



### COLUMN ONE

## Basketball season tips off

Next Saturday marks the beginning of what is sure to be another exciting Kare Youth League basketball season. Kare basketball is unique because children play on age-appropriate sized courts and baskets and are taught the fundamentals of the game with a progression built in at each age level.

Games are played at all three KYL locations on one of 11 different courts. Court locations are explained in the column to the right.

If you're an A, AA, or AAA make sure to purchase your new basketball top and shorts before the season.

Highlights of the 2010-'11 season include opening day scrimmages on Saturday, the **Future Classics** on March 5 (boys) and February 26 (girls), and **Championship Saturday** on March 12.

Teams are vying for one of 16 division championships. Here's a look at last year's champs.

#### Girls 2009-'10 Basketball Champs

- Karenas (A) .....Falcons
- Karenas (B) .....Kentucky
- Pac-5 (A) .....Eagles
- Pac-5 (B) .....Eagles

#### Boys 2009-'10 Basketball Champs

- C-1 .....FSU
- C .....UNC
- B-1 .....Falcons
- B .....FSU
- A-1 .....Falcons
- A .....FSU
- AA-1 .....Falcons
- AA .....Miami
- AAA-1 .....Georgia
- AAA .....Georgia
- Pac-10 (A) .....UCLA
- Pac-10 (B) .....USC

## Basketball 101

### Shooting Technique

This is the first of a series of basketball tips the Interleaguer will run throughout the season. This week we cover a simple, yet effective way to shoot correctly - the BEEF method. Like anything else you want to get good at this will take practice, but if you stick to it your shot will start to fall.

**B**alanced  
**E**yes on the rim  
**E**lbow under the ball  
**F**ollow through on your shot



Now a short explanation of each step. **B:** Make sure your feet are under you and your shoulders square to the basket before you shoot. **E:** Look at a specific spot on the rim or backboard - not at the ball. **E:** Your shooting elbow should be under the ball (not off to the side) in a comfortable position. Your opposite hand should be on the side of the ball and is a guide only...shoot with one hand. **F:** Release the ball with a nice arc and keep your shooting hand in the air (it should look like a gooseneck) until the ball goes through the hoop.



This pic from 1 of 3 games that were won on the final play of the game.

## Winter Camps in February

Kare Youth League's winter camping season at Mount Kare is closer than you think and it is never too early to plan.

Mount Kare is located 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.

If there is snow great - if not, the camps will still be a blast full of fun activities as campers take full-advantage of Kare's first class facility.

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 5th & 6th), football, hockey, and indoor games like pool, foose-ball and air hockey. Sign ups will begin in January.

- Karenas .....March 4-6
- Pac Five .....February 11-13
- A & AA .....February 25-27
- AAA & Pac Ten ..February 18-21

## 2010 Football/Volleyball Champions Crowned

Congratulations to the following championship teams and all Kare teams on another fantastic football/volleyball season. The list includes 3 Arcadia, 3 Covina, & 1 Upland squad.

- C Division .....Georgia
- B Division .....Florida St.
- A Division .....Florida St.
- AA Division .....Florida St.
- AAA Division .....Miami
- Pac-10 Division .....Cal
- Pac-5 Division .....Cougars

# KARE YOUTH LEAGUE GAMES AND ACTIVITIES



## BOYS' DIVISIONS

### D DIVISION

*Last Day of Soccer & Awards*

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

### C-1 DIVISION

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

### C DIVISION

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

### B-1 DIVISION

Falcons vs. Wilddogs	3:00	U-1
FSU vs. UNC	3:00	C-5

### B DIVISION

Falcons vs. Wilddogs	4:00	U-1
FSU vs. UNC	4:00	C-5

### A-1 DIVISION

Georgia vs. Kentucky	2:00	A-4
FSU vs. UNC	1:00	C-5

### A DIVISION

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

### AA-1 DIVISION

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

### AA DIVISION

Falcons vs. Kentucky	12:00	U-2
FSU vs. UNC	12:00	C-5
Georgia Bye		

### AAA-1 DIVISION

Falcons vs. Miami	9:00	U-2
FSU vs. UNC	9:00	C-4
Georgia Bye		

### AAA DIVISION

Georgia vs. Miami	11:15	A-3
FSU vs. UNC	10:00	C-4

### PAC-10 (B)

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

### PAC-10 (A)

Oregon vs. Stanford	2:45	C-4
USC vs. UCLA	2:45	C-3
Cal Bye		

## GIRLS' DIVISIONS

### Royal Friends

Arcadia - Christmas Party and Clubmeeting 9:00-10:30. Bring a \$10 wrapped gift and wear something red and green.

Covina and Upland - Christmas Party and Clubmeeting 9:30-11:00 at Russell Park. Bring a \$10 wrapped gift and wear something red and green.

\*Upland will get a ride at 9:00 from PCC and return at 11:30.

Upland - Clubmeeting and awards practice on Friday from 4:30-5:30.

### Karenas

Basketball Clinic at home locations - 9:00-10:00.

### Pac-5

#### PAC-5 (B)

Hawks vs. Huskies	3:00	A-3
Panthers vs. Ravens	2:00	C-5
Cougars Bye		

#### PAC-5 (A)

Hawks vs. Huskies	4:00	A-3
Ranthers vs. Cougar Red	4:00	C-4
Cougar Blue Bye		

## KARE CALENDER

RHP Christmas Program	.....Dec. 15
Christmas Vacation	.....Dec. 20-Jan. 2
First Basketball for K Boys & Girls	Jan. 8
Pac Five Awards	.....Jan. 15
MLK Day (No Activities)	.....Jan. 17
Karena Awards	.....Jan. 29
Pac Five Winter Camp	.....Feb. 11-13
Pearl Prep Information Night	....Feb. 17
No Regular Kare Activities	...Feb. 18-21
AAA & Pac Ten Winter Camp	Feb. 18-21



### Gameday Forecast

for Saturday, December 18  
Santa may bring cold/wet stuff, High 61°

## Basketball court locations

Kare Youth League basketball games are played on one of 11 basketball courts at either Kare/Arcadia, Kahler Russell Park in Covina or at the Pacific Christian Center in Upland. Kare's courts are age appropriate with court size and basket height adjusted to make the game fun for all age groups. To find the correct court check below.

### Arcadia

#### ● A-1 & A-2

*used by Ds, Cs, Royal Friends, & Karenas*

Both courts are located across the field to your right-hand side as you enter the property.

#### ● A-3 & A-4

*used by Bs, As, AAs, Karenas, Pac Five, AAA, & Pac Ten*

Court #3 is next to Field #2. Court #4 is located alongside the concession stand patio.

### Covina

#### ● C-1 & C-2

*used by Ds, Cs, Royal Friends, & Karenas*

The courts are located alongside the practice hockey rink at the east end of the park - use the Glendora Ave. parking lot.

#### ● C-3, C-4, C-5 & C-6

*used by Bs, As, AAs, AAAs, Pac-10, Karenas and Pac-5*

The courts are at the west end of the park and run parallel to the railroad tracks starting with #3 nearest the ball fields with #4, #5 and #6 following in sequence - use the Grand Ave. parking lot.

### Upland

Kare teams playing at Upland get the added benefit of playing indoors at the Pacific Christian Center. Games are played on one of two courts that run side-by-side in the gymnasium and are designated by a U-1 or U-2.