

2019

**Kinder, 1st/2nd
Spring Basketball Season**

Parent Guide

Season Opens: 4/2/19

**End-of-Season Jamboree:
5/10/19**

TABLE OF CONTENTS

INTRODUCTION.....3

 EQUIPMENT 3

 FACILITIES 3

 JAMBOREES..... 4

KINDER 5

 KINDER-RED 5

 KINDER-BLUE 6

1ST/2ND 7

 YB-GREEN 7

 YB-YELLOW 8

 YB-ORANGE 9

MISC 10

 HEALTH & WELLNESS IN YOUTH ATHLETICS 10

 TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS..... 12

Food for thought...

Basketball at this age (Kinder, 1st, 2nd) is purely introductory. The intention for this program is to create a resoundingly positive first impression to basketball – we don’t aim to master the jump-shot in 6 weeks! Rather, we aim to make practices and games/jamborees **so much fun** that they’ll want to play again.

If your child has taken a liking for the sport and you’re hoping to provide the best direction for development, my only advice is the provide the opportunity to build familiarity with a basketball. Purchase an appropriately-sized basketball (Kinder: 26.5 / 1st-4th Grade: 27.5) an encourage them to dribble as much as they can! Don’t force it on them!

Weekly Practice Grid

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|------|--------------|---------------|---------|---------------|--------------|---------------|----------|---------------|--|--|
| 3:00 | | | | | | | | | | |
| 4:00 | YB- Green | YB- Yellow | K-RED | YB- Orange | YB- Green | YB- Yellow | K-BLUE | YB- Orange | GAMES (1 st /2 nd) | |
| | | | | | | | | | | |

Introduction

EQUIPMENT

| | |
|--------------------|---|
| JERSEYS | Provided by Aspen Recreation! Jerseys at this age group are basic cotton tees. The kids keep their shirts after the season! |
| SHORTS | Players are expected to have their own basketball shorts for practices and games. |
| SHOES | Non-marking BASKETBALL shoes are expected. |
| BASKETBALLS | Provided by Aspen Recreation! Coaches will have access to a large bag of basketballs and cones for every practice. |

FACILITIES

| | |
|------------|--|
| AES | Aspen Elementary School 235 High School Rd, Aspen, CO 81611 |
|------------|--|

PICK-UP/DROP-OFF FOR THE AES GYM:

1. Park in the AMS roundabout parking lot
2. Walk up the access road running between campus
3. Enter AES through the main entrance and walk down to the gymnasium

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.

Jamborees

Jamborees are days for all teams of one age group to enjoy the gym space together in an organized and structured environment.

Pre-Season Jamboree

| Friday April 12th, 2019

Beat the Buzzer! Jamboree

(1st/2nd Grade Only) (Kinder OFF)

Match-Ups are "Best of 3," Three-Minute Scrimmages

Teams are allowed 1 substitution per game and rotate players from game-to-game so everyone participates equally.

Games are 3:00 running clock with a stopped clock in the final 30 seconds.

| Time | Home | Away |
|-------|-----------|-----------|
| 3:40p | YB-Green | YB-Yellow |
| 4:00p | YB-Yellow | YB-Orange |
| 4:20p | YB-Orange | YB-Green |

Post-Season Jamboree

| Friday, May 10th, 2019

End of Season Jamboree

(Kinder & 1st/2nd)

Round Robin Tournament for all teams to compete and celebrate the end of the season with all age groups!

| Time | Court | Home | Away |
|-------|-------|-----------|-----------|
| 3:30p | AES1 | KB-BLUE | KB-RED |
| 3:30p | AES2 | YB-Yellow | YB-Green |
| 4:30p | AES1 | YB-Green | YB-Orange |
| 4:30p | AES2 | YB-Orange | YB-Yellow |

Kinder RED

| | | | | | | | | | | | |
|------------------|---|------------|--------------|---------------|----------------|---------------|-----------|--------------|---------------|-------------|-------------|
| [KB-RED] | | | | | | | | | | | |
| Coaches | Ben Appleby c. 970-366-1596 e. applebybenjamin@icloud.com | | | | | | | | | | |
| Practices | Aspen Elementary School Court 1 Tuesdays 3:30pm-4:30pm | | | | | | | | | | |
| Games | End of Season Jamboree – 5/10/19 3:30p @ AES v Kinder-BLUE | | | | | | | | | | |
| Roster | <table border="1"> <tr><td>Alex Canas</td></tr> <tr><td>Win Connolly</td></tr> <tr><td>Leo Freidheim</td></tr> <tr><td>Henry Marriott</td></tr> <tr><td>Clark Rowland</td></tr> <tr><td>Cole Ryan</td></tr> <tr><td>Sophia Stear</td></tr> <tr><td>Jack Vidamour</td></tr> <tr><td>Abby Welgos</td></tr> <tr><td>Finn Zubrod</td></tr> </table> | Alex Canas | Win Connolly | Leo Freidheim | Henry Marriott | Clark Rowland | Cole Ryan | Sophia Stear | Jack Vidamour | Abby Welgos | Finn Zubrod |
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| Cole Ryan | | | | | | | | | | | |
| Sophia Stear | | | | | | | | | | | |
| Jack Vidamour | | | | | | | | | | | |
| Abby Welgos | | | | | | | | | | | |
| Finn Zubrod | | | | | | | | | | | |

Kinder BLUE

| | | | | | | | | | | | |
|------------------|--|---------------|-------------|--------------|--------------|----------------|-----------|------------|------------|--|--|
| [KB-BLUE] | | | | | | | | | | | |
| Coaches | Ben Taber c. 970-404-5506 e. natalie.taber@gmail.com | | | | | | | | | | |
| Practices | Aspen Elementary School Court 1 Thursdays 3:30pm-4:30pm | | | | | | | | | | |
| Games | End of Season Jamboree – 5/10/19 3:30p @ AES v Kinder-RED | | | | | | | | | | |
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| Wyatt Lawrence | | | | | | | | | | | |
| Maya Mead | | | | | | | | | | | |
| John Pratt | | | | | | | | | | | |
| Anna Taber | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |

1ST / 2ND Team GREEN

| [YB-GREEN] | | |
|-----------------|--|--|
| Coaches | Josh Berro c. 970-274-0182 e. jberro@aspenk12.net | Tony Nitti c. 609-658-9593 e. tony.nitti@rubinbrown.com |
| | Practices | Aspen Elementary School Court 1 Mondays/Wednesdays 3:30pm-4:30pm *First Practice 4/3/19 |
| Games | Season Open Jamboree – 4/12/2019 | |
| | v Orange | 3:30 AES April 19, 2019 |
| | BYE | April 26, 2019 |
| | @ Yellow | 3:30 AES May 3, 2019 |
| | End of Season Jamboree – 5/10/19 | |
| Roster | Augusta Berg | |
| | Benjamin Berro | |
| | Silas DelGrasso | |
| | Cornell Ernemann | |
| | Rylan Fields | |
| | Arthur Helzberg | |
| | Emily Nitti | |
| | Mason Shea | |
| | Kauan Silva | |
| | Avea Spears | |
| Anderson Tippet | | |

1st / 2nd Team YELLOW

[YB-YELLOW]

| | | |
|------------------|---|---|
| Coaches | Tracy Dickerman c. 970-819-4453 e. tracy.dickerman@gmail.com | Eric Knight c. 970-379-9622 e. ebknight@aol.com |
| Practices | Aspen Elementary School Court 2 Mondays/Wednesdays 3:30pm-4:30pm [*First Practice 4/3/19] | |
| Games | Season Open Jamboree – 4/12/2019 | |
| | BYE | April 19, 2019 |
| | @ Orange 3:30 AES | April 26, 2019 |
| | v Green 3:30 AES | May 3, 2019 |
| | End of Season Jamboree – 5/10/19 | |
| Roster | Griffin Anderson | |
| | Alexander Freidheim | |
| | Annabelle Fuller | |
| | Elijah Knight | |
| | Jackson Marriott | |
| | Walt McCullough | |
| | Nolan Mika | |
| | Alex Noble | |
| | Drew Rushing | |
| | Ardin White | |
| | Dillon Whitehead | |

1st / 2nd Team ORANGE

| [YB-ORANGE] | | | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|----------------|-------------|----------------|--------------|-----------------|----------------|-----------------|----------|-----|----------------|------------|--|--|-------------|----------------------------------|--|--|--|
| Coaches | <table border="0"> <tr> <td>Elaine Henderson c. 970-319-2611 e. elainekhenderson@comcast.net</td> <td>Lyndsey Haynie c. 970-618-2323 e. lyndseyhaynie@gmail.com</td> </tr> </table> | Elaine Henderson c. 970-319-2611 e. elainekhenderson@comcast.net | Lyndsey Haynie c. 970-618-2323 e. lyndseyhaynie@gmail.com | | | | | | | | | | | | | | | | | | |
| Elaine Henderson c. 970-319-2611 e. elainekhenderson@comcast.net | Lyndsey Haynie c. 970-618-2323 e. lyndseyhaynie@gmail.com | | | | | | | | | | | | | | | | | | | | |
| Practices | Aspen Elementary School Court 2 Tuesdays/Thursdays 3:30-4:30pm | | | | | | | | | | | | | | | | | | | | |
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| Leo Ryan | | | | | | | | | | | | | | | | | | | | | |



Aspen Rec teamed up with the City of Aspen Wellness Program to compile an at-a-glance resource for parents in our community related to nutrition and its role in youth athletics!

Points of Emphases

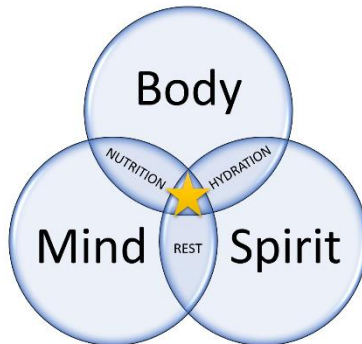
Optimal nutrition is an integral part of peak performance.

Athletes 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!

Proper, balanced **nutrition, rest,** and **hydration** impact your **physical, mental,** and **emotional health!**



[Intake for Performance]

|  BEFORE EXERCISE |  DURING EXERCISE |  AFTER EXERCISE |
|---|--|---|
| 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. |

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.</p> <p>Arriving pre-game or event with low-energy or poorly hydrated cannot be corrected quickly. Normal blood sugar can become low in 3 hours in a normal day, which is as little as 30 minutes with a high intense performance. Be prepared by making hydration a full-time habit.</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? They are here to make the experience safer, more educational, and more fun for the kids. Demonstrate gratitude by allowing them to do their job without interference.