

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

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

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 24 (Games are subject to change)

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

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, October 1 (Games are subject to change)

GREAT START

Thursday, September 29

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

C DIVISION

Falcons adding a second team so new schedule coming

AB "Flag" DIVISION

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

AB "Tackle" DIVISION

Falcons vs. Nighthawks	11:15	Upland
Tigers vs. Bulldogs	8:30	C-3
Wildcats Bye		

AA DIVISION

Falcons vs. Blazers	8:30	Upland
Tigers vs. Bulldogs	11:00	C-3
Wildcats Bye		

Pac-12 DIVISION

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

ROYAL FRIENDS

All Royal Friends will come on Friday, September 30 and perform at the Rio Hondo Prep Homecoming game at Kare Park in Arcadia. Arrive at 7:30 pm.

Monday, September 26

Irwindale	5:00	Irwindale
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Tuesday, September 27

Upland	5:00	Upland
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Saturday, October 1

No Saturday Activity due to the Friday Night Performance

D3 DIVISION

All D3 girls will come on Friday, September 30 and perform at the Rio Hondo Prep Homecoming game at Kare Park in Arcadia. Arrive at 7:30 pm.

Saturday, October 1

No Saturday Activity due to the Friday Night Performance

Upland Volleyball	1:30	Upland
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D2 "B" DIVISION

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

D2 "A" DIVISION

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

D1 "B" DIVISION

Upland vs. Hawks	9:30	Upland
Jaguars vs. Huskies	11:30	Arcadia
Eagles Bye		

D1 "A" DIVISION

Upland vs. Hawks	10:30	Upland
Huskies vs. Jaguars	12:30	Arcadia
Eagles Bye		

D1 COVINA

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

VOLUME 82, NUMBER 4 • September 20, 2022

COLUMN ONE



 **National Public Lands Day
at Santa Fe Dam**

Love the environment? Want to help improve the habitat in your area, but don't know where to start?

Join us Sept. 24 for National Public Lands Day at Santa Fe Dam Recreation Area!

Volunteers will be removing debris, trash and graffiti. There also will be a rock-painting activity for children that involves an interpretive lesson in nature to instill the importance of environmental stewardship.

Registration is from 7 to 7:30 a.m. at the Kare Youth League at 1417 Arrow Hwy., Irwindale, CA 91706, with cleanup from 8 a.m. to noon. Closed-toed shoes and long pants are required.

Call (626) 401-4070 to learn more. To pre-register, email ParkRangersLA@usace.army.mil.

Benefits of Playing Multiple Sports (From USA Baseball)

#1 AVOIDING BURNOUT

#2 - REDUCE THE RISK OF OVERUSE RELATED INJURIES

#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.

For example, both baseball and soccer involve running. In baseball, you run around the bases and after balls that have been hit when you're on defense. In soccer, you run up and down the field passing the soccer ball back and forth trying to score. Running in baseball is usually more explosive over short distances for short periods of time, while running in soccer is more endurance over longer distances for longer periods of time. If an athlete plays both baseball and soccer, they will develop both explosive and endurance running skills. The endurance running skills can help in baseball if they hit a triple, and the explosive running skills can help in soccer if they are trying to steal a ball back from an opponent. The combination of the two skill sets make for a better all-around athlete.

Blast to the Past on Friday, September 30

Friday, September 30 is Homecoming Night for Rio Hondo Prep and that means something exciting is coming our way. Be ready to blast back hundred years when fashion was classic and the films were silent. The D3 and Royal Friends will be performing while the D2 and D1 girls come out to support their favorite coach. Make sure to keep this date open on the calendar and plan to support the boys as well when they put their undefeated season on the line against Glendale High.

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. Go to

<https://www.eventbrite.com/e/national-public-lands-day-san-gabriel-river-trail-cleanup-tickets-405665244667>

click on "register" or just come that morning and sign up.