

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, September 8

Great Start Division

Arcadia Teams	11:00	KP-J
Covina Teams	11:00	C-2
Upland Teams	10:00	U-1

C Division

Falcons vs. Georgia #1	8:30	U-1
Kentucky #1 vs. UNC	8:30	KP-J
Kentucky #2 vs. FSU	9:30	KP-J
Georgia #2 Bye		

B Division

Kentucky vs. FSU	9:45	KP-J
Georgia Bye		

A Division

UNC vs. Georgia	11:15	C-3
Kentucky vs. FSU	11:15	KP-A

AA Division

Kentucky vs. FSU	8:30	KP-A
Falcons vs. Georgia	11:15	U-1

Pac-12 Division

Oregon vs. Stanford	4:00	KP-O
Cal vs. USC	5:45	KP-O
UCLA vs. Washington	7:30	KP-O

Jr. High Division

Thursday, September 6

RHP vs. Titans	5:15	KP-O
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"The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a football field, in an army, or in an office."

Dwight D. Eisenhower

Schedule for Saturday, September 8

Royal Friends

Irwindale & Covina from 9:00-10:30 – Dance lesson, Clubmeeting, and make a craft.
Upland comes on Tuesday from 4:30-6:00 for similar activities.

Division 3 Girls

Covina	8:30	Covina
Irwindale	8:30	Irwindale
Upland	8:15	Upland

Division 2 "B" Girls

Falcons vs. Wildcats	9:00	Upland
Tigers vs. Longhorns	9:00	Covina
Bulldogs Bye		

Division 2 "A" Girls

Falcons vs. Wildcats	10:00	Upland
Tigers vs. Longhorns	10:00	Covina
Bulldogs Bye		

Division 1 "B" Girls

Eagles vs. Cougars	11:00	Upland
Hawks vs. Ravens	11:00	Arcadia
Hawks vs. Huskies	12:00	Arcadia

Division 1 "A" Girls

Eagles vs. Cougars	12:00	Upland
Hawks vs. Ravens	1:00	Arcadia
Hawks vs. Huskies	2:00	Arcadia

UPCOMING EVENTS

No Kare activities on Friday, August 31 through Monday, September 3.

Opening Day for Royal Friends & Great Start (PK & K children who turned at least 4 by August 1, 2018) on Saturday, September 8.

Pearl Prep PAL Family Night at Chuck E. Cheese on Tuesday, September 11.

Ticket Drawing Money and Stubs due on Saturday, September 29.

RHP Homecoming & Kare Youth League Girls' Performance is on Friday, October 12.

No Kare activities on Wednesday, October 31.

Future Bowl on Thursday, November 8.

Schedule for Saturday, September 15

GREAT START DIVISION

Arcadia Teams	11:00	KP-J
Covina Teams	11:00	C-2
Upland Teams	10:00	U-1

C DIVISION

Kentucky #1 vs. #2	8:30	KP-J
FSU vs. Georgia #2	8:30	C-2
Falcons vs. UNC	8:30	U-1
Georgia #1 Bye		

B DIVISION

FSU vs. Georgia	9:45	C-2
Kentucky Bye		

A DIVISION

FSU vs. Georgia	11:15	C-3
Kentucky vs. UNC	11:15	KP-A

AA DIVISION

FSU vs. Georgia	8:30	C-3
Falcons vs. Kentucky	11:15	U-1

Pac-12 DIVISION

Washington vs. Cal	4:00	KP-O
Oregon vs. UCLA	5:45	KP-O
USC vs. Stanford	7:30	KP-O

Jr. High Division

Thursday, September 13

RHP vs. Rancho	6:00	KP-O
Titans vs. Pinacate	TBA	Perris

Royal Friends

Irwindale & Covina from 9:00-10:30 – Dance lesson, Clubmeeting, and make a craft.
Upland comes on Tuesday from 4:30-6:00 for similar activities.

Division 2 "B" Girls

Bulldogs vs. Tigers	9:00	Arcadia
Falcons vs. Longhorns	9:00	Upland
Wildcats Bye		

Division 3 Girls

Covina	8:30	Covina
Irwindale	8:30	Irwindale
Upland	8:15	Upland

Division 2 "A" Girls

Bulldogs vs. Tigers	10:00	Arcadia
Falcons vs. Longhorns	10:00	Upland
Wildcats Bye		

Division 1 "B" Girls

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

Division 1 "A" Girls

Cougars vs. Huskies	12:00	Upland
Hawks vs. Eagles	12:00	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

INTERLEAGUER

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COLUMN ONE



PK and K girls and boys start up on Saturday, September 8th (except the Upland girls who start on Tuesday, September 4th). It's time to let a friend know that a year of great activities is right around the corner.

Give Me A Toe Tap and A Tendu?

The PK (girls who turned 4 by August 1st) and Kindergarten girls begin their tap and ballet classes this coming week. The Royal Friends in Covina and Irwindale come on Saturday, September 8th from 9:00-10:30 in the morning. The Upland girls come on Tuesday, September 4th from 4:30-6:00 in the afternoon. **If you know a girl who wants to be part of this special group then sashay over to the phone and give their director, Maura Drain, a call at (626) 442-1160 x442.**

Hear Ye, Hear Ye...A Special Announcement

Saturday, September 8th will be an exciting day for Pre-K boys (who turned 4 by August 1st) and Kindergarten boys as they walk on the field, some for the first time, to take part in Kare Youth League's Great Start program opening day of soccer. Activities will be held at 11:00 a.m. at all three of our Kare facilities. **We ask that all Kare Youth League member families do two things: 1) Bring your son & 2) Tell someone you know.**

Hydration Important Before, During, and After

On hot September days it is very important to keep hydrated during practices and games. Some may not realize, but it is not only important to drink a lot of water during the game (16-32 oz. is recommended), but it is also important to drink water before and after. Drinking water before prepares your body for the exercise to come, and drinking it after helps cool the body down from the exercise just completed.

Uncommon Life: The Finish Line

Tony Dungy & Nathan Whitaker

In the 2008 Olympic Games in Beijing, the US was not favored to win the 4x100 meter freestyle relay, and after the third leg of the race, the US team was well behind the world record holding team from France. When Jason Lezak from the US dived into the pool, no one watching in the crowd or glued to their television gave him any chance of overtaking France's Alain Bernard on the final anchor leg of the relay. It looked as though the United States would again lose this relay race for the third straight summer games.

But the crowd and the millions watching weren't swimming that final lap, and they hadn't consulted one key person: Jason Lezak. At 32, Jason was the oldest swimmer on the US team. He started the final leg well back of Bernard, the reigning world record holder in the 100-meter freestyle, and at the final turn, he was still a full body length behind. He had many opportunities along the way to concede and accept second place; everyone else had already assumed he couldn't overtake Bernard's enormous lead. But there was no quit in Lezak, and with one incredible last stroke he bested the world's best to win the relay for the United States by a fingertip.

In an interview with Lezak after the race, he said he didn't think he would have caught Bernard in an individual race – the deficit was too big. However, because it was a relay, Lezak felt he was swimming for his teammates, so he couldn't just give up. That's something to think about.

