



COLUMN ONE

Bring your friends to KYL

The upcoming baseball/softball season presents a great time for children to join Kare Youth League. If you and your family like the Kare program, then we'd appreciate it if you would recommend us to your friends.

The 2010 season marks Kare's 78th year of baseball in the San Gabriel Valley. Both the baseball and softball seasons get under way in the middle of March.

The best way for someone to sign up is to visit one of the KYL centers at Kare/Arcadia, Kahler Russell Park or Upland on any afternoon Kare is open, or they can call (626) 442-1160.

Preseason Preparation

With baseball and softball practices only a few short weeks away now is the time for players to start preparing their throwing arms for the season. DON'T make the mistake of throwing "all-out" immediately. Start slow (10-15 minutes a day) and work those baseball/softball muscles into shape gradually.

Before you throw doing a few simple stretching exercises is recommended. Work your hamstring, quad and lower back muscles for the running you'll do and take special care to loosen up arm and shoulder muscles. "Punch the ground," "Swing your arms in circles," "Churn the butter," - are all good stretches.



The 2010 KYL baseball and softball seasons are right around the corner.

Weekly Hotshots

Player of the Week

Race Hare, center for Cal of the Pac-10, had an awesome stat line. He scored 20 points, grabbed 17 rebounds and had seven assists and four blocked shots.

Top All-Around Performers

Wildcat Karena Justice Johnson had a double-double with 12 points and 10 rebounds to go along with six steals.

Forward Samantha Dominguez of the Seminole Karenas tallied 16 points and 18 rebounds.

Gabby Mendoza of the Pac-5 Cougars scored 20 points, had 10 steals, and chipped in with six rebounds.

Falcon AA-1 forward Rickey Miranda scored 15 points and notched eight rebounds.

Seminole A forward Matt Roman had a double-double...15 points, 11 rebounds.

Guard Micah Gildernew of the Falcon AA-1s posted five rebounds and three assists.

Top Scorers & Rebounders

Name	Team	Stat
Nick Gonzalez	Sem. A	18 pts.
Hector Valazco	Sem. B	16 pts
Ryan Kelley	Falcon AA-1	12 pts

pts = points
rb = rebounds
sb = stolen balls

Future Classic Under the lights

Selected players from every KYL Squad will compete for East/West hoops supremacy at the Future Classic February 20 and 27 in Arcadia.



The Classic is a series of games pitting combined teams from the Eastern Conference against combined teams from the West. Players earn a spot on the roster based on their attendance and on court performance through the first part of the season. Do your best right now to make the team.

Since Kare went to the East/West format in 1989 the East and West have each won it eight times and the sides have tied twice.

The games start at twilight and continue through the evening.

Future Classic Schedule

Boys' Divisions

February 20 ~ Arcadia

Division	Time	Court
B-1	6:00	A-4
B	7:00	A-4
A-1	5:00	A-3
A	6:00	A-3
AA-1	7:00	A-3
AA	8:00	A-3
AAA-1	5:00	A-5
AAA	6:00	A-5
Pac-10 (C)	7:00	A-5
Pac-10 (B)	7:00	Pavilion
Pac-10 (A)	8:00	Pavilion

Girls' Divisions

February 27 ~ Arcadia

Division	Time	Court
Karenas (A)	7:00	A-4
Karenas (B)	6:00	A-4
Pac-5 (A)	7:00	A-3
Pac-5 (B)	6:00	A-3

KARE CALENDER

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

KARE YOUTH LEAGUE GAMES AND ACTIVITIES



BOYS' DIVISIONS

D DIVISION

Falcons/Panthers vs. Bucs 11:00 U-1
 Lions vs. Steelers 11:00 C-1, C-2
 Colts vs. Eagles 11:00 A-1, A-2

C-1 DIVISION

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

C DIVISION

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

B-1 DIVISION

Falcons vs. FSU 3:00 U-1
 Georgia vs. Kentucky 3:00 A-4
 UNC - bye

Thursday, February 11

Georgia vs. Kentucky 5:15 A-4

Tuesday, February 16

FSU vs. UNC 4:15 C-5

B DIVISION

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

Thursday, February 11

Georgia vs. Kentucky 6:00 A-4

Tuesday, February 16

FSU vs. UNC 4:50 C-5

A-1 DIVISION

Falcons vs. FSU 11:00 U-2
 UNC vs. Kentucky 11:00 C-5

Thursday, February 11

Kentucky vs. UNC 5:45 A-3

Falcons vs. Georgia 6:00 YMCA

A DIVISION

UNC vs. FSU 3:00 C-5
 Georgia vs. Kentucky 1:00 A-4

Thursday, February 11

Kentucky vs. UNC 6:30 A-3

Falcons vs. Georgia 6:00 YMCA

AA-1 DIVISION

Falcons vs. FSU 12:00 U-2
 Georgia vs. Miami 2:00 A-4
 UNC - bye

Wednesday, February 10

Miami vs. UNC 5:45 A-3

Falcons vs. Georgia 6:00 YMCA

AA DIVISION

UNC vs. FSU 2:00 C-5
 Georgia vs. Miami 3:00 A-4

Wednesday, February 10

Miami vs. UNC 6:30 A-3

AAA-1 DIVISION

Falcons vs. FSU 9:00 U-2
 Georgia vs. Kentucky 9:00 A-5
 UNC - bye

Wednesday, February 10

Kentucky vs. UNC 5:45 A-5

Falcons vs. Georgia 5:45 YMCA

AAA DIVISION

Falcons vs. FSU 10:00 U-2
 Georgia vs. Kentucky 10:00 A-5
 UNC - bye

Wednesday, February 10

Kentucky vs. UNC 6:30 A-5

Falcons vs. Georgia 6:30 YMCA

PAC-10 (C)

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

PAC-10 (B)

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

Thursday, February 11

USC vs. UCLA 4:15 C-4

PAC-10 (A)

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

Cal - bye

GIRLS' DIVISIONS

ROYAL FRIENDS

Arcadia - Basketball games, club meeting and make Chinese chicken salad from 9:00-10:30. Wear black KYL shorts, white socks and tennis shoes.

Covina - Basketball games, club meeting and make Chinese chicken salad from 9:00-10:30. Wear black KYL shorts, white socks and tennis shoes.

Upland - Basketball games, club meeting and make Chinese chicken salad from 4:20-5:20 on Wednesday.

KARENAS

Winter Camp at Mount Kare

Friday to Sunday (3rd & 4th grade)

- Arcadia check in: 4:00, return: 3:00
 - Covina check in: 4:45, return: 2:30
 - Upland check in: 5:00, return: 2:00
- Saturday only (2nd grade)*
- Arcadia check in: 8:00, return: 6:00
 - Covina check in: 8:30, return: 5:30
 - Upland check in: 9:00, return: 5:00

PAC-5

A League

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

Friday, February 19

Eagles vs. Ravens 5:15 A
 Panthers vs. Cougars 4:15 C

B League

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

 **Gameday Forecast**
 for Saturday, February 20
 Partly sunny, High 65°