



COLUMN ONE

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. Brochures will be available in the office. Make sure to fill out a health form and, if you are tubing or skiing, a waiver form.

Winter Camp Dates

Division(s)	Date(s)	Price
Karenas (2nd)	Mar. 5	\$24. ⁵⁰
Karenas (3rd & 4th)	Mar. 4-6	\$72. ⁵⁰
Pac-5 & JHG**	Feb. 11-13	\$87. ⁵⁰
A & AA**	Feb. 25-27	\$87. ⁵⁰
AAA & Pac-10*	Feb. 18-21	\$94. ⁵⁰

*optional skiing not included

**Price includes tubing at Mountain High

A Variety of Sports at Kare

(From a 2005 article by noted coach and fitness buff Tim Kauppinen. For the full article see his website www.makesyoufast.com)

With the media screaming about the Tiger Woods and Venus and Serena Williams of the world, many people are making the mistake of starting one sport at a young - make that very young - age and specializing in it.

Before someone decides to specialize, they should consider the dangers involved in participating in only one sport. Here (is the first of) four Dangers of Specialization:

1. Overuse injuries: stressing the body in the same way over and over again for all or a great part of the year can lead to overuse injuries. Stress fractures, compartment syndrome and other conditions often result from a lack of diversity in athletic activities. It is better to challenge your body in different ways throughout the year to develop as an athlete. Pediatricians across the country have called for children to participate in a variety of physical activities to develop athletic skills that transfer across all sports.

Basketball 101

Ball Handling

Anytime you catch the ball, no matter where you are on the court you should "get tough" with the ball, which puts you in ideal position to dribble, pass or shoot and ensures that the opposition won't steal the ball from you.



However, everything starts before you even get the ball. While anticipating a pass, you should create a good passing angle between yourself and your teammate with the ball. Once that angle is set get your hands ready by showing your palms to the passer.

Now it is time to "get tough." First face or "square up" to the basket. Your feet should be shoulder width apart with the knees bent. If you are right-handed, the left foot should be slightly ahead of the right with the left foot acting as the pivot foot. Reverse the footwork if your left-handed. In either case, the feet and shoulders should be facing the hoop so that any move made will be in the direction of the basket. The ball should be held against your body, shoulder high, with two hands away from the defender.

You have now become a threat to the defense ...you can dribble, pass or shoot. The "get tough" position should be used just about anytime you catch the ball, even if you aren't near the basket. That way you can find open teammates while scanning the court.

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Pac Five girls fixin' up the table: Spending time with friends and making memories happens at Mt. Kare every winter. Sledding, eating...you know...kids' stuff.

KARE YOUTH LEAGUE GAMES AND ACTIVITIES



BOYS' DIVISIONS

D DIVISION

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

C-1 DIVISION

Kentucky vs. Falcons	1:00	A-1
FSU vs. Georgia	12:30	C-2
UNC	Bye	

C DIVISION

Kentucky vs. Falcons	2:00	A-1
FSU vs. Georgia	1:30	C-2
UNC	Bye	

B-1 DIVISION

Wilddogs vs. Falcons	3:00	A-4
FSU vs. UNC	3:00	C-5

B DIVISION

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

A-1 DIVISION

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

A DIVISION

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

AA-1 DIVISION

Kentucky vs. Falcons	11:00	A-4
FSU vs. Georgia	11:00	C-5
UNC	Bye	

AA DIVISION

Kentucky vs. Falcons	12:00	A-4
FSU vs. Georgia	12:00	C-5
UNC	Bye	

AAA-1 DIVISION

Saturday, January 15

Miami vs. Falcons	10:00	A-3
FSU vs. Georgia	9:00	C-4
UNC	Bye	

Wednesday, January 12

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

AAA DIVISION

Saturday, January 15

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

Wednesday, January 12

Miami vs. Georgia	5:00	A-3
UNC vs. FSU	4:45	C-4

GIRLS' DIVISIONS

ROYAL FRIENDS

Arcadia & Covina - 9:00-10:30 at home site. Basketball Games, clubmeeting, and snowman craft. Wear black shorts, white socks, and any tennis shoes.

Upland - 4:30-5:30 to PCC on Friday. Clubmeeting, snowman craft, and basketball practice.

KARENAS

KARENA "A" DIVISION

Wildcats vs. Falcons	9:00	A-4
Tarheels vs. Bulldogs	9:00	C-5
Seminoles vs. Georgia	9:00	C-6
Kentucky	Bye	

KARENA "B" DIVISION

Wildcats vs. Falcons	10:00	A-4
Tarheels vs. Bulldogs	10:00	C-5
Seminoles vs. Georgia	10:00	C-6

PAC-5 (B)

Hawks vs. Ravens	2:00	A-3
Panthers vs. Cougars	3:00	C-6
Huskies	Bye	

MONDAY, JAN. 10TH

Hawks vs. Huskies	5:15	A-3
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PAC-5 (A)

Hawks vs. Cougar Red	1:00	A-3
Ranthers vs. Cougar Blue	4:00	C-4
Huskies	Bye	

BOYS' DIVISIONS

PAC-10 (B)

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

PAC-10 (A)

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



Gameday Forecast

for Saturday, January 15
Rain, rain, go away (possible), High 62°

KYL Parents' Code of Ethics

With a new season upon us we thought it might be a good idea to republish the Kare Youth League Parents' Code of Ethics.

For most this will be a review, while parents of new members are seeing the code for the first time.

The KYL leadership and staff appreciate all the great parents at Kare and realize that the code probably isn't even necessary. However, even the most seasoned Kare parents can get caught up in the excitement of a close ball game, so let this just serve as a reminder of Kare parent expectations.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will refrain from the use of tobacco, alcohol and profanity at all of my child's activities.
- I will remain in the bleachers or designated areas for parents during games and defer the coaching to the Kare Youth League staff.

KARE CALENDER

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
Rio Hondo Information Night	Feb. 24