

INTERLEAGUER

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COLUMN ONE



Rio Hondo Prep "Information Night" for middle school and high school will be held at 7:30 p.m. on Thursday, February 26 in the Stivers Center in Arcadia. Call (626) 444-9531 for more info.

Only Two Camps Left

A & AA* – February 27-March 1 (1 night-\$75) (2 nights-\$99)

Karenas – March 7 & 8 - \$58

(Note: some camps are more expensive depending on activities)

**Tubing form also needed*

Playing Multiple Sports by Dan Clemens

(Author of A Perfect Season) Part Two

Burnout is the obvious first reason. Playing the same sport every day for long periods of time - no matter how much you love it - is a recipe for mental fatigue. I did a quick search on the Internet for "youth sports burnout" and dozens of articles popped up. Again and again they describe kids dropping out of sports altogether as they hit their teenage years because, among other reasons related to coach and parental pressure, it just wasn't fun anymore.

Many articles warn of the dangers of overuse injuries from using growing bones and muscles in the same way year-round. Forget the mental monotony for a moment; the repetitive motion of same game, same skills and same drills is often a recipe for stress fractures, growth-plate disruption, and a wide variety of overuse injuries.

Perhaps the most important reason kids should not specialize is that each sport they play gives them new and different insights into themselves as competitors, and develops new skills, that may be difficult to learn any other way. The quickness and aggressiveness Jimmy picked up in football last fall makes him a better base runner this spring. The patience Joey learns waiting for a good pitch to hit makes him a better passing guard in basketball.

Don't Give Up, Don't Give In

(excerpt) by Louis Zamperini - Subject of the recent movie & book "Unbroken"

PART TWO

When the bait tempted a small one, I leaned over the raft and clutched the tail. That was a big mistake. Shark skin is gritty like sandpaper and I couldn't hold on because a five-foot shark is stronger than a six-foot man. It quickly pulled me into the ocean. Now it was my turn to shoot out of the water and into the raft. Here's what happened next, as I described it in *Devil at My Heels*.

A couple days later we saw some three and four footers, and no larger ones. We hung the bait again. This time I decided to get lower in the raft (to help my center of gravity). I grabbed a passing tail and, as quickly as I could, pulled the shark out of the water. His mouth opened, but Phil was ready, holding an empty flare cartridge. He shoved it in. The shark instinctively closed his mouth and wouldn't let go of the cartridge. I took the screwdriver end of the pliers from our emergency kit and killed him.

Because of a survival course I'd taken on base in Hawaii about how to deal with sharks, I knew that eating raw shark meat would make us sick. The only edible part was the liver.

I knew that shark liver was a rich source of vitamins and protein. The minute we ate it we got a big boost. We had a luscious, gooey meal of shark liver twice and it was the best thing that happened to us. If I hadn't trusted what I knew, who knows if I'd be here to tell this story. Those mouthfuls of shark liver might have made all the difference.



KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, February 28

GREAT START

Cowboys/Colts/Grizzlies	10:00	S-1/S-2
Lions vs. Tigers	11:00	C-1
Panthers vs. Eagles	11:00	U-1
Bucs vs. Steelers	11:00	U-2

C-1 DIVISION

*Falcons vs. FSU	12:15	U-1
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C DIVISION

*Kentucky vs. Falcons	3:30	S-2
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B-1 DIVISION

*UNC vs. FSU	2:30	U-1
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(Changed due to possible rain on Saturday)

B DIVISION

*Falcons vs. Kentucky	1:30	U-1
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A & AA DIVISIONS

Winter Camp

AAA-1 DIVISION

*FSU vs. Kentucky	4:30	S-1
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(Changed due to possible rain on Saturday)

AAA DIVISION

*Kentucky vs. FSU	12:15	S-1
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PAC-12B

Friday, February 27

*UCLA #1 vs. Cal #2	11:00	C-4
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(Changed due to possible rain on Saturday)

PAC-12A

*Cal vs. Oregon	4:30	S-2
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The Rio Hondo Prep boys and girls basketball teams enter the semi-finals of the CIF playoffs this week. The girls are playing at home on Saturday night at 7:00 against Cal Lutheran while the boys travel to Hesperia on Friday with a victory by either team sending them to the Finals next weekend.

Schedule for Saturday, February 28

ROYAL FRIENDS

Arcadia-Covina – Come from 9:00-10:30 for basketball games, meeting, and make mellow pops (that should calm them down).

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

KARENAS (ARCADIA)

*Dalmatians vs. Wolves	11:00	S-1
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KARENAS (COVINA-UPLAND)

*Panthers vs. Jaguars	9:00	U-1
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PAC FIVE C

*Hawks vs. Huskies	11:15	S-2
*Ravens vs. Eagles	1:15	S-2
Cougars vs. Panthers	12:00	C-6

PAC FIVE B

*Hawks vs. Cougars	2:15	S-1
*Eagles vs. Ravens	2:15	S-2

~~Huskies vs. Panthers 3:30 S-1~~
(Cancelled)

PAC FIVE A

~~*Ravens vs. Panthers 3:30 S-1~~
(Changed due to possible rain on Saturday)

*Hawks vs. Eagles	12:15	S-2
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~~Huskies vs. Cougars 4:30 S-1~~
(Cancelled)

UPCOMING EVENTS

Rio Hondo Prep Information Night on Thursday, February 26.

A & AA Division Winter Camp Friday, February 27 through Sunday, March 1.

Karena Winter Camp Saturday, March 7 & Sunday, March 8.

Pac Five Awards Friday, March 13.

Karena Awards Friday, March 13.

No regular Kare activities to observe Easter from Thursday, April 2 through Tuesday, April 7.

In-n-Out comes to Kare Youth League on Thursday, April 16.

Rio Hondo Prep drama production on Friday, April 24 and Saturday, April 25.

Pearl Prep 2nd & 3rd grade science camp Thursday & Friday, May 7 & 8.

C & B Division Awards Saturday, May 9.

Pearl Prep 4th & 5th grade science camp Wednesday through Friday, May 13-15.

Rio Hondo Prep 6th grade science camp Sunday through Friday, May 17-22.

Mount Kare Open House Saturday, May 23.

Schedule for Saturday, March 7

(Watch next week for possible changes)

GREAT START

Arcadia Teams	10:00	S-1/S-2
Covina Teams	11:00	C-1/C-2
Panthers vs. Bucs	11:00	U-1

C DIVISION (Baseball)

Arcadia Teams	12:00	A-4
Covina Teams	12:30	C-1
Upland Teams	12:30	U-1

B DIVISION (Baseball)

Georgia	1:15	A-4
Kentucky	2:30	A-4
Covina Teams	2:00	C-1
Upland Teams	2:00	U-1

A DIVISION (Baseball)

Arcadia Teams	1:00	A-2
Covina Teams	1:00	C-3
Upland Teams	11:00	U-2

AA DIVISION (Baseball)

Arcadia Teams	11:00	A-2
Covina Teams	11:00	C-3
Upland Teams	9:30	U-2

AAA DIVISION (Baseball)

Arcadia Teams	9:30	A-3
Covina Teams	9:30	C-2

PAC 12 DIVISION (Baseball)

Arcadia Teams	11:30	A-3
Covina Teams	11:30	C-2
Upland Teams	12:30	U-2

ROYAL FRIENDS

Arcadia-Covina – Come from 9:00-10:30 for basketball games, meeting, and a St. Patrick's Day craft. (I'm guessing green might be the color)

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

KARENAS

Winter Camp

PAC FIVE C

Basketball Championship

PAC FIVE B

Basketball Championship

PAC FIVE A

Basketball Championship



Kare Youth League
Their Future Is Now

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