

Summer 2024

T-Ball: 5-6

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

Program Guide

Season Opens: 6/10/2024

T-Ball final day: 7/16/2024

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

Monday-Friday

7/29/24 – 8/1/24

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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!
GLOVES	Bring Your Own <i>Gloves require a personal fit, and we cannot provide them for everyone. Contact Aspen Recreation for recommend vendors.</i> T-Ball: Recommend a lightweight, synthetic glove. [Walmart/Target in Glenwood Springs have a limited selection.]
SHOES	Bring Your Own No metal/steel, metal/steel tipped, or metal/steel detachable 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 not currently scheduled to open for the 2024 summer.

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 School District 51 School Rd, Basalt, CO 81621
NIGHTINGALE	Carbondale – Nightingale Field Behind Carbondale Middle School CO-133 Carbondale, CO 81623
NORTHFACE	Carbondale – North Face Field Behind the Fire Department off CO-133 in Carbondale Meadowood Dr, Carbondale, CO 81623
SAYRE	Glenwood – Sayre Park Downtown Glenwood 1702 Grand Ave, Glenwood Springs, CO 81601
SOPRIS E/W	Glenwood – Sopris Park 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.

GAME SCHEDULES

Games are to be scheduled with Basalt, Carbondale and Glenwood Recreation on 6/11/21.

Games can be scheduled for any days and may impact practice times.

Schedule updates will always be posted <https://glenwoodrecsports.com/schedules>

T-Ball

Coaches	Carsen Schmitz caronschmitz@gmail.com 970-366-1377	Avery Nelson averysimpsonnelson@gmail.com 970-306-9676
Practices	Tuesdays 3.30pm – 4.30pm Tot Lot Park	
Roster	Alena Goldberg Lincoln Lathrop Hunter Nelson Maxx Smith Jeffrey Taylor Brooks Weiner Cairo Cook	Colin Lathrop Haakon Moe John Schmitz Nicolaus Sponar Jackson Vlasich West Wick Leo Issa

7-8 Coach Pitch – Team 1 – Royals (blue)

Coaches	Cam Short camshort@gmail.com 805-890-9992	Philip Supino pdsupino@gmail.com 970-343-2463																																
Practices	Monday/Wednesday 3.30pm - 5:00pm Upper Moore																																	
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7-8 Coach Pitch – Team 2 – Dodgers (red)

Coaches	Ryan Kalamaya kalamaya@gmail.com 970-401-3569	Mike Shea mikeshea82@gmail.com																																
Practices	Monday/Wednesday 4.30pm - 6:00pm Upper Moore																																	
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9-10 Kid Pitch – Team 3 – Rockies (purple)

Coaches	Aaron Stanley Astanley3@gmail.com	Lacey Gellert Lacey.munroe@gmail.com 412-720-9805		
	Monday/Wednesday SOME Thursdays 6pm – 7.30pm Upper Moore			
Games	Opponent	Location	Time	Date
	Carbondale Cubs	Nightingale	6pm	6/20/24
	Basalt A	Upper Moore	6pm	6/24/24
	GS Brewers	Sopris East	6pm	6/27/24
	Aspen Red Sox	Upper Moore	6pm	7/1/24
	Carbondale Yankees	Nightingale	6pm	7/10/24
	Basalt B	Upper Moore	6pm	7/15/24
	Playoffs	TBA	6pm	TBA
Roster	Alexander Vandenboom	Carter Shook		
	Cooper Gellert	Cy Stanley		
	Jack Chierotti	Jack Venetos		
	Jaymus Katz	Steele Sabella		
	Tuima Waqanibaravi			

9-10 Kid Pitch – Team 4 – Red Sox (red)

Coaches	Troy Forbes Troyforbes25@yahoo.com 906-748-1780	Brad Wilson brad@wilson.me 312-231-0800		
	Practices Monday/Wednesday SOME Thursdays 6pm – 7.30pm Upper Moore			
Games	Opponent	Location	Time	Date
	Basalt A	Upper Moore	6pm	6/19/24
	Carbondale Yankees	Nightingale	6pm	6/24/24
	Aspen Rockies	Upper Moore	6pm	7/1/24
	Basalt B	Basalt Field	6pm	7/8/24
	Carbondale Cubs	Upper Moore	6pm	7/17/24
	GS Brewers	Upper Moore	6pm	7/22/24
	Playoffs	TBA	6pm	TBA
Roster	Caroline Quigley	Colin Jordan		
	Dean Ritter	James Lefler		
	Jonathan Pfautz	Lachlan Wilson		
	River Klug	Samuel Vidamour		
	Tyson Forbes	Waylon Rodgers		
	Wes Black	Zachary Edelson		

11-12 Kid Pitch – Team 5 -Angels (red)

Coaches	Eddie Zane (eddiezane3@gmail.com) 970-925-8970	Eric Knight eknight@teamavsc.org 970-379-9622																																
Practices	Tuesday/Thursday 3.30pm - 5:00pm Lower Moore																																	
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11-12 Kid Pitch – Team 6 – Athletics (yellow)

Coaches	Andy Wasilawski ajwazoo@gmail.com 970-309-5430	Rob Ryan wobwob10@ yahoo.com Ray Marfino raymarfino@yahoo.com																																
Practices	Monday/Wednesday 5:00pm – 6.30pm Lower Moore																																	
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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	 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	<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>
Proteins	<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>
Hydration	<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</p>

	<p>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>
Rest & Recovery	<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) Anytime 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!

Aspen Recreation Center: (970)540-4100

Red Brick Offices: (970)920-5140

Shelley Roy: (970) 618-9750

Zach Trudo: (970) 309-9631