

# ATHLETICS ADULT LEAGUES

## ADULT LEAGUES – AGES 18 & UP (303-409-2615)

**NOTE: DATES, TIMES, LOCATIONS & FEES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

### BASKETBALL

#### FALL – 2010

##### MEN'S 5v5 COMP, OPEN & REC:

9+ Games / Ridge & LG  
OPEN = TUE  
COMP & REC = THURSDAYS  
Registration Starts: JUL 12, 2010  
Season: SEP 21 – DEC 16, 2010  
Fee: \$550

##### MEN'S 35+ 5v5:

9+ Games / Ridge  
WED  
Registration Starts: JUL 12, 2010  
Season: SEP 22 – DEC 15, 2010  
Fee: \$550



##### WOMEN'S 5v5:

9+ Games / LG  
WED  
Registration Starts: JUL 12, 2010  
Season: SEP 22 – DEC 15, 2010  
Fee: \$550

##### WOMEN'S 3v3:

7+ Games / LG  
TUE  
Registration Starts: JUL 12, 2010  
Season: SEP 21 – DEC 14, 2010  
Fee: \$300

#### WINTER – 2011

##### MEN'S 5v5 COMP, OPEN & REC:

9+ Games / Ridge & LG  
OPEN = TUE  
COMP & REC = THU  
Registration Starts: NOV 1, 2010  
Season: JAN 18 – APR 7, 2011  
Fee: \$550

##### MEN'S 35+ 5v5:

9+ Games / Ridge  
WED  
Registration Starts: NOV 1, 2010  
Season: JAN 19 – APR 6, 2011  
Fee: \$550

##### WOMEN'S 5v5:

9+ Games / LG  
WED  
Registration Starts: NOV 1, 2010  
Season: JAN 19 – APR 6, 2011  
Fee: \$550

##### WOMEN'S 3v3:

7+ Games / LG  
TUE  
Registration Starts: NOV 1, 2010  
Season: JAN 18 – APR 5, 2011  
Fee: \$300



#### SPRING – 2011

##### MEN'S OPEN BASKETBALL TOURNAMENT

4+ Games / Ridge  
THU  
Registration Starts: JAN 4, 2011  
Season: APR 28 – JUN 2, 2011

### FLAG FOOTBALL

#### FALL – 2010

##### MEN'S 8v8 COMP & REC:

7+ Games at Easton Regional Park  
SUN  
Registration Starts: JUL 12, 2010  
Season: SEP 19 – NOV 7, 2010  
Fee: \$550

#### SPRING – 2011

##### MEN'S 8v8 COMP & REC:

7+ Games at Easton Regional Park  
SUN  
Registration Starts: FEB 1, 2011  
Season: APR 17 – JUN 12, 2011  
Fee: \$550

### SOFTBALL

#### FALL – 2010

##### MEN'S & COED:

8 Games/14 Games\* / CP & SAC  
SUN – FRI  
Registration Starts: JUN 14, 2010  
Season: AUG 15 – OCT 29, 2010  
Fee: \$475/\$825\*  
\*Double-header league offered for Men's teams



#### SPRING – 2011

##### MEN'S & COED:

6-Games / CP & SAC  
SUN – FRI  
Registration Starts: JAN 10, 2011  
Season: MAR 6 – APR 29, 2011  
Fee: \$350



#### SUMMER – 2011

##### MEN'S & COED:

10 Games + tourney / CP & SAC  
18 Games + tourney / CP\*  
SUN – FRI  
Registration Starts: FEB 7, 2011  
Season: MAY 1 – AUG 19, 2011  
Fee: \$640/\$1120\*

\*Double-header leagues offered for Men's & Coed teams

##### WOMEN'S FAST PITCH:

10 Games / SAC  
MON  
Registration Starts: FEB 8, 2011  
Season: JUN 6 – AUG 8, 2011  
Fee: \$525

### VOLLEYBALL – AGES 16 & UP

#### FALL – 2010

##### WOMEN'S & COED 6v6:

9+ Games / Ridge  
WOMEN'S = SUN  
COED'S = MON  
Registration Starts: JUL 19, 2010  
Season: SEP 26 – DEC 13, 2010  
Fee: \$340



#### WINTER – 2011

##### WOMEN'S & COED 6v6:

9+ Games / Ridge  
WOMEN'S = SUN  
COED'S = MON  
Registration Starts: NOV 1, 2010  
Season: JAN 16 – APR 18, 2011  
Fee: \$340

#### SPRING VOLLEYBALL TOURNAMENT – 2011

##### WOMEN'S & COED 6v6:

4+ Games / Ridge  
WOMEN'S = SUN  
COED'S = MON  
Registration Starts: FEB 1, 2011  
Season: APR 24 – JUN 6, 2011  
Fee: \$200

### LOCATION KEY

**CP = CLEMENT PARK**  
**LG = LILLEY GULCH RECREATION CENTER**  
**SAC = SCHAEFER ATHLETIC COMPLEX**

**ATTENTION FREE AGENTS! We help adults find a Team to join!**  
**Call TODAY! Athletics Office: 303-409-2615 Indoor Sports Arena: 303-409-2444**

## INDOOR SPORTS ARENA – ADULT LEAGUES

GET OUT OF THE WEATHER! Check out this state-of-the-art sports facility at Schaefer Athletic Complex. The 63,000 square foot, 100 x 60 yard arena with synthetic turf that looks, feels and plays as nice as real grass is the perfect place to bring the outdoor game of your choice inside. We accommodate youth and adult activities and leagues such as soccer, lacrosse, field hockey, flag football and rugby. We also host facility rentals, including tournaments, after proms, birthday parties, camps and clinics.

**FOR LEAGUE OR FIELD RENTAL INFORMATION, PLEASE CALL 303-409-2444.**

### ADULT FLAG FOOTBALL

Ages 18 & up

Foothills District will be organizing leagues for the following groups: Men's 8v8 (Competitive, Recreational).

Team Fee: \$630 (8v8) • Player Fees included.  
(7 Games with play-offs)

League Starts: LATE FALL (OCT) • WINTER (Mid-JAN)  
SPRING (Mid-APR) • SUMMER (Mid-JUL)

### ADULT SOCCER

Ages 18 & up

Register your team early for our adult soccer leagues! Leagues will be played Sunday – Friday: Men's and Coed Divisions.

Team Fee: \$840 • Player Fees included.  
(8 Games with play-offs)

League Starts: LATE FALL (OCT) • WINTER (Mid-JAN)  
SPRING (Mid-APR) • SUMMER (Mid-JUL)

## INDOOR SPORTS ARENA – YOUTH LEAGUES

### YOUTH SOCCER

Look to the Indoor Sports Arena for a place to keep your soccer skills from getting stiff throughout the year! Foothills District will be organizing leagues in the following age groups: U9/U10, U11/U12, U13/U14 and High School divisions for both girls and boys.

Team Fees: \$710 (7 games – U9-U14)  
\$780 (6 games – High School)  
\$910 (7 games – High School)

League Starts: LATE FALL (NOV) • WINTER (JAN)



### YOUTH LACROSSE

Get a stick-up on the competition! Does your team need a tune-up for the upcoming seasons? Foothills will organize leagues for 7th/8th grade, Sub-Varsity and Varsity High School girls and boys.

#### FALL SEASON:

Team Fees: \$980 (High School Boys) 7 games – FULL FIELD  
\$945 (7th/8th Grade Boys) 7 games – FULL FIELD  
\$735 (High School Girls) 7 games – HALF FIELD  
League Starts: NOV

#### WINTER SEASON:

Team Fees: \$630 (High School Girls) 6 games – HALF FIELD  
\$945 (7th/8th Grade Boys) 7 games – FULL FIELD  
\$850 (High School Boys) 6 games – FULL FIELD  
League Starts: JAN

## BATTING CAGES

at 2 LOCATIONS

Open MAR 13 - OCT 24, 2010!

FALL: AUG 2 - OCT 24, 2010

DAYS	HOURS*
MON - FRI:	4:00 - 8:00pm
SAT/SUN:	10:00am - 7:00pm

\*Weather must be 45 degrees or higher & ground must be dry.

#### FEES

\$1 per round (14 pitches)

\$10 for 10 rounds

Heavy Hitters card: 25 rounds for \$20

#### RENTALS

\$20 per half hour

\$30 per hour

CLEMENT PARK CAGES:

303-973-3311

SCHAEFER CAGES:

303-980-1023

GENERAL INFORMATION: 303-409-2444

**Batting Cages Re-Open MAR 19 2011!**

*Please check our website for more details.*

SPRING: MAR 19 - MAY 27, 2011

DAYS	HOURS*
MON - FRI:	4:00 - 7:00pm
SAT/SUN:	10:00am - 7:00pm

\*Weather must be 45 degrees or higher & ground must be dry.

## CLEMENT PARK SHELTERS

BIRTHDAY PARTIES

FAMILY REUNIONS

PICNICS

OFFICE GET TOGETHERS

WEDDINGS/RECEPTIONS

... JUST TO NAME A FEW!

**DON'T WAIT! CALL TODAY AT**

**303-409-2600**

**TO RENT A SHELTER AT CLEMENT PARK!**

**ATTENTION FREE AGENTS! We help adults find a Team to join!**  
**Call TODAY! Athletics Office: 303-409-2615 Indoor Sports Arena: 303-409-2444**

## LOOKING FOR CLASS SCHEDULES?

Please pick them up at our facilities or visit [www.foothills.org](http://www.foothills.org).

### ADULT/YOUTH ADAPTIVE PROGRAMS

#### ADAPTIVE BASEBALL

Foothills Park & Recreation District, in conjunction with Sports Made Possible, has built a 100% handicap accessible baseball field – the first of its kind in the State of Colorado! The Jason Jennings Mile High Adaptive Field has a cushioned synthetic turf to help prevent injuries and provide access to wheelchair bound or visually impaired athletes. This field was created to give everyone the chance to play baseball as a team member in an organized sport. The philosophy of the league is *“everyone bats, everyone scores, and everyone wins in a non competitive atmosphere.”* Buddies, coaches, and team parents assist most players.

##### FALL 2010 SEASON:

Information available in mid-JUN.  
SEASON BEGINS: AUG 14, 2010

##### SPRING 2011 SEASON:

Information available in mid-FEB.  
SEASON BEGINS: APR 2011

For more information, please call 303-409-2506,  
or visit [www.foothills.org](http://www.foothills.org).



#### ADULT/YOUTH ADAPTIVE CHEERLEADING

This adaptive cheerleading class is designed for adult and youth with physical or mental challenges. All abilities are welcome! For more information, please call 303-409-2506 or email [laurar@fhprd.org](mailto:laurar@fhprd.org).

### YOUTH INDIVIDUAL

#### VOLLEYBALL SKILLS CLINIC

Grades 4-8

Fine tune your volleyball skills before the season and be ready for the first game! Practice twice a week for 3 weeks.

DATES: AUG 9 – 26

Fee: \$60 (District Rate: \$52)

#### C.A.R.A. VOLLEYBALL

Grades 4-8

Get ready for High School Volleyball! Teams participate in at least 3 tournaments on weekends between 8am and 4pm in the Denver Metro area.

DATES: AUG 30 – OCT 24 (Tournaments end OCT 31)

Fee: \$105 (District Rate: \$89) 8 weeks - includes shirt

#### JUMPNROPE

Ages 7-18

Jump rope with a 5-time world champion rope skipper and a staff of highly trained jumpers. This energetic class will get your kids hearts pumping with a “fun” and challenging environment focusing on the fundamentals of learning the ropes – covering single rope skills, double dutch, Chinese wheel and more! FREE jump rope with registration! For more information, please call 303-409-2506.

Fee: \$63 (District Rate: \$50) 2 x per week for 4 weeks

#### JUMPNROPE MINI CAMP

Ages 7 & up

Jump rope for 3 hours with National and World Champion rope skippers! We will focus on single rope, freestyles, speed and power; double dutch freestyles, speed and power; performance based travelers, group routines, Chinese wheels and long rope. Choreography, contests and lots of FUN are also a part of this mini-camp! Kids must come prepared with running/athletic shoes, snacks and water. FREE jump rope with registration.

FEE: \$25

Foothills Park & Recreation District welcomes all levels and abilities, including individuals with special needs. Please call Kevin Brown at 303-409-2610, or  
YOUTH ATHLETICS OFFICE: 303-409-2613  
ADULT ATHLETICS OFFICE: 303-409-2615

### ADULT/YOUTH

#### ADULT/YOUTH FENCING

Ages 8-15 & 16+

This safe and fun class taught by Tom Strzalkowski, a national fencing champion, offers mental and physical activity, teaches competition, respect and self-discipline. Classes are on THU nights. Call 303-409-2613 for details.

Fee: \$99 (District Rate: \$90) 6 weeks

#### ADULT/YOUTH RACQUETBALL

Ages 10-15 & 16+

Racquetball is a great workout for any season. Join one of our classes, meet others, and receive instruction in a small group. Call 303-409-2613 for more information.

Fee: \$55 (District Rate: \$41) 6 weeks

#### JUJITSU

Ages 13 & Up

This comprehensive martial art includes elements of Karate, Judo, traditional Japanese Jujitsu and other martial arts. For a complete description, please visit [www.foothills.org](http://www.foothills.org). For more information please contact Dan at sensei. [dzr@gmail.com](mailto:dzr@gmail.com) or call 303-409-2506.

#### TAE-KWON-DO

Ages 9 & Up

This traditional martial arts program is taught by Certified Black Belts. Our structured exercise program uses effective self-defense techniques to promote flexibility, balance, coordination, endurance and self discipline. To register, please call Master Mitchell at 720-252-5532 or Ms. Breiting at 303-809-3389. (Registration and fees are paid to instructor at class).

Fee: \$65 (District Rate: \$55) Monthly (Classes are held year-round.)

#### TENNIS AT COLUMBINE KNOLLS

Foothills Park & Recreation District and Columbine Knolls Recreation offers youth and adult instruction, junior team, tournaments and league play. Please call Columbine Knolls Recreation at 303-979-5120.

#### TENNIS AT ESTATES PARK BEGINNER JUNIOR FALL CLINICS

Ages 7-13

Youth will learn grips and rules, how to hit forehand, backhands, volleys and serve. Bring a tennis racket and a water bottle to class. For more information, please call 303-409-2506 or email [laurar@fhprd.org](mailto:laurar@fhprd.org).

## NFL PUNT, PASS & KICK LOCAL COMPETITION • FREE! AGES 6-15

(MUST BRING COPY OF BIRTH CERTIFICATE)

SEPTEMBER 12, 2010

REGISTRATION BEGINS AT 3 P.M.  
CLEMENT PARK – FIELD 10  
(BOWLES & PIERCE, LITTLETON)

- LONGEST PUNT, PASS AND KICK COMPETITION
- ALL PARTICIPANTS RECEIVE NFL CERTIFICATE
- 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> PLACE RECEIVE RIBBONS

INFORMATION: 303-409-2613

# ATHLETICS YOUTH – MIDDLE SCHOOL / LEAGUES

## MIDDLE SCHOOL SPORTS PROGRAMS (303-409-2613 or westond@fhprd.org)

Foothills Park & Recreation District offers an 8-week after school sports program for 6<sup>th</sup> – 8<sup>th</sup> Grade Students at the following Middle Schools: **DEER CREEK • FALCON BLUFFS • KEN CARYL • SUMMIT RIDGE**

Participants learn about sports in a safe, supervised environment and play games against other middle schools in Jefferson County. Price includes facilities, coaching, officiating and transportation to and from away-games.  
FEE: \$99 (Includes shirt) CHEERLEADING FEE: \$59

**FOR DETAILS, PLEASE CHECK SCHOOL WEBSITE OR CALL 303-409-2613.**

### FALL 2010

**ULTIMATE FRISBEE: COED (6<sup>TH</sup> – 8<sup>TH</sup> GRADE)**

**AUG 30 – OCT 13, 2010 • MON/WED\***

**FLAG FOOTBALL: COED (6<sup>TH</sup> – 8<sup>TH</sup> GRADE)**

**AUG 31 – OCT 14, 2010 • TUE/THU\***

**VOLLEYBALL: COED (6<sup>TH</sup> & 7<sup>TH</sup> GRADE)**

**OCT 25 – DEC 15, 2010 • MON/WED**

**VOLLEYBALL: COED (8<sup>TH</sup> GRADE)**

**OCT 26 – DEC 16, 2010 • TUE/THU\***

\* No practice: SEP 6, NOV 24-25

### WINTER 2011 (BEGINS JAN)

**BASKETBALL: BOYS – JAN 2011 • TUE/THU**

**BASKETBALL: GIRLS – JAN 2011 • MON/WED**

### SPRING 2011 (BEGINS MAR)

**SOCCER: COED – MAR 2011 • MON/WED**

**TRACK & FIELD: COED – MAR 2011 • TUE/THU**

### CHEERLEADING (303-409-2506)

**FALL 2010: CHEER FOR FLAG FOOTBALL**

**AUG 31 – OCT 14 (2 days per week)**

**WINTER/SPRING 2011: CHEER FOR BASKETBALL**

**BEGINS JAN (2 days per week)**

## YOUTH LEAGUES – AGES 3 – 12 (303-409-2613 or westond@fhprd.org)

### CLASS DESCRIPTION

Foothills Park & Recreation District Youth Athletics are recreational leagues where teams are built randomly to provide even competition. Teams practice once a week (pick your day), and games are held on Saturdays according to game schedule.

### SEASON DATES:

**FALL 2010: AUG 30 – OCT 23 (FLAG FOOTBALL & SOCCER)**

**LATE FALL 2010: OCT 25 – DEC 18 (BASKETBALL)\*\*\***

**WINTER 2011: JAN 3 – FEB 27 (BASKETBALL)\*\*\***

**SPRING 2011: FEB 28 – APR 23 (FLAG FOOTBALL) • APR 25 – JUN 25 (BASEBALL & SOCCER)**

**SUMMER 2011: JUL–AUG 2010 (BASEBALL & SOCCER)**

### REGISTRATION

Registration begins on the dates below online at [www.ifoohills.org](http://www.ifoohills.org) or in person at Lilley Gulch Recreation Center, the Ridge Recreation Center, or the Peak Community & Wellness Center for the following sports:

**FALL 2010: MAY 10 (SOCCER, FLAG FOOTBALL, CARA VOLLEYBALL) • JUL 12 (BASKETBALL, MIDDLE SCHOOL SPORTS, FENCING, RACQUETBALL)**

**WINTER 2011: OCT 29, 2010 (BASKETBALL) • DEC 6, 2010 (SPRING FLAG FOOTBALL)**

**SPRING 2011: JAN 10, 2011 (SOCCER, BASEBALL, CARA VOLLEYBALL)**

**SUMMER 2011: MAR 21, 2011 (SOCCER, BASEBALL, CARA TRACK & FIELD)**

### FEE (INCLUDES SHIRT & AWARD) \* \* \*

\$95 (District Rate: \$79) 8 weeks

\*\*\* NOTE: Classes beginning OCT 25 and later, Fee will be: \$99 (District Rate: \$83) 8 weeks

LITTLE KICKERS / LITTLE HOOPSTERS: \$69 (District Rate: \$55) 7 weeks\*\*\*

\*\*\* NOTE: Classes beginning OCT 25 and later, Fee will be: \$75 (District Rate: \$58) 7 weeks

CARA VOLLEYBALL CLINIC: \$55 (District Rate: \$49) • CARA VOLLEYBALL SEASON: \$99 (District Rate: \$85)

**TEAM SHIRTS** Team t-shirts will be available at the second practice.

### PARENT INFORMATION & GAME SCHEDULES

Parent information will be available at [www.quickscores.com/ifoohills](http://www.quickscores.com/ifoohills) before each season as follows:

**FALL 2010: AUG 24 (FLAG FOOTBALL & SOCCER) • OCT 20 (BASKETBALL)**

**WINTER 2011: DEC 29, 2010 (BASKETBALL)**

**SPRING 2011: APR 20, 2011 (SOCCER & BASEBALL)**

### PROGRAM AVAILABILITY

When teams reach capacity, please email [youthsports@fhprd.org](mailto:youthsports@fhprd.org) to be placed on a wait list. Additional teams will be offered once coaches have been secured for all teams.

### VOLUNTEER COACHES NEEDED!

Training is provided! Please call 303-409-2628 or download a Coach's Packet at [www.ifoohills.org](http://www.ifoohills.org). All volunteer coaches will receive 50% credit towards another season of youth sports.

**Youth Athletics  
Weather Hotline:  
303-409-2170**