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SEPT - 2022



Monthly Insight into the Elizabeth Park & Rec District

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New Park Improvements

The District has recently completed or is working on a few projects that we hope will enhance your experience while recreating in the parks. The playground in Evans Park was expanded with the addition of swings, and they have already proven to be a popular amenity. The expanded area also allows for the installation of a couple more pieces of equipment, which we hope to purchase and install in the near future. The ballfield lights at Casey Jones Park were replaced in late August, and these new LED fixtures have drastically improved lighting quality and will lead to significant energy and cost savings. We look forward to adult softball moving back to Casey Jones Park after playing in Evans Park the last couple years, as well as expanded programming opportunities for the community. Due to a generous donation from Sun Valley Contractors, the maintenance team is rebuilding the batting cage in Evans Park after it was damaged this past Spring by heavy snow. The donation of steel poles will provide for a stronger assembly and higher quality amenity. Lastly, a new maintenance yard is being constructed in Casey Jones Park to store materials, secure equipment and supplies, and improve the overall appearance of the parks.

Youth Sports Kick Off the Fall Season

On September 10th, the fall youth sports season will officially begin in the Elizabeth Community at Evans Park. Over 270 youth between the ages of 4-12 are registered to play in our soccer and flag football programs. The District is also helping support the Elizabeth teams playing in the Parker Pop Warner tackle football program by providing practice space within Casey Jones Park.

As we prepare for opening day, it is important to reflect on the value that youth sports bring to our families and community and how each of us can positively contribute. The most important thing to keep in mind as you head to the field this season is that these athletes are children participating in a recreational level sport league. Our programs emphasize skill development, participation, and positive sports character above all else and winning should not be the only goal. Let these kids be kids for now without the pressure of winning. Help them understand that the fun comes from the simple act of playing the game, not the final score or outcome. Help them focus on their individual development as an athlete and not the team's win / loss record.

Volunteer Coaches and Game Officials should always be treated with respect, and we ask that you help us build a positive and supportive youth sports culture by thanking them for their effort and avoiding ridiculing their performance. If you think you can help or offer support, please do so in a constructive manner.

Lastly, please remember that our children see everything we do and hear what we say. Let us set the example as adults and show them that sports are about bringing community together to celebrate and play. It is not about conflict, division, and win at all costs. They will face these types of challenges and pressures throughout their lives soon enough, so for now, let's allow them to be kids and simply play. Have a great season folks!

Program Updates

Zumba Classes

Join local instructor, Danielle, for this lively and fun fitness activity. Classes are held on Thursdays from 7-8pm in the Casey Jones Pavilion. New session begins on 9/15 and runs through 11/03. Register for the entire session for \$50 and save. Drop-ins are also welcome and can pay \$10 at the door of each class. Must be 16 or older to register / attend.

Yoga Classes

The District is also offering Yoga classes on Tuesday evenings (no class Sept 20). Classes are held from 7-8pm in the Casey Jones Pavilion. Class is open to individuals of all abilities and is based on tying breath to movement. Must be 14 or older to register. Cost is \$10 per class at the door. New session to begin in October, check website for details.

Adult Flag Football Tournament

The annual Elizabeth Turkey Bowl Flag Football Tournament will be held on November 5th at Evans Park. This event is open to the first 8 teams that register. Format is 5 v 5 double elimination and there are no rules or divisions related to gender. All team members must be 16 years of age or older. Cost is \$200 per team. Top two teams receive awards. Contact the Park office for more information or tournament rules.

Soccer Officials Needed – The District is currently seeking officials for youth soccer. Pay begins at \$20 per hour and training can be provided. Interested individuals must be at least 14 years of age, must have basic knowledge and understanding of the game, and must be available on Saturdays. Contact the Park Office at 303.646.3599 or email Rebecca Miller at rebecca@elizabethpr.com.



Pickleball Group asks Board for Additional Courts

At its August Meeting, the District Board of Directors heard from local pickleball players on the growth of the sport and the need for additional courts and programming. Lynn Watts spoke for the group of about 20 residents that was present at the meeting and expressed that there are about 70 individuals within their local group that regularly play on the courts at Evans Park and within Bandt Park in town. She shared that the schools have introduced pickleball to students and that interest in playing will continue to grow as it is a sport that almost anyone can play. In addition to a request to improve the surfacing of the Evans Park courts, a request was made of the Board to consider the construction of a new 4-court pickleball complex. The Board acknowledged the growing interest in the sport and was generally receptive to the request and directed staff to obtain cost proposals and consider potential locations for such an amenity. Initial project proposals estimate the cost to construct 4- pickleball courts to be between \$130-\$160K. This cost would include a post tension concrete pad with net systems, perimeter fencing, and court surfacing. The Board will consider funding for the project during the development of the 2023 budget this fall.

Words to play by

Recreation and diversion are as necessary to our well-being as the more serious pursuits of life.

- Brigham Young -