



CITY OF LARAMIE
PARKS & RECREATION DEPARTMENT
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To: Jr. Cowboys & Jr. Cowgirls Parents

From: Kason Walton, Recreation Programs Supervisor

Date: February 11th, 2016

Subject: League Change

Parents,

Thank you for your patience and participation thus far in our Jr. Cowboys and Jr. Cowgirls season. At this point in the season it has become apparent that the new format we are attempting is not working efficiently. We would like to begin to implement a change beginning February 15th to having all players from a grade come to one session together. There are three sessions per grade per week and players are invited to come to all three if they are able. It is understood that there will be circumstances that do not permit all players to be able to come to all three sessions, and it is hoped that they will all be able to make at least two per week. If your child is unable to make at least two sessions per week please contact me directly to see what we are able to do.

For each session and group we will have multiple trainers. There will be a lead trainer per group with multiple auxiliary trainers working as a group. The lead trainer will bring the entire group together to demonstrate an action, then the group will split into smaller groups to practice what was taught (each small group with a trainer). The drills will last 3 – 5 minutes each, then we will change focus and build on what was taught. The group will come back together frequently to emphasize and teach, and will split into smaller groups frequently. We would love to have the assistance of any parents that would like to help out as well, please contact us and let us know. The new training / practice and game schedule is on the back side of this memo. There will also be two make up sessions that are open to any age or gender, we want to make sure that everyone has the chance to get at least two sessions.

Sincerely,

Kason Walton
Recreation Programs Supervisor
City of Laramie
(307)721-5261
kw Walton@cityoflaramie.org

Girls 1st & 2nd Grade:

Tuesday @ Beitel 4pm
Wednesday @ Rec Center 5pm
Thursday @ Beitel 5pm

Girls 3rd & 4th Grade:

Monday @ Spring Creek 5pm
Thursday @ Rec Center 4pm
Friday @ Rec West 6pm

Girls 5th & 6th Grade:

Monday @ Spring Creek 6pm
Tuesday @ Rec Center 6pm
Friday @ Rec West 5pm

Boys 1st Grade

Monday @ Rec Center 4pm
Tuesday @ Beitel 5pm
Wednesday @ Indian Paintbrush
4pm

Boys 2nd Grade

Monday @ Rec Center 5pm
Wednesday @ Indian Paintbrush
5pm
Thursday @ Beitel 4pm

Boys 3rd Grade

Tuesday @ Rec Center 5pm
Wednesday @ Spring Creek 5pm
Friday @ Rec West 4pm

Boys 4th Grade

Wednesday @ Spring Creek 6pm
Thursday @ Rec Center 5pm
Friday @ Rec East 4pm

Boys 5th Grade

Monday @ Rec Center 6pm
Tuesday @ Rec Center 4pm
Wednesday @ Indian Paintbrush
6pm

Boys 6th Grade

Wednesday @ Rec Center 4pm
Thursday @ Rec Center 6pm
Friday @ Rec East 5pm

**Make-Up Session (any age
group):**

Wednesday @ Rec center 6pm
Friday @ Rec East 6pm

Games:

Saturday 10am Rec East

Saturday 10am Rec West

Saturday 12pm Rec East

**Saturday 8am Rec Center East
& West**

**Saturday 9am Rec Center East
& West**

**Saturday 11am Rec Center
East & West**

**Saturday 12pm Rec Center
West**

Saturday 1pm Rec center East

**Saturday 1pm Rec Center
West**