

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, February 9

GREAT START

Colts vs. Grizzlies	9:00	A-1
Upland vs. Eagles	9:00	U-1
Jaguars vs. Steelers	11:00	C-1
Lions vs. Cowboys	11:00	C-2

C DIVISION

1st Round of Playoffs

*UNC vs. Kentucky #1	12:30	C-1
*Tigers vs. Kentucky #2	1:30	C-1
*Falcons vs. Georgia #1	10:00	U-1
Georgia #2 vs. Loser game above	11:00	U-1

B & B-1 DIVISION

Winter Camp

A-1 DIVISION

Tuesday, February 5

UNC vs. FSU	4:15	C-5
Kentucky vs. Georgia	CANCELLED	

Saturday, February 9

Winter Camp

A DIVISION

Tuesday, February 5

UNC vs. FSU	5:00	C-5
Kentucky vs. Georgia	CANCELLED	

Saturday, February 9

Winter Camp

AA-1 DIVISION

Tuesday, February 5

FSU vs. Georgia	5:00	KP-1
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Saturday, February 9

Georgia vs. FSU	9:00	A-2
Kentucky Scrimmage	11:00	A-2

AA DIVISION

Tuesday, February 5

FSU vs. Georgia	6:00	KP-1
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Saturday, February 9

Georgia vs. FSU	10:00	A-2
Kentucky Scrimmage	12:00	A-2

PAC-12B

Wednesday, February 6

USC vs. UCLA	4:15	C-4
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Friday, February 8

Oregon #2 vs. Stanford	5:30	U-1
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Saturday, February 9

Oregon #1 vs. USC	12:15	U-1
Oregon #2 vs. USC	1:30	U-1
Stanford vs. Cal	1:15	A-1

PAC-12A

Thursday, February 7

USC vs. UCLA	4:15	C-3
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Friday, February 8

Oregon vs. Stanford	6:45	U-1
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Saturday, February 9

Oregon vs. USC	2:45	U-1
Cal vs. Stanford	2:30	A-1

Schedule for Saturday, February 9

Royal Friends

Tuesday, February 5

Upland girls' activity from 4:30-6:00.

Saturday, February 9

Covina girls' activity from 9:00-10:30.

Irwindale girls' activity from 9:00-10:30.

D-3

*Falcons vs. Bulldog #1	11:00	U-1
Longhorn #2 vs. Atlanta	9:45	C-1
Wildcat #1 vs. Wildcat #2	10:00	Kare Park
Tarheel #2 vs. Longhorn #1	10:00	Kare Park
Tarheel #1 vs. Bulldog #2	11:00	Kare Park

D-2 "B"

*Bulldogs vs. Falcons	10:00	A-1
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D-2 "A"

*Tigers vs. Wildcats	12:30	C-5
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D-1 "B"

Wednesday, February 6

*Huskies vs. Hawks	5:30	Kare Park
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Saturday, February 9

*Cougars vs. Playoff Winner 11:00 A-1
All others Softball Clinic in Arcadia from 2:00-3:30

D-1 "A"

Saturday, February 9

*Ravens vs. Cougars 2:30 C-4
If it rains it will move to Arcadia at either 12:00 or 1:00.

All others Softball Clinic in Arcadia from 2:00-3:30

UPCOMING EVENTS

A and B Winter Camp on Saturday, February 9.

Titan Winter Camp from Friday, February 8 through Sunday, February 10.

Boys' Program Fundraiser at Chipotle in Monrovia on Tuesday, February 12 from 4:00 pm – 8:00 pm.

Baseball/Softball Field Work Preparation Day on Saturday, February 16 from 8:00 in the morning to conclusion.

AA Winter Camp on Saturday, February 16 and Sunday, February 17.

No Kare Activities from Friday, February 15 through Monday, February 18.

Pac 12 Winter Camp from Saturday, February 16 through Monday, February 18.

Rio Hondo Prep Information Night on Thursday, February 28.

Rio Hondo Prep Musical Presentation of Mary Poppins on Friday, March 1 and Saturday, March 2.

Schedule for Saturday, February 23

GREAT START

Arcadia Teams	9:00	Arcadia
Upland Teams	9:00	Upland
Covina Teams	11:00	Covina

C DIVISION

Game #1	12:30	Arc
Game #2	12:30	Arc
Game #3 (Win #2 vs. #1)	1:30	Arc

B & B-1 DIVISION

Saturday, February 23

Championship

A & A-1 DIVISION

Saturday, February 23

Championship

AA-1 DIVISION

Tuesday, February 12

FSU vs. Kentucky	5:00	KP-1
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Tuesday, February 19

Playoffs	5:00	KP-1
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Saturday, February 23

Championship

AA DIVISION

Tuesday, February 12

FSU vs. Kentucky	6:00	KP-1
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Tuesday, February 19

Playoffs	6:00	KP-1
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Saturday, February 23

Championship

PAC-12B

Monday, February 11

Washington vs. Stanford	4:45	A-3
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Tuesday, February 12

Oregon #1 vs. Oregon #2	6:30	U-1
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Wednesday, February 13

UCLA vs. Oregon #1	5:15	Kare Park
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Thursday, February 14

Cal vs. USC	5:00	A-3
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Weekday sometime between Tuesday, February 19 and Friday, February 22

Playoffs

Saturday, February 23

Championship

PAC-12A

Monday, February 11

Washington vs. Stanford	6:00	A-3
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Wednesday, February 13

UCLA vs. Oregon	6:30	Kare Park
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Thursday, February 14

Cal vs. USC	6:15	A-3
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Weekday sometime between Tuesday, February 19 and Friday, February 22

Playoffs

Saturday, February 23

Championship

Royal Friends

Tuesday, February 12 & 19

Upland girls' activity from 4:30-6:00.

Saturday, February 23

Covina girls' activity from 9:00-10:30.
Irwindale girls' activity from 9:00-10:30.

D-3 Girls

Softball

D-2 Girls

Winter Camp

D-1 Girls

Softball

Phone: 626.442-1160 • 909.957.5273

Arcadia Center - 5150 Farna Avenue, Arcadia • Covina Center - 735 Glendora Avenue, Covina • Ontario - Nazarene Church - 1311 W. 5th St., Ontario
Irwindale Center - 1417 Arrow Highway, Irwindale • Upland Center - (Pacific Christian Center) • 800 Arrow Highway, Upland

INTERLEAGUER

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COLUMN ONE



This picture is from Division 1 Girls' Winter Camp last Saturday. So you wanna build a snowman? Yes, that really is snow.

February is Winter Camp Month

Girls

Division 2 February 23-24 \$67

Boys

Titans February 8-10 \$130 (includes paintball)

A & B Division February 9 \$42

AA Division February 16-17 \$82.50 (new lower price)

Pac 12 Division February 16-18 \$99

Special Note: For a better experience, have your child bring a pair of waterproof pants and a jacket. If you do not have these 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.

Chipotle in Monrovia is the Place to Be

Tuesday, February 12 between 4:00 and 8:00 p.m. the Chipotle in Monrovia will be the place to be. That's because the boys' program at Kare Youth League will be holding a fundraiser dinner on that night. 33% of the proceeds from Kare Youth League members will go to help fund the boys' program. So, make sure you are hungry, make sure you bring a flier, and make sure you arrive between 4:00 and 8:00. Thank you.

Professionalism in Youth Sports

By John O'Sullivan of "Changing the Game"
(Excerpt) Part One

I recently had an email conversation about this (professionalism in youth sports) with Dr. Richard Bailey, the Head of Research at the International Council of Sport Science and Physical Education. He has been a full Professor at Canterbury, Roehampton, Birmingham and Liverpool in the UK and has directed studies that have influenced policy and practice both nationally and internationally. In other words, he is at the forefront of child development in sports and one of the most respected voices out there. Here is what he wrote specifically about early specialization, and in essence professionalization, in youth sports:

"This one of the most contested topics in sports coaching. Part of the difficulty in unpacking the different challenges lies in the fact that it brings together scientific and ethical concerns. The scientific questions center on the effectiveness of specializing in one sport early, often training at high intensity. The ethical questions are about the appropriateness of treating often young children like professional athletes."

We have dealt with the physical implications in previous blogs and in my book "Is it Wise to Specialize?" but in a nutshell, there are strong medical reasons for not specializing at a young age:

1. Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists.
2. A study by Ohio State University found that children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.

(Part Two comes next week)