (Bucks)

<b>Coaches</b>	Lara-Anne Bradley Phone - (336)-414-1405 Email - <a href="mailto:lasstokes@gmail.com">lasstokes@gmail.com</a>  Christine Benedetti Phone - (206)-349-5212 Email - christinebenedetti9@gmail.com		
<b>Practices</b>	<b>Field</b> <b>Mondays</b> <b>Wednesdays</b>	Lower Moore Field 1 3:30-4:30p 3:30-4:30p	
<b>Games</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
			<b>Date</b>
	Lopes		3:30p
	Moose		3:30p
	Elk		3:30p
	Lopes		3:30p
	Moose		3:30p
	Wells Bradley		Iker Hemminger
	Cairo Cook		Alaina Gelroth
	Scout Neiley		Pippa Grace Jordan
	Alexander Cooper-Saffan		Henry Hahn

# 1<sup>st</sup>/2<sup>nd</sup> grade Soccer – M/W – Team 2 (Moose)

Coaches	<p>Andy Gaylord Phone – N/A Email – <a href="mailto:andygaylord@gmail.com">andygaylord@gmail.com</a></p> <p>Anna Zane Phone – N/A Email – <a href="mailto:annazane@aol.com">annazane@aol.com</a></p>																														
Practices	<p><b>Field</b> <b>Mondays</b> <b>Wednesdays</b></p>	<p>Lower Moore Field 2 3:30-4:30p 3:30-4:30p</p>																													
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Roster	<p>Thomas Masciocchi</p> <p>Schuyler Gaylord</p> <p>Robert Proctor Jr</p> <p>Wren Shure</p> <p>Eileen Farrell</p>		<p>Henry Lasser</p> <p>Emma Zane</p> <p>Milo Knechtel</p> <p>Theo Jeffreys</p> <p>Adeline travers</p>																												

# 1<sup>st</sup>/2<sup>nd</sup> grade Soccer – Tu/Thu – Team 3 (Elk)

Coaches	Sierra Anderson Phone – (970)-309-9554 Email - <a href="mailto:jensensierra@gmail.com">jensensierra@gmail.com</a>																																							
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# 1<sup>st</sup>/2<sup>nd</sup> grade Soccer – Tu/Thu – **Team 4 (Lopes)**

Coaches	Jessica Dubin Phone- N/A Email - <a href="mailto:jesswildmandubin@gmail.com">jesswildmandubin@gmail.com</a>																														
Practices	<b>Field</b> <b>Tuesdays</b> <b>Thursdays</b>	Lower Moore 1 3:30-4:30p 3:30-4:30p																													
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Roster	Bronson Radunske Theodore Smith Kathryn Torti Cameron Trane Leo Issa Nolan Wackerle		Avishai Platt Bodhi Dubin Remy Davlyn Cash Coman Holland Wilson																												

## 3<sup>rd</sup>/4<sup>th</sup> grade Soccer – M/W – **Team 1 (Rays)**

Coaches	<p>Sierra Anderson Phone - (970)-309-9554 Email - <a href="mailto:jensensierra@gmail.com">jensensierra@gmail.com</a></p> <p>Kevin Jordan Phone – (802)578-8078 Email – <a href="mailto:kj.inthemountains@gmail.com">kj.inthemountains@gmail.com</a></p>																														
Practices	<p><b>Field</b> <b>Mondays</b> <b>Wednesdays</b></p>	<p>Rotary Field 1 3:30p – 4:30p 3:30p – 4:30p</p>																													
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Roster	<p>Elin Anderson</p> <p>Myles Andrews</p> <p>Matias Cattaneo</p> <p>Santiago Celso</p> <p>Guston Dignan</p> <p>Chloe Fellin</p>		<p>Graham Rowland</p> <p>Marshall Yang</p> <p>Ben Haas</p> <p>Oliver Hahn</p> <p>Colin Jordan</p>																												

### 3<sup>rd</sup>/4<sup>th</sup> grade Soccer – Tu/Thu – Team 2 (Sharks)

Coaches	Samantha Alden Phone - (708)-277-7531 Email - <a href="mailto:samanthaalden00@gmail.com">samanthaalden00@gmail.com</a>  Kris Alden Phone – N/A Email - kris.alden@gmail.com																																		
Practices	<b>Field</b> <b>Tuesdays</b> <b>Thursdays</b>	Rotary Field 1	3:30p – 4:30p 3:30p – 4:30p																																
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Roster	Charlie Alden Conrad Campaigne Hunter Gordon James Littlejohn Teal Pfeifer		Piper Stokes Paris Wilson Shelley Mendoza Turbin Malo Long Penelope Pfeifer																																



## Flag Football – 7 & 8 Year Old - M/W - (Lions)

Coaches	<p>Jeremy Kay Phone – N/A Email - <a href="mailto:jkayboulder@gmail.com">jkayboulder@gmail.com</a></p> <p>Jordan Gendelman Phone – (970)989-4819 Email – <a href="mailto:jordang81@gmail.com">jordang81@gmail.com</a></p>	
Practices	<p><b>Field</b></p> <p><b>Monday</b></p> <p><b>Wednesday</b></p>	<p>Lower Moore Field</p> <p>4:00-5:00p</p> <p>4:00-5:00p</p>
Games	<p><b>Saturdays</b></p>	<p>9/23, 10/7 &amp; 10/21 @1pm in Glenwood Springs. Two Rivers Park.</p>
<b>7- &amp; 8-Year-Old M/W Division</b>		
Roster	<p>William Bryan</p> <p>Hudson Clark</p> <p>Gus Edinger</p> <p>Teddy Edinger</p> <p>Samuel Gendelman</p> <p>Weston Kay</p> <p>Noah Marshall</p> <p>James McBride</p> <p>Clayton Miller</p> <p>William Morgan</p> <p>Alessandro Zangrilli</p> <p>Walter Wessler</p>	

## Flag Football – 7 & 8 Year Old - Tu/Thu - (Titans)

Coaches	<p>Topher Sabella Phone - (970)343-2464 Email - <a href="mailto:tophersabella@gmail.com">tophersabella@gmail.com</a></p> <p>Dan Wright Phone - (714)743-5223 Email – <a href="mailto:dwright@jonestrading.com">dwright@jonestrading.com</a></p>	
Practices	<p><b>Field</b></p> <p><b>Tuesday</b></p> <p><b>Thursday</b></p>	<p>Lower Moore Field</p> <p>4:30-5:30p</p> <p>4:30-5:30p</p>
Games	<p><b>Saturdays</b></p>	<p>9/23, 10/7 &amp; 10/21 @1pm in Glenwood Springs. Two Rivers Park.</p>
<b>7- &amp; 8-Year-Old Division</b>		
Roster	<p>Hudson Bentley</p> <hr/> <p>Dune Capps</p> <hr/> <p>George Firman</p> <hr/> <p>Luke Facey</p> <hr/> <p>Odin Freeberg</p> <hr/> <p>Cade Gordon</p> <hr/> <p>Ethan Littlejohn</p> <hr/> <p>Ash Sabella</p> <hr/> <p>Cooper Von Ohlen</p> <hr/> <p>Coulter Whitehead</p> <hr/> <p>Beckham Wilson</p> <hr/> <p>Beau Wright</p> <hr/> <p>Revel Rogers</p>	

## Flag Football – 9 & 10 Year Old - M/W - (Colts)

Coaches	<p>David Shook Phone - (917)751-7744 Email - <a href="mailto:drshook1@gmail.com">drshook1@gmail.com</a></p> <p>Leslie Johnson Phone - (970)331-2448 Email - <a href="mailto:ljarrieri@hotmail.com">ljarrieri@hotmail.com</a></p> <p>Aaron Stanley Phone – N/A Email - <a href="mailto:astanley3@gmail.com">astanley3@gmail.com</a></p>	
Practices	<p><b>Field</b></p> <p><b>Monday</b></p> <p><b>Wednesday</b></p>	<p>Rotary</p> <p>3:30-4:30p</p> <p>3:30-4:30p</p>
Games	<p><b>Saturdays</b></p>	<p>9/23, 10/7 &amp; 10/21 @1pm in Glenwood Springs. Two Rivers Park.</p>
<b>9- &amp; 10-Year-Old Division</b>		
Roster	<p>Alexander Carricarte Noto</p> <p>Aiden Cohen</p> <p>Dominic DeBacker</p> <p>Steele Sabella</p> <p>Carter Shook</p> <p>Graham Shook</p> <p>Cy Stanley</p> <p>Colt Gooding</p> <p>Kyle Johnson</p> <p>Tom Marx</p> <p>Aiden Schmit</p> <p>Sidney Farrell</p>	

## Flag Football – 9 & 10 Year Old - Tu/Thu - (49ers)

Coaches	Chris Rubin Phone - (858)245-3887 Email - <a href="mailto:christopherrubin@gmail.com">christopherrubin@gmail.com</a> Mark Wise Phone – N/A Email - <a href="mailto:mdfwise@gmail.com">mdfwise@gmail.com</a>	
Practices	<b>Field</b> <b>Tuesday</b> <b>Thursday</b>	Rotary 3:30-4:30p 3:30-4:30p
Games	<b>Saturdays</b>	9/23, 10/7 & 10/21 @1pm in Glenwood Springs. Two Rivers Park.
<b>9- &amp; 10-Year-Old Division</b>		
Roster	Atticus Berg LIAM Bhandari Pagan Wes Black Soren Elisha Kiran Franze Colin Jordan Daniel Schumacher Sebastian Tunte Marshall Yang Ryder Zack Tyson Forbes Jack Wise Isaac Nemechek Waylon Rodgers	



## Flag Football – 11 & 12 Year Old - Tu/Thu - (Rams)

Coaches	<p>Mike Sladdin                  Phone – (970) -618-8988                  Email - <a href="mailto:mikesladdin@gmail.com">mikesladdin@gmail.com</a></p> <p>Sonja Bolerjack                  Phone –                  Email – <a href="mailto:aspenchefstogo@gmail.com">aspenchefstogo@gmail.com</a></p>	
Practices	<p><b>Field</b></p> <p><b>Tuesday</b></p> <p><b>Thursday</b></p>	<p>Rotary</p> <p>3:30-4:30p</p> <p>3:30-4:30p</p>
Games	<p><b>Saturdays</b></p>	<p>9/23, 10/7 &amp; 10/21 @1pm in                  Glenwood Springs. Two Rivers Park.</p>
<b>11- &amp; 12-Year-Old Division</b>		
Roster	<p>Merric Lutz-Sladdin</p> <p>Max Poole</p> <p>Wyatt Lawrence</p> <p>Elise Nemechek</p> <p>Carson Lowe</p> <p>Adelyn Shine</p> <p>Camaron Zatorski</p> <p>Koan Bory</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

# Nutrition At-a-Glance



Aspen Recreation  
//  
City of Aspen Health  
& Wellness

## Points of Emphases

Optimal nutrition is an integral part of peak performance.

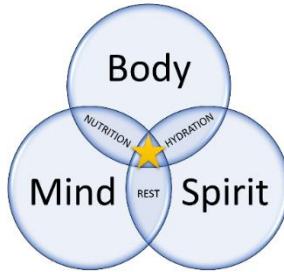
Children who consume healthy foods perform and develop *at a higher level* than those that eat foods low in nutritional value.

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

 <b>BEFORE EXERCISE</b>	 <b>DURING EXERCISE</b>	 <b>AFTER EXERCISE</b>
Keeps the athlete from feeling hungry during and maintains optimal levels of energy for exercising muscles.	For workouts or events lasting more than one hour: sports drinks, solid or gel forms of carbohydrates and water!	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><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>
<p><b>Proteins</b></p>	<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>
<p><b>Hydration</b></p>	<p><b>Sufficient fluid is necessary to maintain energy levels.</b> <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><b>Rest &amp; Recovery</b></p>	<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!</i></p> <p><b>Stretching is a habit!</b> <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><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, 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 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?

## 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!