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## Youth Athletics

### FREQUENTLY ASKED QUESTIONS

#### HOW ARE TEAMS FORMED?

- Scholastic grade at the time of registration
- Special requests during registration - we try to honor all special requests, including previous teammate or coach requests, or players wanting to play with a friend (Note that requests are not guaranteed, though we try to take them into consideration as much as possible)
- School
- Neighborhood

#### CAN MY CHILD PLAY UP?

Children may begin playing up an age level beginning in third grade, but not at levels younger than this threshold. While not common, playing up is occasionally permitted if a player displays exceptional skill.

#### WHAT EQUIPMENT IS PROVIDED?

For Youth Athletics leagues, shirts are provided for all sports, unless otherwise noted. Baseball and softball leagues also provide ball caps. Sport-specific gear varies by sport, though players need appropriate footwear for each sport.

- Baseball and softball: coaches are provided with balls, and a limited selection of bats, throw-down bases, helmets and catcher's gear. Players must provide their own gloves.
- Basketball: game and practice locations are equipped with basketballs. Players need appropriate footwear.
- Flag Football: coaches are provided with a few footballs, a kicking tee and flags for each player.
- Inline Hockey: coaches are provided goalie equipment and roller hockey pucks. Players need to provide their own stick.
- Volleyball: game and practice locations are equipped with volleyballs. Players need knee pads and appropriate footwear.

#### HOW DO I REGISTER?

Players can register, view details and program specifics online at [CRgov.com/Registration](https://www.castlerockco.gov/Registration).

#### HOW DO I MAKE A SPECIAL REQUEST?

Special requests should be made during registration. Toward the end of the registration process you will be prompted to submit special requests. We do our best to honor all requests, but cannot guarantee all requests will be granted. Please do not make special requests in person at the Recreation Center, Miller Activity Complex, on the phone or through email. Housing all special requests within the registration process assists staff in keeping track of all requests.

#### DO I HAVE TO REGISTER BY A CERTAIN DATE?

Registration must be completed within the designated registration period, defined in program descriptions. Early bird discounts and late fees are assessed and noted in program descriptions.

#### WHAT SHOULD I KNOW ABOUT VOLUNTEER COACHING?

If interested in volunteer coaching one of the Youth Athletics league programs, visit [VolunteerCastleRock.CRgov.com](https://www.volunteerCastlerock.CRgov.com). Interested parties must register on the volunteer platform through this site, agree to the Coaches Code of Conduct, complete required concussion education training and successfully complete a background check. Following the volunteer coach registration process, preseason coach meetings are held, at which volunteers are provided information on program philosophy, expectations, rostering, scheduling logistics, and sport-specific practice plans and drills. Lastly, discounts are not provided for volunteer coaches. We encourage coaches to come forward because they are vested in the program and committed to helping children grow. As a provider of recreational sports, we strive to keep costs low.

