

# INTERLEAGUER

VOLUME 74, NUMBER 5 • SEPTEMBER 29, 2014

## COLUMN ONE

### Why Participate in Many Sports Rather Than Specialize? *(From beforeitsnews.com)*

***Playing different sports will create a well-rounded athlete.*** According to healthcare professionals at UPMC (University Pittsburgh Medical Center) that specialize in sports medicine, specializing in a sport before the age of 14 can have detrimental effects. When children play different sports they are using and strengthening different muscle groups. By specializing in one sport too early kids will miss out on all of the gains they could have made by working those other muscle groups. Kids that are involved in different sports will be more well-rounded athletes and are less likely to be injured. Repetitive use injuries are more likely in athletes that specialize too early.

***Specialization is no guarantee for future success.*** A Belgium study, published in the *Journal of Sports Sciences*, finds that kids who delay specializing in one sport are more coordinated and more physically fit than those who specialized early. There is no proof that those athletes that specialize early will outperform those who played multiple sports. Very few professional athletes specialized early. Alex Rodriguez played basketball, football and soccer before landing in baseball, and Kobe Bryant was a soccer player before he found his love for basketball.

***What if there's something better out there?*** Kids who play high level sports tend to have a natural aptitude for sports that will allow them to do well in almost any sport. When kids specialize in one sport at the age of 8 or 9, they miss out on an opportunity to try other sports. Maybe his true calling is in track or football, but he'll never know because he started playing soccer at the age of 3 and never had a chance to try anything else.

***The bottom line is that there are far more studies that show there is no benefit to encouraging young athletes to specialize in a sport. Athletes have a greater chance to have repetitive use injuries, experience burn out, and miss out on the advantages that playing multiple sports can give them when they do. Encourage your kids to try different sports and to have fun while they are doing it.***

At Kare Youth League, we feel that participating in multiple activities with the same team and leader is the best way to have a positive experience as a child. There will be plenty of time to specialize when your child is in middle school and high school. But even at that age it can still be very productive to play multiple sports. According to the NCAA only 3-5% of high school athletes go on to play in college, and even more astonishing, of all the children playing youth sports, only 1 in 1,000 will ever receive a scholarship to a college.

### Be A Willing Servant

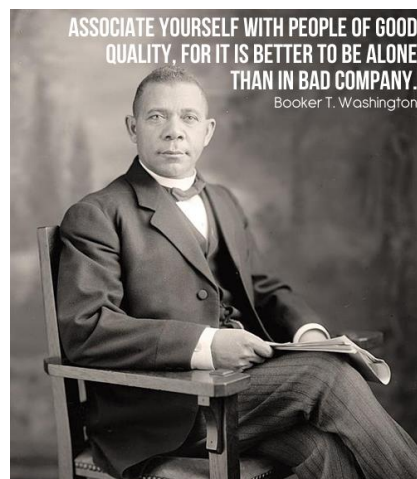
#### *From God's Little Devotion Book*

Shortly after Booker T. Washington became head of the Tuskegee Institute in Alabama, he was walking past the house of a wealthy family. The woman of the house, assuming Washington was one of the yard workers her husband had hired, asked him if he would chop some wood for her. Professor Washington smiled, nodded, took off his coat, and chopped the wood. When he carried the armload of wood into the woman's kitchen, a servant girl recognized him and rushed to her mistress to tell her of his identity.

The next morning, the woman appeared in Washington's office. Apologizing profusely, she said repeatedly, "I did not know it was you I put to work." Washington replied with generosity, "It's entirely all right, madam. I like to work, and I'm delighted to do favors for my friends."

The woman was so taken with his manner and his willingness to forgive that she gave generous gifts to the institute and persuaded many of her wealthy acquaintances to do likewise. In the end, Washington raised as much money for the institute from this one act of chopping wood as he did from any other fund-raising event!

A great leader is never beyond hard work. The willingness to serve others is the essence of true leadership.



# KARE YOUTH LEAGUE GAMES AND ACTIVITIES

## Schedule for Saturday, October 4

### GREAT START

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

### C DIVISION

Kentucky vs. Falcons	5:00	A-1b
FSU vs. Georgia	8:30	C-1
UNC Bye		

### B DIVISION

Kentucky vs. Falcons	6:30	A-1b
FSU vs. Georgia	9:45	C-1
UNC Bye		

### A DIVISION

Kentucky vs. Falcons	5:45	A-1a
FSU vs. Georgia*	1:00	C-2
UNC Bye		

\*Watch for possible game change due to heat

### AA DIVISION

Kentucky vs. Falcons	4:15	A-1a
UNC vs. Georgia	11:15	C-2

### AAA DIVISION

Kentucky vs. FSU	7:15	A-1a
UNC vs. Georgia	9:30	C-2

### Pac-12 DIVISION

#### Friday, October 3

USC vs. Cal	5:15	A-1
Oregon vs. UCLA	7:00	A-1



Make sure to sign up for the Rubber Duck Race coming in November. It will be a real quack up.

### QUOTE OF THE WEEK...

"The U. S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself."

Ben Franklin

## Schedule for Saturday, October 4

### ROYAL FRIENDS

**Arcadia-Covina** – Perform at San Dimas Parade (leave home location at 9:00 a.m. and return 11:30 a.m.) Wear complete dance outfit.

**Upland** – The Upland Royal Friends come Friday from 5:00-6:15 and then also on Saturday for the parade (see information above).

### KARENA DIVISION

Perform at San Dimas Parade (leave home location at 9:00 a.m. and return at 11:30 a.m.) Wear complete cheer outfit.

### PAC 5 "C" DIVISION

Cougars vs. Huskies	10:00	Upland
Panthers vs. Eagles	1:00	Arcadia
Ravens vs. Hawks	1:00	Arcadia

### PAC 5 "B" DIVISION

Cougars vs. Huskies	11:00	Upland
Panthers vs. Eagles	2:00	Arcadia
Ravens vs. Hawks	2:00	Arcadia

### PAC 5 "A" DIVISION

#### Friday, October 3

Tournament	6:00	Arcadia
------------	------	---------

#### Saturday, October 4

Cougars vs. Huskies	12:00	Upland
Ravens vs. Hawks	3:00	Arcadia
Eagles Bye		

### UPCOMING EVENTS

**Rio Hondo Prep High School Science Camp** Monday, September 29 through Friday, October 3.

**Falcons and Kentucky play football games at night in Arcadia** on Saturday, October 4.

**RHP Homecoming & Kare Youth League Girls' Performance** is on Friday, October 24.

**Kare Park Ribbon Cutting** on Saturday, October 25.

**Drawing for 3-2-1 Raffle Winners** on Saturday, October 25.

**Kare Youth League Future Bowl** on Saturday, October 25.

**No Kare Activities** on Friday, October 31.

**Daylight Savings Time Ends** on Sunday, November 2.

## Schedule for Saturday, October 11

### GREAT START

TBA

### C DIVISION

Falcons vs. UNC	12:15	U-1
FSU vs. Kentucky	8:30	C-1
Georgia Bye		

### B DIVISION

Falcons vs. UNC	9:45	U-1
FSU vs. Kentucky	9:45	C-1
Georgia Bye		

### A DIVISION

Falcons vs. UNC	4:00	U-1
FSU vs. Kentucky	1:00	C-2
Georgia Bye		

### AA DIVISION

Falcons vs. UNC	2:30	U-1
Georgia vs. Kentucky	11:15	A-3

### AAA DIVISION

FSU vs. Georgia	9:30	C-2
Kentucky vs. UNC	9:30	A-3

### Pac-12 DIVISION

Oregon vs. USC	4:30	A-1
UCLA vs. Cal	6:30	A-1

### ROYAL FRIENDS

**Arcadia-Covina** – Come from 9:00-10:30 for dance lessons, parade routine, make silly (very silly) monsters and meeting. Wear any leotard/tights and bring tap and ballet shoes.

**Upland** – The Upland Royal Friends come Friday from 4:30-5:45 and do the same activities as above.

### KARENA DIVISION

Cheerleading		
Covina Teams	9:30	Covina
Arcadia Teams	9:30	Arcadia
Upland Teams	2:30	Upland

### PAC 5 "C" DIVISION

Hawks vs. Huskies	1:00	Arcadia
Eagles vs. Cougars	1:00	Arcadia
Ravens vs. Panthers	1:00	Covina

### PAC 5 "B" DIVISION

Hawks vs. Huskies	2:00	Arcadia
Cougars vs. Eagles	2:00	Arcadia
Ravens vs. Panthers	2:00	Covina

### PAC 5 "A" DIVISION

Hawks vs. Huskies	3:00	Arcadia
Eagles vs. Cougars	3:00	Arcadia
Ravens Bye		

Phone: 626.442-1160 • 909.957.5273

Arcadia Center - 5150 Farna Avenue, Arcadia • Covina Center - 735 Glendora Avenue, Covina

Upland Center - (Pacific Christian Center) • 800 Arrow Highway, Upland