



2023 - 2024

3rd/4th, 5th/6th

Winter Basketball Season

Parent Guide

Season Opens: 12/11/23.

Holiday Break: 12/22/23 – 1/7/24

Playoff Week:

2/26/24 – 2/29/24

TABLE OF CONTENTS

INTRODUCTION	3
EQUIPMENT	3
FACILITIES	3
BOYS.....	5
3 RD /4 TH GRADE – AB2	5
3 RD /4 TH GRADE – AB3.....	6
3 RD /4 TH GRADE – AB4	7
3 RD /4 TH GRADE – AB5.....	8
5 TH /6 TH GRADE – ABB8	11
5 TH /6 TH GRADE – ABB9	12
5 TH /6 TH GRADE – ABB10.....	13
5 TH /6 TH GRADE – ABB11.....	14
GIRLS	4
3 RD /4 TH GRADE – AG1.....	4
5 TH /6 TH GRADE – AG6.....	9
5 TH /6 TH GRADE – AG7.....	10
MISC.....	15
TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS.....	15

Introduction

EQUIPMENT

JERSEYS	Provided by Aspen Recreation! Yours to keep this season.
SHORTS	Players are expected to have their own basketball shorts for games. Plain black shorts that cut-off at the knee-line or just above are most appropriate.
SHOES	Non-marking BASKETBALL shoes are expected.
BASKETBALLS	Provided by Aspen Recreation! Basketballs are to stay in the Elementary gym and locked up after practice, as well as cones and other miscellaneous practice equipment.

FACILITIES

BES	Basalt Elementary School 151 Cottonwood Dr. Basalt, CO 81621
BMS	Basalt Middle School 51 School St. Basalt, CO 81621
CRCC	Carbondale Rec Community Center 567 Colorado Ave Carbondale, CO 81623
GSCC	Glenwood Springs Community Center 100 Wulfshon Rd Glenwood Springs, CO 81601

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

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

3rd / 4th Grade GIRLS

[AB34-1]

Coaches	Elaine Henderson c. 970-319-2611 elainekhenderson@comcast.net et		*Another Coach Slot*
Practices	Aspen Elementary School Court 1 Tuesdays / Thursdays 3.30pm – 4.30pm		
Games Aspen 1	Thursday 1/18 vs Basalt A		@BES 7:00pm.
	Monday 1/22 vs Glenwood Springs 2		@AES 6:15pm.
	Monday 1/29 vs Basalt B		@AES 6:15pm.
	Wednesday 1/31 vs Carbondale 1		@CRCC 7:00pm.
	Monday 2/5 vs Basalt C		@AES 6:15pm.
	Monday 2/12 vs Glenwood Springs 1		@GSCC 6:00pm.
	Tournament Week 2/26-2/29.		
	Roster 15	Burgin Henderson	Piper Anderson
Ida Baker		Peyton Bennett	
Kalli Brodsky		Eloise Campaigne	
Hazel Daniels		Scout Millstone	
Olivia Prieto		Quinlan Ryan	
Sadie Saul		Eloise Shine	
Madeline Silverman		Emma Tompkins	
Celine Zilkha			

3rd / 4th Grade BOYS

[AB34-1]

Coaches	Kelly Jordan c. 732-735-0276 e. kmjandkaf@live.com		*Another Coach Slot*
Practices	Aspen Elementary School Court 1 Tuesdays / Thursdays 3.30pm – 4.30pm		
Games Aspen 2	Wednesday 1/17 vs Aspen 3		@AES 6:15pm.
	Wednesday 1/24 vs Aspen 4		@AES 6:15pm.
	Monday 1/29 vs Glenwood Springs 3		@GSCC 7:00pm.
	Wednesday 1/31 vs Aspen 5		@AES 6:15pm.
	Wednesday 2/7 vs Carbondale 2		@CRCC 6:00pm.
	Tuesday 2/13 vs Basalt B		@BES 6:00pm.
	Tournament Week 2/26-2/29.		
Roster 12	Colin Jordan	Guston Dignan	
	Jonathan Pergande	David Pergande	
	Kieran Keleher	Nicolas Eguia	
	Austin Jay Glathar	Liam Bhandari Pagan	
	Dominic DeBacker	Ivan Marriott	
	Logan Bennett	Santiago Celso	

3rd / 4th Grade BOYS

[AB34-2]		
Coaches	Eric Mandelblatt Ty Burtard c. 970-274-0595 e. tyburtard@gmail.com	
Practices	Aspen Elementary School Court 1 Mondays / Wednesdays 3.30pm – 4.30pm	
Games Aspen 3	Wednesday 1/17 vs Aspen 2 @AES 6:15pm.	
	Wednesday 1/24 vs Aspen 5 @AES 7:15pm.	
	Wednesday 1/31 vs Aspen 4 @AES 7:15pm.	
	Wednesday 2/7 vs Basalt A @AES 6:15pm.	
	Wednesday 2/14 vs Carbondale 3 @AES 7:15pm.	
	Wednesday 2/21 vs Glenwood Springs 4 @AES 7:15pm.	
	Tournament Week 2/26-2/29.	
Roster 10	Michael Mandelblatt	Cash Burtard
	Hunter Gordon	Tom Marx
	Myles Andrews	Cooper Russell
	Felix Locker	Griffin Waldron
	Samuel Morgon	Luke Marshall

3rd / 4th Grade BOYS

[AB34-3]

Coaches	David Shook c. 917-751-7744 e. drshook1@gmail.com		Bret Hirsh c. 917-355-0053 e. bret.hirsh@gmail.com	
Practices	Aspen Elementary School Court 2 Mondays / Wednesdays 3.30pm – 4.30pm			
Games Aspen 4	Wednesday 1/17 vs Aspen 5		@AES 7:15pm.	
	Wednesday 1/24 vs Aspen 2		@AES 6:15pm.	
	Wednesday 1/31 vs Aspen 3		@AES 7:15pm.	
	Monday 2/5 vs Basalt B		@AES 7:15pm.	
	Wednesday 2/14 vs Carbondale 2		@CRCC 6:00pm.	
	Wednesday 2/21 vs Glenwood Springs 7		@AES 6:15pm.	
	Tournament Week 2/26-2/29.			
Roster 9	Carter Shook		Sam Hirsh	
	Graham Shook		James Littlejohn	
	Leo Wise		Zachary Edelson	
	Marcel Miracle		Beck Ramey	
	Oliver Marcus			

3rd / 4th Grade BOYS

[AB34-4]		
Coaches	Troy Forbes c. 906-748-1780 e. troyforbes25@yahoo.com *Another coach slot*	
Practices	Aspen Elementary School Court 1 Mondays / Wednesdays 4.30pm – 5.30pm	
Games Aspen 5	Wednesday 1/17 vs Aspen 4 @AES 7:15pm.	
	Wednesday 1/24 vs Aspen 3 @AES 7:15pm.	
	Wednesday 1/31 vs Aspen 2 @AES 6:15pm.	
	Wednesday 2/7 vs Carbondale 3 @CRCC 7:00pm.	
	Monday 2/12 vs Carbondale 2 @AES 6:15pm.	
	Wednesday 2/21 vs Basalt A @BES 7:00pm.	
	Tournament	
	Week 2/26-2/29.	
Roster 10	Tyson Forbes	Soren Elisha
	Atticus Berg	Noah Huck
	Sebastain Tunte	Waylon Rodgers
	Kyle Johnson	Jack Wise
	Wes Black	Max Leslie

5th / 6th Grade Girls

[AB56-1]

Coaches	Mandy Welgos c. 970-274-3334 e. mandywelgos@icloud.com	Laura Post c.440-479-0367 e. theholisticmama@gmail.com
Practices	Aspen Elementary School Mondays / Wednesdays 4:30pm – 5.30pm	
Games Aspen 6	Thursday 1/18 vs Basalt A @BMS 7:00pm.	
	Monday 1/22 vs Glenwood Springs 9 @GSCC 7:00pm.	
	Thursday 2/1 vs Carbondale 5 @AMS 6:15pm.	
	Tuesday 2/6 vs Carbondale 6 @CRCC 7:00pm.	
	Thursday 2/15 vs Glenwood Springs 8 @AMS 6:15pm.	
	Thursday 2/22 vs Aspen 7 @AMS 6:15pm.	
	Tournament Week 2/26-2/29.	
	Roster 9	Abby Welgos
Tessa Gray		Willia O’doherty
Azalea Post		Sophia Stear
Avea Spears		Scarlett Gleason
Camille Glasgow		

5th / 6th Grade GIRLS

[AB56-2]		
Coaches	<div><div>Niki Lee</div><div>c. 307-250-8827</div><div>e. nikiandylee12@yahoo.com</div></div> <div><div>Will Burggraf</div><div>c. 970-379-5918</div><div>e. Willisb33@gmail.com</div></div>	
Practices	Aspen Country Day School Tuesdays / Thursdays 4:30pm – 5.30pm	
Games Aspen 7	<div><div>Thursday 1/18 vs Basalt B</div><div>@AMS 6:15pm.</div></div> <div><div>Thursday 1/25 vs Carbondale 6</div><div>@AMS 6:15pm.</div></div> <div><div>Wednesday 1/31 vs Basalt A</div><div>@BMS 6:00pm.</div></div> <div><div>Thursday 2/8 vs Glenwood Springs 8</div><div>@AMS 6:15pm.</div></div> <div><div>Thursday 2/15 vs Glenwood Springs 9</div><div>@GSCC 7:00pm.</div></div> <div><div>Thursday 2/22 vs Aspen 6</div><div>@AMS 6:15pm.</div></div> <div><div>Tournament</div><div>Week 2/26-2/29.</div></div>	
Roster 13	<div><div>Hannah Lee</div><div>Caroline Grace Forbes</div><div>Katherine Issa</div><div>Emily Nitti</div><div>Emma Sinclair</div><div>Ardin White</div><div>Greta Campaigne</div></div>	<div><div>Ellis Burggraf</div><div>Willow Hall</div><div>Patricia Mason</div><div>Lydia Roy</div><div>Violet Striegler</div><div>Carlie White</div><div></div></div>

5th / 6th Grade BOYS

[AB56-1]

Coaches	Don Nottingham c. 303-818-8937 e. donald.r.nottingham@gmail.com		*Another Coach Slot*
Practices	Aspen Elementary School Mondays / Wednesdays 5.30pm – 6.30pm		
Games Aspen 8	Tuesday 1/16 vs Aspen 9		@AMS 6:15pm.
	Tuesday 1/23 vs Aspen 11		@AMS 7:15pm.
	Tuesday 1/30 vs Aspen 10		@AMS 7:15pm.
	Tuesday 2/6 vs Basalt A		@BMS 7:00pm.
	Tuesday 2/13 vs Carbondale 9		@AMS 6:15pm.
	Tuesday 2/20 vs Glenwood Springs 14		@AMS 6:15pm.
	Tournament Week 2/26-2/29.		
Roster 11	Henry Nottingham	Bashar Akkad	
	Maxwell Morgan	Harry Thorne	
	Miles Moats	Graham Eydenberg	
	Dillion Whitehead	Robert Rex Lee	
	James Douglas	Win Connolly	
	Dashiell Schmidt		

5th / 6th Grade BOYS

[AB56-2]

Coaches	Matt Zubrod c. 970-948-0022 e.mzubrod@gmail.com		*Another Coach Slot*
Practices	Aspen Middle School Gym Mondays / Wednesdays 5.30pm – 6.30pm		
Games Aspen 9	Tuesday 1/16 vs Aspen 8		@AMS 6:15pm.
	Tuesday 1/23 vs Aspen 10		@AMS 6:15pm.
	Tuesday 1/30 vs Aspen 11		@AMS 6:15pm.
	Tuesday 2/6 vs Carbondale 9		@CRCC 6:00pm.
	Thursday 2/15 vs Basalt B		@AMS 7:15pm.
	Tuesday 2/20 vs Glenwood Springs 13		@GSCC 7:00pm.
	Tournament Week 2/26-2/29.		
Roster 11	Finn Zubrod	Alek Debski	
	Leo Freidheim	Kauan Silva	
	Miguel Bolger	Nolan Mika	
	Meyer Silverman	Jagger Burstyn	
	Diego Menendez	Mateo Farah	
	Diego Pacheco		

5th / 6th Grade BOYS

[AB56-3]

Coaches	Troy Selby c. 970-948-9117 e. chefstroy520grill@gmail.com		Jim Pratt c. 970-987-4011 e. jim.pratt@aspen.gov
Practices	Aspen Elementary School Tuesdays / Thursdays 4.30pm – 5.30pm		
Games Aspen 10	Tuesday 1/16 vs Aspen 11		@AMS 7:15pm.
	Tuesday 1/23 vs Aspen 9		@AMS 6:15pm.
	Tuesday 1/30 vs Aspen 8		@AMS 7:15pm.
	Monday 2/5 vs Glenwood Springs 13		@GSCC 7:00pm.
	Tuesday 2/13 vs Carbondale 8		@AMS 7:15pm.
	Tuesday 2/20 vs Glenwood Springs 11		@AMS 7:15pm.
	Tournament Week		
	2/26-2/29.		
Roster 14	Remy Selby	John Pratt	
	Patrick Hurley	Christopher Canas	
	Otto Marx	Liam Flynn	
	Jeidan Ayala	Dejvis Bardhi	
	Tanim Franze	Griffin Anderson	
	Gray Everson	Davyd Shyliga	
	Josh Eakins	Aiden Haynie	
	Egan Hinderberger		

5th / 6th Grade BOYS

[AB56-4]

Coach	Josh Berro c. 970-274-0182 e.jberro@aspenk12.net		Rob Ryan c. 970-581-0734 3. wobwob10@yahoo.com
Practices	Aspen Country Day School Mondays / Wednesdays 4:30pm – 5:30pm		
Games Aspen 11	Tuesday 1/16 vs Aspen 10		@AMS 7:15pm.
	Tuesday 1/23 vs Aspen 8		@AMS 7:15pm.
	Tuesday 1/30 vs Aspen 9		@AMS 6:15pm.
	Tuesday 2/6 vs Carbondale 8		@AMS 6:15pm.
	Tuesday 2/13 vs Carbondale 7		@CRCC 7:00pm.
	Tuesday 2/20 vs Basalt B		@BMS 7:00pm.
	Tournament Week 2/26-2/29.		
Roster 12	Leo Ryan	Benjamin Berro	
	Max Williams	Jaxon Andrulaitis	
	Ryder Brodsky	Will Cooper	
	Rocco Margjeka	Matteo Marolda	
	Alex Noble	Michael Presutti	
	Elliott Riley	Valen Schmidt	

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 are 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 to 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 must 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?