

# KARE YOUTH LEAGUE GAMES AND ACTIVITIES

## Schedule for Saturday, October 22

### GREAT START

#### Thursday, October 20

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

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

Stanford vs. Washington	4:00	KP-O
Oregon vs. Cal	5:45	KP-O
UCLA vs. USC	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 22

### 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

### UPCOMING EVENTS

No Activities on Monday, October 31 for Halloween.

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

Monrovia Parade on Thursday, December 1.

Rio Hondo Prep Christmas Program on Tuesday, December 6.

## Schedule for Saturday, October 29

### GREAT START

#### Thursday, October 27

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

### C DIVISION

Falcon #1 vs. Bulldog #1	10:00	Upland
Falcon #2 vs. Bulldog #2	11:00	Upland
Wildcat #1 vs. Tarheels	8:30	KP-J
Wildcat #2 vs. Tigers	9:30	KP-J

### AB "Flag" DIVISION

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

### AB "Tackle" DIVISION

Falcons vs. Bulldogs	12:30	Upland
Wildcats vs. Knighthawks	8:30	KP-A
Tigers Bye		

### AA DIVISION

Falcons vs. Bulldogs	8:30	Upland
Wildcats vs. Blazers	10:00	KP-A
Tigers Bye		

### Pac-12 DIVISION

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

### ROYAL FRIENDS

#### Monday, October 24

Irwindale	5:00	Irwindale
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#### Tuesday, October 25

Upland	5:00	Upland
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#### Saturday, October 29

Covina	9:00	Covina
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### D3 DIVISION

Saturday Drill Team  
Covina & Irwindale in Irwindale – 8:30  
Performance and Party

#### Saturday Upland Volleyball

All Teams at 1:30 in Upland

### D2 "B" DIVISION

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

### D2 "A" DIVISION

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

### D1 "B" DIVISION

Hawks vs. Huskies	5:30	Arcadia
Jaguars vs. Eagles	5:30	Arcadia

#### Saturday, October 29

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

### D1 "A" DIVISION

Hawks vs. Huskies	6:30	Arcadia
Jaguars vs. Eagles	6:30	Arcadia

#### Saturday, October 29

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

### 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**

VOLUME 82, NUMBER 8 • October 18, 2022

## **COLUMN ONE**



*Saturday morning at Kare Youth League...nothin' better.*

### **Mount Kare Winter Camp Dates**

It's never too early to do a little planning and going up to Mount Kare this winter will definitely be a highlight. Make sure to write these dates down in your calendar.

January 28-29 – A & B Division

February 4-5 - D2 Division

February 11-12 – AA & Pac-12 Division

February 17-20 - D1 Division

### **Standings**

The Kare Youth League Standings can be seen at our website [kyl.org](http://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.

### **Pearl Prep**

Pearl Prep, Kare Youth League's fully accredited elementary school located in Arcadia, is looking for boys and girls from K-6 that want the Kare Youth League experience at school each day. Kare members in good standing receive a \$2,000 discount on tuition to make it more affordable. Call (626) 442-7737 to ask questions and arrange a school tour. You won't regret it. Priority application deadline is January 31<sup>st</sup>.

### **Failure is an Option by Aviva Patz (excerpt from Parent Magazine) Part 3**

A study published in the Journal of Personality and Social Psychology shows how misguided praise can backfire. Carol Dweck, Ph.D., gave 400 fifth-grade students puzzles to complete. One group was lauded for its intelligence ("You must be smart at this!") and the other for its effort ("You worked really hard!"). After both groups were unable to complete difficult puzzles, they were given easy ones again. The "smart" group, discouraged by their previous failure, did 20 percent worse than on the initial round; whereas the group celebrated for working hard did 30 percent better. "Making an effort is something kids can control, and so it instills in them the power to work harder and to deal with failure," says Dr. Levine. That's not to say you should never praise your child, but a little goes a long way -- especially when it's specific. Instead of saying, "You're the best big sister ever," try, "It was nice that you helped your little sister get dressed." This shows her what she's doing well rather than just pumping her up.

Kids naturally gravitate toward the hobbies that interest them and at which they excel. But if your child avoids trying a different activity because she's afraid of how she'll perform, she'll lose the urge to broaden her horizons.

Parents often limit their kids by being overprotective. Jodi Arlen, of Bethesda, Maryland, was hesitant to enroll her then 3-year-old daughter, Sydney, in soccer. "She's very cautious and gets scared easily," Arlen says. But Arlen was pleasantly surprised by the result. "The instructor told me that she has a tremendous competitive streak and seems to be a natural."

Make a point of introducing your child to new things while making it clear that she shouldn't feel the need to smash any world records (at least not right away). "Your job is to emphasize effort and improvement," Dr. Levine says. (Part 4 coming next week)