

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, January 6

GREAT START

Irwindale	9:00	S-1&S-2
Covina	10:00	C-1&C-2
Upland	9:00	U-1&U-2

C-1 DIVISION

Georgia vs. Kentucky	12:00	S-1
FSU vs. UNC	12:00	C-1

C DIVISION

Georgia vs. Kentucky	1:00	S-1
FSU vs. UNC	1:00	C-1

B-1 DIVISION

FSU vs. Falcons	1:00	C-5
Kentucky vs. UNC	12:00	S-2
Georgia Bye		

B DIVISION

FSU vs. Falcons	2:00	C-5
Kentucky vs. UNC	1:00	S-2
Georgia Bye		

A-1 DIVISION

FSU vs. Falcons	3:00	C-5
Kentucky vs. Georgia	2:00	S-2

A DIVISION

FSU vs. Falcons	4:00	C-5
Kentucky vs. Georgia	3:00	S-2

AA-1 DIVISION

FSU vs. Falcons	12:00	C-6
Kentucky vs. UNC	2:00	A-4
Georgia Bye		

AA DIVISION

FSU vs. Falcons	1:00	C-6
Kentucky vs. UNC	3:00	A-4
Georgia Bye		

PAC-12B

Stanford#1 vs. Cal#2	4:00	S-1
Cal#1 vs. Oregon	10:00	C-4
Spartans vs. UCLA	10:00	C-3
Stanford#2 vs. Trojans	9:00	C-4

PAC-12A

USC vs. Cal	11:00	C-3
UCLA vs. Oregon	11:00	C-4
Stanford vs. Titans	12:00	C-3

Schedule for Saturday, January 6

ROYAL FRIENDS

Covina – Basketball at 9:00 at Wingate Park in Covina

Irwindale – Basketball at 9:00 at Kare Park in Irwindale

Upland – Friday from 4:30-6:00 Basketball at PCC

D-3

Basketball Tournament 10:00 Kare Park

D-2 “B”

Saturday, January 6

Longhorns vs. Wildcats	10:00	S-1
Falcons vs. Tigers	11:00	C-5
Bulldogs Bye		

Monday, January 8

Bulldogs vs. Wildcats	4:45	KP-3
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D-2 “A”

Saturday, January 6

Longhorns vs. Wildcats	11:00	S-1
Tarheels vs. Falcons	10:00	C-5
Seminoles vs. Falcons	12:00	C-5

Monday, January 8

Seminoles vs. Tarheels	4:15	C-5
Bulldogs vs. Wildcats	5:30	KP-3

D-1 “B”

Hawks vs. Cougars	2:00	S-1
Panthers vs. Huskies	12:00	C-4
Eagles Bye		

D-1 “A”

Hawks vs. Cougars	3:00	S-1
Ravens vs. Huskies	1:00	C-4
Eagles Bye		

UPCOMING EVENTS

No Kare activities on Monday, January 15 on MLK Day.

Rio Hondo Prep Open Campus for New Students on Saturday, February 3

Division 2 Winter Camp on Saturday, February 3 and Sunday, February 4.

AA and Pac 12 Winter Camp on Saturday, February 10 and Sunday, February 11.

Schedule for Saturday, January 13

GREAT START

Irwindale	9:00	S-1&S-2
Covina	10:00	C-1&C-2
Upland	9:00	U-1&U-2

C-1 DIVISION

Kentucky vs. FSU	12:00	S-1
Georgia vs. UNC	12:00	S-2

C DIVISION

Kentucky vs. FSU	1:00	S-1
Georgia vs. UNC	1:00	S-2

B-1 DIVISION

Falcons vs. Georgia	11:00	U-2
Kentucky vs. FSU	10:00	S-2
UNC Bye		

B DIVISION

Falcons vs. Georgia	12:00	U-2
Kentucky vs. FSU	11:00	S-2
UNC Bye		

A-1 DIVISION

Falcons vs. Georgia	1:00	U-2
Kentucky vs. FSU	2:00	S-2

A DIVISION

Falcons vs. Georgia	2:00	U-2
Kentucky vs. FSU	3:00	S-2

AA-1 DIVISION

Falcons vs. Georgia	3:00	U-1
Kentucky vs. FSU	2:00	S-1
UNC Bye		

AA DIVISION

Falcons vs. Georgia	4:00	U-1
Kentucky vs. FSU	3:00	S-1
UNC Bye		

ROYAL FRIENDS

Covina – Basketball at 9:00 at Wingate Park in Covina
Irwindale – Basketball at 9:00 at Kare Park in Irwindale
Upland – Friday from 4:30-6:00 Basketball at PCC

D-3

Falcons vs. Longhorns	10:00	U-1
Tarheels vs. Condors	10:00	U-2
Bobcats vs. Dalmatians	10:00	KP-3
Coyotes vs. Leopards	10:00	KP-4

D-2 “B”

Bulldogs vs. Tigers	10:00	S-1
Falcons vs. Wildcats	11:00	U-1
Longhorns Bye		

D-2 “A”

Bulldogs vs. Seminoles	11:00	S-1
Falcons vs. Wildcats	12:00	U-1
Tarheels vs. Longhorns	10:00	C-5

D-1 “B”

Cougars vs. Huskies	1:00	U-1
Panthers vs. Eagles	12:00	C-4
Hawks Bye		

D-1 “A”

Cougars vs. Huskies	2:00	U-1
Ravens vs. Eagles	1:00	C-4
Hawks Bye		

(If you can read this thank an optometrist.)

Phone: 626.442-1160 • 909.957.5273

Arcadia Center - 5150 Farna Avenue, Arcadia 91006 • Covina Center - 735 Glendora Avenue, Covina 91724
Irwindale Center - 1417 Arrow Highway, Irwindale 91706 • Upland Center - 800 Arrow Highway, Upland 91786

INTERLEAGUER

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COLUMN ONE



February is Winter Camping month at Mt. Kare. Check out the dates below.

Winter Camps Coming in February

D-2 Girls – February 3-4 (\$67)

AA & Pac 12 – February 10-11 (\$72)

D-1 Girls – February 17-19 (\$92)

B & A – February 24 (\$42)

Special Note: For a better experience when playing in the snow, have your child bring a pair of waterproof pants and a jacket. If you do not have this, it might be a good idea to pack one extra pair of pants and an extra sweatshirt. Advise your child to always keep one pair of pants and one sweatshirt dry (not used) when involved in snow play.

When is the Summer Vacation Period?

For those of you who actually try to do a little planning, it is nice to know when the **Summer Vacation Period** for Kare Youth League is. We will be playing baseball/softball from March through May and then soccer in June and July. There will be no activities from July 20 to August 12. Fall activities will begin August 13.

Basketball Standings

Basketball Standings can be found at kyl.org. Go to “Links” and then scroll down to “Team Basketball Standings”.

How to Stick to Your New Year’s Resolutions: Part One

By Juliet Eysenck (in the English “Telegraph”)

Why do people fail at New Year's resolutions?

A poll of 2,000 British people, published by Bupa, found that of those who said they would be setting a New Year’s resolution for 2017, half were not confident they would stick to it. In a bid to counter this trend, 52 per cent said that setting small, more achievable goals will help them stick to their New Year’s resolution. Around one in five people also admitted to setting overly ambitious, potentially unsustainable goals.

How can I achieve my New Year's resolutions?

At the start of every New Year, many people set new goals but only a few actually go on to achieve these. According to Philip Clarke, psychology lecturer at the University of Derby Online Learning, the biggest mistake is that many people identify what they want to achieve but do not think about how to do it.

He said, "They set long-term outcome goals such as getting a 'dream body' or to spend more time with family and, as a starting point, these sound like good goals. The problem is that the goal-setting process for many people stops there.

"People who develop action plans experience less anxiety, more confidence, improved concentration and greater satisfaction about achieving their goals and are more likely to succeed."

Next week we will publish a few ideas for proper planning.

