

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, October 15

(Picture Day in Covina)

GREAT START

Thursday, October 13

Lions vs. Tigers	4:30	C-2
Cowboys vs. Steelers	5:30	KP-J
Colts vs. Bucs	5:30	KP-F
Eagles vs. Grizzlies	5:30	KP-A

C DIVISION

Tarheel vs. Bulldog #1	8:30	C-2
Tigers vs. Bulldog #2	9:30	C-2
Falcon #1 vs. Wildcat #1	10:00	Upland
Falcon #2 vs. Wildcat #2	11:00	Upland

AB "Flag" DIVISION

Thursday, October 13

Tarheels vs. Tigers	4:15	C-3
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Saturday, October 15

Falcons vs. Wildcat #2	1:15	Upland
Wildcat #1 vs. Bulldog #1	9:00	KP-A
Bulldog #2 Bye		

AB "Tackle" DIVISION

Nighthawks vs. Tigers	8:30	C-3
Falcons vs. Wildcats	12:00	Upland
Bulldogs Bye		

AA DIVISION

Thursday, October 13

Blazers vs. Tigers	5:00	C-3
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Saturday, October 15

Falcons vs. Wildcats	8:30	Upland
Bulldogs Bye		

Pac-12 DIVISION

(Picture Day for Pac 12)

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

Hydration Important in Hot Weather

On hot October 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, October 15

(Picture Day in Covina)

ROYAL FRIENDS

Monday, October 10

Irwindale	5:00	Irwindale
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Tuesday, October 11

Upland	5:00	Upland
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Saturday, October 15

Covina	9:00	Covina
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D3 DIVISION

Saturday Drill Team

Covina – 8:30

Irwindale – 8:30

Saturday Upland Volleyball

All Teams at 1:30 in Upland

D2 "B" DIVISION

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

D2 "A" DIVISION

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

D1 "B" DIVISION

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

D1 "A" DIVISION

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

D1 COVINA

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

UPCOMING EVENTS

Covina Picture Day on Saturday, October 15.

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 22

GREAT START

Thursday, October 13

Lions vs. Grizzlies	4:30	C-2
Eagles vs. Bucs	5:30	KP-J
Colts vs. Steelers	5:30	KP-F
Cowboys vs. Tigers	5:30	KP-A

C DIVISION

Tuesday, October 18

Bulldog #1 vs. Bulldog #2	5:30	KP-J
Wildcat #1 vs. Wildcat #2	5:30	KP-F

Saturday, October 22

Bulldog #1 vs. Tigers	8:30	KP-J
Wildcat #2 vs. Falcon #1	8:30	KP-F
Bulldog #2 vs. Tarheels	9:30	KP-J
Wildcat #1 vs. Falcon #2	9:30	KP-F

AB "Flag" DIVISION

Tarheels vs. Bulldog #1	9:45	C-2
Wildcat #2 vs. Tigers	10:30	KP-J
Wildcat #1 vs. Bulldog #2	11:45	KP-A
Falcons Bye		

AB "Tackle" DIVISION

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

AA DIVISION

Thursday, October 20

Tigers vs. Falcons	6:30	KP-A
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Saturday, October 22

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

Pac-12 DIVISION

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

ROYAL FRIENDS

Monday, October 17

Irwindale	5:00	Irwindale
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Tuesday, October 18

Upland	5:00	Upland
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Saturday, October 22

El Monte Parade

Covina check in at 9:15 and leave at 9:30

Upland check in at 8:45 and leave at 9:00

Irwindale come at 9:00 for pictures and leave at 9:30

D3 DIVISION

El Monte Parade

Covina & Irwindale check in at 9:15 and leave at 9:30

Upland check in at 8:45 and leave at 9:00

Saturday Upland Volleyball

All Teams at 1:30 in Upland

D2 "B" DIVISION

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

D2 "A" DIVISION

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

D1 "B" DIVISION

Eagles vs. Huskies	11:30	Arcadia
Hawks vs. Jaguars	11:30	Arcadia
Hawks vs. Upland	10:30	Arcadia

D1 "A" DIVISION

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

D1 COVINA

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



The Huskies held off a late charge from the Jaguars to take the D1 Volleyball Tournament last Friday. It was a very exciting evening for all the teams.

Last Picture Week

The cost for the picture package is \$20 and includes individual and team shots. Money made from this goes directly to each team to help cover division costs. Here is the remaining schedule:

Saturday, October 15 – Teams playing in Covina

Teams that do not play on Saturday will be informed by their leader when it will occur. **Please Notice that Pac 12 boys will be getting their pictures this Saturday.**

Standings

The Kare Youth League Standings can be seen at our website kyl.org (go to “Links” and then “Standings”). There is also a lot of other useful information at the website that you can check out while you’re there.

Mount Kare Available for Groups

Our camping facility in Wrightwood called Mount Kare has been great for our Kare Youth League teams since our first camps back in the 1940s. (BTW – winter camps will be coming in February). Many groups that are not a part of Kare have also benefited from our facility by renting it for church retreats or school science camps. Contact our camp director, Bill Lee, at 626-221-4190 if you are interested in more information.

Failure is an Option by Aviva Patz *(excerpt from Parent Magazine) Part Two*

A review of 200 studies published in Psychological Science in the Public Interest found that having high self-esteem didn't cause kids to get better grades or do better in their career. "Success leads to feeling good about yourself, not the other way around," explains Roy Baumeister, Ph.D., a psychologist at Florida State University, in Tallahassee. Even more revealing: An experiment published in the Journal of Social Science and Clinical Psychology found that students who were faring poorly in college did even worse following efforts to boost their self-esteem.

So should you resist the urge to rebuild your child's block tower when it tumbles to the floor? There's no right answer. You need to determine how much struggling he can bear. But there are everyday steps you can take to teach him how to cope when things don't work out exactly the way he wants.

The next time he comes home crying because the other kids wouldn't let him play freeze tag, you might ask how he might change the situation next time. "Really get him brainstorming," says Vickie Falcone, author of *You Can't Make Me: How to Parent With More Connecting and Less Correcting*. "The more possible solutions he can come up with, the better." Avoid nixing silly ideas or you'll shut down his creative problem-solving. Instead, you might say to him, "Yes, that's one option. What else could you do?" Preschoolers may need to be prompted a little.

It is also important to keep in mind that lavishing a child with compliments can do more harm than good. Kids who are overpraised become dependent on others for validation ("It's only a good picture if Mom tacks it up on the fridge") and may end up needing a constant flow of positive feedback to feel valued. "You get confidence from overcoming adversity, not from being told how great you are all the time," according to psychologist Dan Kindlon, Ph.D., author of *Tough Times, Strong Children*.
(part three next week...)