TOWN OF CASTLE ROCK COLORADO
PARKS AND RECREATION DEPARTMENT

Athletics

Youth Athletics Programs
& Volunteer Coaching Opportunities

Coaching Certification Classes

Castle Rock Parks and Recreation is affiliated Responsible Youth Sports. This organization's focus is on youth recreational sports and activities, with a philosophy that emphasizes sportsmanship, team play, learning and fun. To help achieve their goals, Responsible Sports provides sport/activity specific training with an adherence to generally accepted youth recreation sports philosophy.

We are excited to offer a coaching certification class to the community as it can be a useful tool in helping us improve and govern our youth sports programs.

(1) Introduction to coaching at general coach meetings.
(2) Online Training through Responsible Youth Sports (www.responsiblesports.com)
(3) Sport specific training (football, volleyball, T-Ball, baseball, softball, basketball, hockey, etc.).

If you are interested in coaching this coming spring or summer, please plan to attend your program's general coaches meeting.

To register, you may drop by the Recreation Center and sign up, or call the Athletics Department @ 720-733-2299.

	Program/Sport	**Age/Grade Level**
Fall (Sep-Nov)	Youth In-Line Hockey	3rd - 8th grade
	Little Pucks Hockey	K - 2nd grade
	Little Tykes Developmental Soccer	4 yrs - 1st grade
	Little Dribblers Basketball	1st grade
	Volleyball	2nd – 12th grades
	Flag Football	1st – 6th grades
Winter (Dec-Mar)	Youth Basketball	2nd – 6th grade
Spring (Mar-May)	Little Pucks In-Line Hockey	K –2nd grade
	Youth In-Line Hockey	3rd – 8th grade
	Triathlon "Tri the Rock"	1st – 16 yrs
	Volleyball	2nd – 12th grades
Spring/Summer (Apr-Jun)	Girl's Softball	3rd – 8th grade
	Baseball	3rd – 8th grade
Summer (May-July)	Coach Pitch Baseball	1st & 2nd grade
	T-Ball	4 yrs – K
	Introductory Tennis	3rd – 8th grade