

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, September 17 (Games are subject to change)

GREAT START

Thursday, September 15

Irwindale	5:30	KP-J
Covina	4:30	C-1

C DIVISION

Tuesday, September 13

Wildcat #1 vs. Bulldog #2	5:15	KP-J
Wildcat #2 vs. Bulldog #1	6:00	KP-J

Saturday, September 17

Tarheels vs. Wildcat #1	10:00	C-2
Bulldog #1 vs. Wildcat #2	8:30	KP-J
Bulldog #2 vs. Falcons	9:30	KP-J
Tigers Bye		

AB "Flag" DIVISION

Bulldog #1 vs. Falcons	11:30	KP-A
Wildcat #2 vs. Bulldog #2	12:45	KP-A
Tarheels vs. Wildcats #1	9:45	C-3
Tigers Bye		

AB "Tackle" DIVISION

Nighthawks vs. Wildcats	8:30	C-3
Bulldogs vs. Falcons	8:30	KP-A
Tigers Bye		

AA DIVISION

Blazers vs. Wildcats	11:00	C-3
Bulldogs vs. Falcons	10:00	KP-A
Tigers Bye		

Pac-12 DIVISION

Wednesday, September 14

USC vs. UCLA	5:15	KP-O
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Saturday, September 17

Washington vs. Stanford	5:45	KP-O
Cal vs. Oregon	7:30	KP-O

Hydration Important in Hot Weather

On hot September days it is very important to keep hydrated during practices and games. Drinking water (16-32 ounces) before prepares your body for the exercise to come, and drinking it after helps cool the body down from the exercise just completed. Drink water before, during, and after to keep hydrated during activities. Sports drinks are fine if the activity is longer than one hour but for a standard practice water is much more important.

Schedule for Saturday, September 17 (Games are subject to change)

ROYAL FRIENDS

Monday, September 12

Irwindale	5:00	Irwindale
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Tuesday, September 13

Upland	5:00	Upland
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Saturday, September 17

Covina	9:00	Covina
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D3 DIVISION

Covina Drill Team	8:30	Covina
Irwindale Drill	8:30	Irwindale
Upland Volleyball	1:30	Upland

D2 "B" DIVISION

Wildcats vs. Tigers	9:00	Arcadia
Longhorns vs. Bulldogs	9:00	Arcadia
Tarheels vs. Falcons	9:00	Covina

D2 "A" DIVISION

Wildcats vs. Tigers	10:00	Arcadia
Longhorns vs. Bulldogs	10:00	Arcadia
Tarheels vs. Falcons	10:00	Covina

D1 "B" DIVISION

Eagles vs. Huskies	11:30	Arcadia
Hawks vs. Jaguars	11:30	Arcadia
Upland Bye		

D1 "A" DIVISION

Eagles vs. Huskies	12:30	Arcadia
Hawks vs. Jaguars	12:30	Arcadia
Upland Bye		

D1 COVINA

Ravens #2 vs. Panthers #1	10:00	Covina
Ravens #1 vs. Panthers #2	11:00	Covina

UPCOMING EVENTS

National Army Corps Clean Up Day at Kare Park in Irwindale on Saturday, September 24 from 8:00 am to noon.

Rio Hondo Prep Football vs. Glendale at Kare Park in Irwindale (Homecoming) on Friday, September 30 at 7:00 pm.

Social Media Awareness Presentation at Rio Hondo Prep in Arcadia on Monday, October 3 at 7:00 pm.

No Activities on Monday, October 31 for Halloween.

No Activities on Thanksgiving Week from Monday, November 21 to Saturday, November 26.

Schedule for Saturday, September 24 (Games are subject to change)

GREAT START

Thursday, September 22

Irwindale	5:30	KP-J
Covina	4:30	C-1

C DIVISION

Saturday, September 24

Bulldog #1 vs. Tarheels	8:30	KP-J
Tigers vs. Bulldog #2	10:00	C-2
Falcons & Wildcats Bye (No Game)		

Tuesday, September 27

Wildcat #1 vs. Wildcat #2	5:30	KP-J
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AB "Flag" DIVISION

Friday, September 23

Bulldog #2 vs. Tarheels	5:00	KP-A
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Saturday, September 24

Bulldog #1 vs. Wildcat #2	10:00	KP-A
Tigers vs. Wildcats #1	11:45	C-3
Falcon Bye		

AB "Tackle" DIVISION

Friday, September 23

Bulldogs vs. Nighthawks	6:00	KP-A
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Saturday, September 24

Tigers vs. Wildcats	8:30	C-3
Falcon Bye		

AA DIVISION

Friday, September 23

Bulldogs vs. Blazers	7:30	KP-A
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Saturday, September 24

Tigers vs. Wildcats	10:00	C-3
Falcon Bye		

Pac-12 DIVISION

Friday, September 23

Cal vs. Washington	4:30	KP-O
Oregon vs. USC	6:00	KP-O
Stanford vs. UCLA	7:45	KP-O

ROYAL FRIENDS

Monday, September 19

Irwindale	5:00	Irwindale
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Tuesday, September 20

Upland	5:00	Upland
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Saturday, September 24

Covina	9:00	Covina
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D3 DIVISION

Covina Drill Team	8:30	Covina
Irwindale Drill	8:30	Irwindale
Upland Volleyball	1:30	Upland

D2 "B" DIVISION

Wildcats vs. Falcons	9:00	Arcadia
Bulldogs vs. Tarheels	9:00	Arcadia
Tigers vs. Longhorns	9:00	Covina

D2 "A" DIVISION

Wildcats vs. Falcons	10:00	Arcadia
Bulldogs vs. Tarheels	10:00	Arcadia
Tigers vs. Longhorns	10:00	Covina

D1 "B" DIVISION

Eagles vs. Upland	11:30	Arcadia
Huskies vs. Hawks	11:30	Arcadia
Jaguars Bye		

D1 "A" DIVISION

Eagles vs. Upland	12:30	Arcadia
Huskies vs. Hawks	12:30	Arcadia
Jaguars Bye		

D1 COVINA

Ravens #1 vs. Ravens #2	10:00	Covina
Panthers #1 vs. Panthers #2	11:00	Covina

Phone: 626.442-1160 • 909.957.5273

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

Irwindale Center - 1417 Arrow Highway, Irwindale • Upland Center - (Pacific Christian Center) • 800 West Arrow Highway, Upland

INTERLEAGUER

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COLUMN ONE



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Army Corp National Public Lands Day

Saturday, September 24 people from all across this great nation of ours will be taking part in The National Public Lands Day, cleaning up public land from California to Florida. Kare Youth League is extremely fortunate and thankful that this year it involves the area directly connected to our Kare Park facility in Irwindale. We will be encouraging all our members to sign up and volunteer on this day. **The Corps has a lot of supplies but is looking for trash grabbers to help the process along. Let us know if you can help with that or if you can bring your own.** Plan on being a part of this activity on the morning (8:30-11:30) of September 24 and let's make the area just to the north of our property better for everyone.

Rio Hondo Prep Middle School & High School

For those who are unfamiliar with our entire Kare Youth League Organization, Rio Hondo Prep is our Kare Youth League middle school and high school in Arcadia that serves Kare Youth League members as well as the surrounding community. The school was founded in 1964 and is fully accredited by WASC. For more information you can visit the website at rhprep.org. We also have an elementary school in Arcadia called Pearl Prep. You can check out their website at pearlprep.org.

Benefits of Playing Multiple Sports **(From USA Baseball)**

#1 AVOIDING BURNOUT

#2 - REDUCE THE RISK OF OVERUSE RELATED INJURIES

Overuse injuries go hand-in-hand with burnouts. If athletes play one sport year-round, they are constantly using their growing bones and muscles in the same way. With there being no variety in movement and muscle development, the muscles and bones that are being frequently used can begin to wear out from overuse. The repetitive motion of the same game year-round, doing the same skills and drills, often leads to overuse injuries such as stress fractures, strains and sprains, and even tears in muscles, tendons, and ligaments.

By playing a variety of sports, especially during the critical development years, athletes are better able to develop all of their muscle groups instead of just specific muscles for one sport. This lessens the risk of overuse related injuries because athletes have the chance to let some muscle groups relax and do different movements.

#3 - DEVELOP BETTER SKILLS AS AN ALL-AROUND ATHLETE

The more sports and activities that kids are involved in early on in their lives, the more opportunity they have to develop themselves as an athlete, not just as a baseball, soccer, basketball, or football player. Many skills and techniques transfer from one sport to another and complement each other while continuing to further develop and build upon preexisting skill sets. When athletes develop their skills across different sports and activities, they are likely to find that their performance in other sports will increase.