



COLUMN ONE

Epic conditions at Mount Kare

Last week's huge winter storm dumped 36 inches of fresh snow at Mount Kare just in time for Kare Youth League's winter camping season. Check below for your division's camp date.

Winter Camp Dates

Division(s)	Date(s)	Price
Karenas (2nd)	Feb. 20	\$24. ⁵⁰
Karenas (3rd & 4th)	Feb. 19-21	\$64. ⁵⁰
Pac-5 & JHG	Feb. 12-15	\$84. ⁵⁰
A & AA	Feb. 26-28	\$79. ⁵⁰
AAA & Pac-10	Feb. 5-7	\$64. ⁵⁰

Mount Kare is located highway close just north of Wrightwood in the Angeles National Forest - across the valley from the Mountain High Ski Resort. It sits on 16 beautiful acres of mountain terrain; features seven heated cabins; has a full-service kitchen connected to a gorgeous dining hall; and has a spacious two-story lodge complete with fireplaces and a game room.

A wide range of activities are offered at winter camps including, but not limited to, snow play, inner tubing, sledding, snow boarding and skiing (for jr. high), football, hockey, and indoor games like pool, foosball and air hockey. Sign up for camps at either KYL office.



Mount Kare is widely considered one of the top camping facilities in all of southern California. The stately Deer Ridge Lodge (above) looks out on Mountain High Ski Resort.

Basketball 101

Low Post Offense

Low post players on offense are vital to a team's scoring success.

As a low-post player (forward or center) you need to first make the defense play you on just one side. Keep contact with the defender and once he has established his defensive position, *seal* him there and make him stay where he is. Be big and wide and always give a "target hand" so your teammate knows where to pass the ball.

Once you get the ball immediately "chin it." This is accomplished by putting the ball under your chin with your hands on either side of the ball and elbows out. This allows you to protect the ball, up high away from smaller players, while deciding what move to make.

Wait one second - if the defense collapses on you pass the ball out to an open teammate, if they don't and you can beat the one defender on you make a strong decisive move to the basket.

If you do not get the ball during the offensive possession, turn your attention to getting the offensive rebound, which gives your team another chance to score.



KARE CALENDER

Presidents Holiday (no activities)	Feb. 13-15
RHP Info night	Feb. 18
Future Classic (boys)	Feb. 20
Pearl Info night	Feb. 25
Future Classic (girls)	Feb. 27
Championships	Mar. 13

Basketball Standings

for games played thru 1/21/10

C-1 Division			AAA Division				
W	L	T	W	L	T		
Falcons	3	0	0	Falcons	2	0	1
UNC	3	0	0	UNC	2	0	1
FSU	0	2	0	Georgia	0	0	2
Georgia	0	2	0	FSU	0	2	0
Kentucky	0	2	0	Kentucky	0	2	0
C Division			Pac-10 (C)				
W	L	T	W	L	T		
UNC	2	1	0	Cal	3	0	0
FSU	1	1	0	USC	2	1	0
Georgia	1	1	0	UCLA	1	2	0
Kentucky	1	1	0	Stanford	0	3	0
Falcons	1	2	0				
B-1 Division			Pac-10 (B)				
W	L	T	W	L	T		
Falcons	2	1	0	UCLA	3	0	0
FSU	1	1	0	USC	2	0	0
Kentucky	1	1	0	Cal	1	2	0
UNC	1	1	0	Stanford	0	3	0
Georgia	1	2	0				
B Division			Pac-10 (A)				
W	L	T	W	L	T		
Falcons	3	0	0	USC	3	0	0
UNC	2	1	0	UCLA	2	1	0
Kentucky	1	1	0	Cal	1	2	0
FSU	0	2	0	Stanford	0	3	0
Georgia	0	2	0				
A-1 Division			Karenas (A)				
W	L	T	W	L	T		
UNC	3	0	0	Falcons	2	0	0
FSU	1	1	0	Panthers	2	0	0
Falcons	1	2	0	FSU	2	0	0
Kentucky	0	2	0	Seminoles	1	1	0
				Bulldogs	1	1	0
				Tar Heels	0	2	0
				Kentucky	0	2	0
				Wildcats	0	2	0
A Division			Karenas (B)				
W	L	T	W	L	T		
FSU	2	0	0	Falcons	2	0	0
Georgia	2	0	0	Kentucky	2	0	0
Kentucky	2	0	0	Bulldogs	2	0	0
UNC	0	3	0	Tar Heels	1	1	0
				Georgia	0	2	0
				Wildcats	0	2	0
AA-1 Division			Pac-5 (A)				
W	L	T	W	L	T		
FSU	2	0	0	Eagles	3	0	0
Falcons	2	1	0	Cougars	1	1	0
UNC	2	1	0	Panthers	1	1	0
Georgia	0	2	0	Hawks	1	2	0
Miami	0	2	0	Ravens	0	2	0
AA Division			Pac-5 (B)				
W	L	T	W	L	T		
FSU	3	0	0	Hawks	2	0	0
Georgia	2	1	0	Cougars	1	1	0
UNC	1	2	0	Eagles	1	1	0
Miami	0	3	0	Huskies	1	1	0
				Panthers	1	1	0
				Ravens	0	2	0
AAA-1 Division							
W	L	T					
FSU	2	0	0				
UNC	2	0	0				
Georgia	1	1	0				
Falcons	1	2	0				
Kentucky	0	2	0				

KARE YOUTH LEAGUE GAMES AND ACTIVITIES



JANUARY 30, 2010

BOYS' DIVISIONS

D DIVISION

Arcadia teams 11:00 A-1, A-2
Covina teams 11:00 C-1, C-2
Upland teams 11:00 U-1

C-1 DIVISION

Falcons vs. FSU 12:30 U-1
UNC vs. Georgia 12:30 C-2
Kentucky - bye

C DIVISION

Falcons vs. FSU 1:30 U-1
UNC vs. Georgia 1:30 C-2
Kentucky - bye

B-1 DIVISION

Falcons vs. FSU 3:00 U-1
UNC vs. Georgia 3:00 C-5
Kentucky - bye

Tuesday, January 26

UNC vs. FSU 4:15 C-5

Thursday, January 28

Georgia vs. Kentucky 5:15 A-4

B DIVISION

Falcons vs. FSU 4:00 U-1
UNC vs. Georgia 4:00 C-5
Kentucky - bye

Tuesday, January 26

UNC vs. FSU 4:50 C-5

Thursday, January 28

Georgia vs. Kentucky 6:00 A-4

A-1 DIVISION

Falcons vs. FSU 11:00 U-2
Kentucky vs. UNC 11:00 A-3

Thursday, January 28

Kentucky vs. Falcons 6:00 A-3
FSU vs. UNC 4:15 C-6

A DIVISION

Kentucky vs. FSU 2:00 A-3
UNC vs. Georgia 1:00 C-5

Thursday, January 21

Georgia vs. Kentucky 5:15 A-3
FSU vs. UNC 4:50 C-6

AA-1 DIVISION

Falcons vs. FSU 12:00 U-2
UNC vs. Georgia 2:00 C-5
Miami - bye

Wednesday, January 27

Georgia vs. Miami 4:30 A-3
FSU vs. UNC 4:15 C-6

AA DIVISION

Miami vs. FSU 3:00 A-3
UNC vs. Georgia 3:00 C-5

Wednesday, January 27

Georgia vs. Miami 5:30 A-3
FSU vs. UNC 4:50 C-6

AAA-1 DIVISION

Falcons vs. FSU 9:00 U-2
UNC vs. Georgia 9:00 C-4
Kentucky - bye

Wednesday, January 27

Georgia vs. Kentucky 4:30 A-5
FSU vs. UNC 4:15 C-4

AAA DIVISION

Falcons vs. FSU 10:00 U-2
UNC vs. Georgia 10:00 C-4
Kentucky - bye

Wednesday, January 27

Georgia vs. Kentucky 5:30 A-5
FSU vs. UNC 4:50 C-4

PAC-10 (C)

Stanford vs. USC 12:00 A-5
UCLA vs. Cal 11:00 C-4

Friday, January 29

Cal vs. Stanford 5:30 A-5
USC vs. UCLA 4:50 C-4

PAC-10 (B)

Cal vs. USC 1:30 C-3
UCLA vs. Stanford 1:30 C-4

Thursday, January 28

Cal vs. Stanford 4:30 A-5
Friday, January 29
USC vs. UCLA 4:15 C-4

PAC-10 (A)

Cal vs. USC 2:45 C-3
UCLA vs. RHP 2:45 C-4
Stanford - bye

Thursday, January 28

Cal vs. Stanford 5:30 A-5
USC vs. UCLA 4:15 C-4

GIRLS' DIVISIONS

ROYAL FRIENDS

Arcadia - Basketball games, club meeting and Arcadia 500 from 9:00-10:30. Wear black KYL shorts, white socks and tennis shoes. Bring your wheels!

Covina - Basketball games, club meeting and Covina 500 from 9:00-10:30. Wear black KYL shorts, white socks and tennis shoes. Bring your wheels!

Upland - Basketball game, club meeting and Upland 500 from 4:20-5:20 on Wednesday. Bring your wheels!

KARENAS

A League

Falcons vs. Kentucky 9:00 U
Panthers vs. Wildcats 9:00 U
Seminoles vs. Tar Heels 9:00 C
FSU vs. Bulldogs 9:00 C

B League

Falcons vs. Kentucky 10:00 U
Tar Heels vs. Bulldogs 10:00 C
Georgia vs. Wildcats 10:00 A

PAC-5

A League

Cougars vs. Panthers 3:00 U
Ravens vs. Eagles 4:00 C
Hawks - bye

B League

Cougars vs. Panthers 2:00 U
Ravens vs. Eagles 2:00 C
Hawks vs. Huskies 2:00 A



Gameday Forecast

for Saturday, January 30
Clouds and sun, High 64°