

INTERLEAGUER

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COLUMN ONE



United Rock has donated 500 tons of sand so far to our “Kare Park” project in Irwindale. They plan to give another 1000 tons at a later date. Thank you, United Rock.

Get Started on the Right Foot

Have you ever heard the old saying, “Get off on the right foot”? Well, it appears to have come from Shakespeare, “Nay, but make haste; the better foot before.” Wherever it comes from, it’s a wise way to go about things. With that in mind, it is important to review at the beginning of a new season the importance of attending all practices and games. If you need to miss for any reason please contact your child’s leader and let them know. If a player misses 3 games or more during the season they are not eligible for an award or to participate in post-season play. Please try to plan appointments and parties around your child’s activities. Thank you.

Benefits of Multiple Sport Participation by Matthew Shomper (an excerpt)

So, what are the benefits of being a multiple-sport participant? **Improved health and wellness** is one of the benefits. Students who participate in more than one sport have reduced risk of overuse injuries and stress that leads to burnout. Multiple-sport students also show **improved athletic performance**. Cross-training (using different muscles and skills) leads to better athleticism, better leadership and teamwork skills, and better mental development, and makes it easier for multiple-sport students to pick up new skills. Being involved in more sports leads to **character development as well**. Students may not excel in all of their sports, so they learn humility and teamwork. Multiple-sport participation also provides **improved coaching**. Multiple-sport coaches understand that there is more to teaching our students than just the sport. Being with our school coaches is better for our students than being with a select or travel coach who may not worry about teaching life lessons.

Will The Real St. Patrick Please Stand Up

(gathered from a host of articles about the Patron Saint of Ireland)

St. Patrick is known as the patron saint of Ireland. He was not born in Ireland, but he has become an integral part of Irish heritage, mostly through his service across Ireland in the 5th century. Patrick was born in the latter half of the 4th century. His birth place is said to be in either Scotland or Roman England. His real name was Maewyn Succat, but he was known by his Romanized name of Patricius, later shortened to Patrick.

Patrick was the son of Calpornius, a Roman-British army officer and seems to have led a normal childhood. However, at the age of 16, a band of pirates landed in south Wales and kidnapped him along with many others. The pirates sold him into slavery in Ireland. He was there for 6 years, forced to guard sheep and also spent time in prison. While in prison, God revealed to him in a dream that he was going to escape in a ship. Once he finally did escape the experience changed his life forever.

He made it to Britain and then France where he joined a monastery and studied under St. Germain, the bishop of Auxerre. He spent around 12 years in training. When he became a bishop he had a dream from God once again. This time he dreamed that the Irish were calling him back to Ireland to tell them about God. So he set out for Ireland with the Pope's blessing. In Ireland he converted the Gaelic Irish, who were then mostly Pagans, to Christianity.

There are many legends that have been passed on about this great Saint of God, but one thing seems to be clear, he let God use his life to bless many. After preaching in Ireland for 40 years, St. Patrick died on March 17, 461 in the city of Saul, where he built his first church.

FYI – In rainy situations in Arcadia and Covina please call (626) 442-1160 or in Upland (909) 957-5273 for the latest information on practice and game cancellations.

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, March 12

GREAT START

| | | |
|---------------|-------|-----|
| Arcadia Teams | 11:00 | Arc |
| Covina Teams | 11:00 | Cov |
| Upland Teams | 11:00 | U-1 |

C DIVISION

| | | |
|----------------------|------|-----|
| Kentucky vs. Falcons | 1:15 | A-4 |
|----------------------|------|-----|

***Georgia/FSU postponed until Thursday, March 31 at 5:45**

B DIVISION

| | | |
|----------------------|------|-----|
| Kentucky vs. Falcons | 2:30 | A-4 |
| UNC vs. Georgia | 1:30 | C-1 |
| FSU Bye | | |

A DIVISION

| | | |
|----------------------|-------|-----|
| Kentucky vs. Falcons | 12:30 | A-2 |
| UNC vs. Georgia | 12:30 | C-3 |
| FSU Bye | | |

AA DIVISION

| | | |
|----------------------|-------|-----|
| Kentucky vs. Falcons | 10:45 | A-2 |
| UNC vs. Georgia | 10:45 | C-3 |
| FSU Bye | | |

AAA DIVISION

| | | |
|----------------------|------|-----|
| Kentucky vs. Falcons | 9:00 | A-3 |
| UNC vs. Georgia | 9:00 | C-2 |

PAC 12 "B" DIVISION

| | | |
|----------------|-------|-----|
| Cal vs. Oregon | 10:45 | A-3 |
| UNC vs. USC | 10:45 | C-2 |

PAC 12 "A" DIVISION

| | | |
|----------------|-------|-----|
| Cal vs. Oregon | 12:30 | A-3 |
| UCLA vs. USC | 12:30 | C-2 |



"Christ beside me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me."

Saint Patrick

Schedule for Saturday, March 12

ROYAL FRIENDS

Arcadia & Covina – Come Saturday from 9:00-10:30 for kickball and Aladdin dessert. (Everyone together, "How 'bout a little more baklava...")

Upland – Come Friday from 5:00-6:30 for softball.

KARENAS

| | | |
|------------------------|------|-----|
| Kentucky vs. Bulldogs | 9:00 | A-4 |
| Falcons vs. Wild Dogs | 9:00 | A-2 |
| Tarheels vs. Seminoles | 9:00 | C-3 |

PAC 5 B DIVISION

| | | |
|--------------------|-------|-----|
| Cougars vs. Hawks | 12:30 | U-2 |
| Eagles vs. Huskies | 2:30 | A-2 |
| Covina Bye | | |

PAC 5 A DIVISION

| | | |
|---------------------|------|-----|
| Cougars vs. Hawks | 2:30 | U-2 |
| Ravens vs. Panthers | 2:30 | C-2 |
| Eagles vs. Huskies | 4:30 | A-3 |

UPCOMING EVENTS

Karena and Pac Five Awards Night on Saturday, March 12.

Cougars and Falcons Awards Night and Play on Saturday, March 12.

Daylight Savings Time Begins on Sunday, March 13.

Pearl and Rio Hondo Prep Music Festival on Thursday, March 17.

All Royal Friends go to Adventure City on Saturday, March 19.

Upland Boys Awards Night and Dinner on Saturday, March 19.

Easter Vacation from Thursday, March 24 through Tuesday, March 29.

Rio Hondo Prep Varsity Baseball vs. Germantown from Pennsylvania on Friday, April 1. (No fooling)

Pearl Prep Family Night and Spring Musical on Tuesday, April 12.

Rio Hondo Prep Open House on Thursday, April 14.

Pearl Prep Open House on Thursday, April 28.

Mother's Day on Sunday, May 8.

Schedule for Saturday, March 19

GREAT START

| | | |
|---------------------|-------|-----|
| Eagles vs. Cowboys | 10:00 | A-4 |
| Steelers vs. Colts | 11:00 | A-4 |
| Grizzlies vs. Lions | 11:00 | C-1 |
| Bucs vs. Panthers | 11:00 | U-1 |
| Tigers Bye | | |

C DIVISION

| | | |
|---------------------|-------|-----|
| Kentucky vs. FSU | 12:15 | A-4 |
| Falcons vs. Georgia | 12:15 | U-1 |

B DIVISION

| | | |
|---------------------|------|-----|
| Kentucky vs. FSU | 1:30 | A-4 |
| Falcons vs. Georgia | 1:30 | U-1 |
| UNC Bye | | |

A DIVISION

| | | |
|---------------------|-------|-----|
| Kentucky vs. FSU | 12:30 | A-2 |
| Falcons vs. Georgia | 10:45 | U-2 |
| UNC Bye | | |

AA DIVISION

| | | |
|---------------------|-------|-----|
| Kentucky vs. FSU | 10:45 | A-2 |
| Falcons vs. Georgia | 9:00 | U-2 |
| UNC Bye | | |

AAA DIVISION

| | | |
|----------------------|------|-----|
| Kentucky vs. Georgia | 9:00 | A-3 |
| UNC vs. Falcons | 9:00 | C-2 |

PAC 12 "B" DIVISION

| | | |
|----------------|-------|-----|
| Cal vs. USC | 10:45 | A-3 |
| UNC vs. Oregon | 10:45 | C-2 |

PAC 12 "A" DIVISION

| | | |
|-----------------|-------|-----|
| Cal vs. USC | 12:30 | A-3 |
| UCLA vs. Oregon | 12:30 | C-2 |

ROYAL FRIENDS

Arcadia & Covina – All Royal Friends going to Adventure City (9:30-4:00 - \$30)

Upland – Come Friday from 5:00-6:30 for softball.

KARENAS

| | | |
|------------------------|------|-----|
| Bulldogs vs. Falcons | 9:00 | U-1 |
| Seminole vs. Kentucky | 9:00 | C-1 |
| Wild Dogs vs. Tarheels | 9:00 | C-3 |

PAC 5 B DIVISION

| | | |
|-------------------|------|-----|
| Huskies vs. Hawks | 2:30 | A-2 |
| Covina vs. Eagles | 2:30 | C-3 |
| Cougars Bye | | |

PAC 5 A DIVISION

| | | |
|----------------------|------|-----|
| Eagles vs. Cougars | 2:30 | A-3 |
| Hawks vs. Ravens | 4:30 | A-3 |
| Panthers vs. Huskies | 4:30 | C-2 |

Phone: 626-442-1160 • 909-957-KARE

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

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