

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, September 10 (Games are subject to change)

GREAT START

Thursday, September 8

Irwindale	5:30	KP-J
Covina	4:30	C-2

C DIVISION

Saturday, September 10

Tigers vs. Tarheels	8:30	C-2
Wildcat #1 vs. Falcons	8:30	KP-J
Wildcat #2 and Bulldog #1 & #2		(Bye)

Tuesday, September 13

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

AB "Flag" DIVISION

Tigers vs. Tarheels	11:45	C-3
Wildcat #1 vs. Falcons	10:30	KP-J
Bulldog #2 vs. Wildcat #2	11:45	KP-A
Bulldog #1		Bye

AB "Tackle" DIVISION

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

AA DIVISION

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

Pac-12 DIVISION

Saturday, September 10

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

Wednesday, September 14

USC vs. UCLA	5:15	KP-O
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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 10 (Games are subject to change)

ROYAL FRIENDS

Monday, September 5

Irwindale (No Activity)

Tuesday, September 6

Upland 5:45 Upland

Saturday, September 10

Covina 9:00 Covina

D3 DIVISION

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

D2 "B" DIVISION

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

D2 "A" DIVISION

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

D1 "B" DIVISION

Jaguars vs. Upland	11:30	Arcadia
Eagles vs. Hawks	11:30	Arcadia
Huskies vs. Upland	12:30	Arcadia

D1 "A" DIVISION

Jaguars vs. Upland	12:30	Arcadia
Eagles vs. Hawks	12:30	Arcadia
Huskies vs. Upland	1:30	Arcadia

D1 COVINA

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

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

ROYAL FRIENDS

Monday, September 12

Irwindale	5:00	Irwindale
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Tuesday, September 13

Upland	5:45	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	Arcadia
Ravens #1 vs. Panthers #2	11:00	Arcadia

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



On Saturday, September 24 from 8:30-11:30, everyone in our community, including Kare members, will have the opportunity to clean up the area just to the north of our Irwindale property.

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.

Amazon Smile Earns \$\$ for Kare

If you buy anything from Amazon you have an opportunity to have some of that purchase go to Kare Youth League by ordering it through Amazon Smile. Sign up at Amazon Smile to start the process and get your friends, family, and co-workers to do the same. It will add up over time.

Benefits of Playing Multiple Sports (From USA Baseball)

There are many benefits to playing multiple sports throughout the year.

AVOID BURNOUTS

Playing the same sport every day for extended periods of time, like over the course of a year, can quickly lead to burnout. Burnout in a sport is when the athlete is mentally fatigued from playing one sport too often. When athletes play one sport too often and too early on in their lives, it can result in the athlete losing the fun aspect of the sport. The athlete will then want to stop playing because they are tired of it, and it's just not fun anymore. The sport turns into work, and they begin to resent going to practice or games. Playing in ultra-competitive leagues can put a great deal of pressure on young athletes, causing them to become resentful.

It is important to remember that kids play sports because they are able to have fun with their friends, they enjoy playing, and they like to compete. These three things are the drivers of youth participation in sport. Too many young athletes get burned out because the focus on these simple drivers are lost when the athlete plays one sport for an extended period of time. By taking a break from one sport to play another, athletes are given more of a variety, as well as different situations and they are able to continue playing sports because they are more likely to enjoy them. (More coming next week)

What to Say & Ask after a Game

1. Did you have fun?
2. What was the best part?
3. I love watching you play.
4. What did you do well?
5. What's one thing you can do better?
6. BTW, I love watching you play.