

KARE YOUTH LEAGUE GAMES AND ACTIVITIES

Schedule for Saturday, March 11

GREAT START

Arcadia Teams	11:00	A-1
Covina Teams	11:00	C-1
Upland Teams	11:00	U-1

C DIVISION

Falcons vs. Kentucky	12:15	U-1
Georgia vs. UNC	12:15	A-4
FSU Bye		

B DIVISION

Falcons vs. Kentucky	1:30	U-1
Georgia vs. UNC	1:30	A-4

A DIVISION

Falcons vs. Kentucky	10:45	U-2
Georgia vs. UNC	11:00	A-2
FSU Bye		

AA DIVISION

Falcons vs. Kent #1	9:00	U-2
Kent #2 vs. UNC	12:45	A-2
FSU Bye		

AAA DIVISION

Falcons vs. Kentucky	9:00	C-2
Georgia vs. UNC	9:00	A-3
FSU Bye		

PAC 12 DIVISION

TBA



"A hot dog at the ballgame beats roast beef at the Ritz."

Humphrey Bogart

Schedule for Saturday, March 11

ROYAL FRIENDS

Arcadia-Covina – 9:00-10:30 Activity in Arcadia followed by Cinderella.
Upland – Friday from 4:30-6:00 in Upland for t-ball practice.

KARENAS

Wildcats vs. Bulldogs 9:00 A-4
 Falcons vs. Wild Dogs 9:00 A-2
 Tarheels vs. Seminoles 8:45 C-3
 After all three games, the girls are seeing a matinee performance of "Cinderella" in Arcadia from 10:30-11:30.

PAC 5 DIVISION

Awards

UPCOMING EVENTS

Rio Hondo Prep Drama Presentations on Friday, March 10 and Saturday, March 11.

Baseball/Softball first Saturday games and practices on Saturday, March 11.

Daylight Savings Time on Sunday, March 12.

Arcadia & Covina Karena Awards in Arcadia on Saturday, March 18.

Upland Karenas & Pac Five Awards in Upland on Saturday, March 18.

Royal Friends to Adventure City on Saturday, April 1.

In-n-Out lunch at Kare in Arcadia on Tuesday, April 4.

Rio Hondo Prep Open House on Thursday, April 6.

Pearl Prep Fundraiser at Panda Express in Monrovia on Wednesday, April 12.

No Kare Activities from Thursday, April 13 through Tuesday, April 18.

Pearl Prep Open House on Wednesday, May 3.

Mother's Day on Sunday, May 14

No Kare Activities from Saturday, May 27 through Monday, May 29.

SoccerFest at the Rose Bowl on Saturday, June 3.

Schedule for Saturday, March 18

GREAT START

Eagles vs. Steelers	10:00	A-4
Colts vs. Lions	11:00	A-4
Grizzlies vs. Jaguars	11:00	C-1
Bucs vs. Panthers	11:00	U-1
Cowboys Bye		

C DIVISION

FSU vs. Falcons	12:15	C-1
Kentucky vs. UNC	12:15	A-4
Georgia Bye		

B DIVISION

FSU vs. Falcons	1:30	C-1
Kentucky vs. Georgia	1:30	A-4
Georgia Bye		

A DIVISION

FSU vs. Falcons	12:45	C-3
Kentucky vs. UNC	12:45	A-2
Georgia Bye		

AA DIVISION

FSU vs. Falcons	11:00	C-3
Kent #1 vs. UNC	11:00	A-2
Kent #2 Bye		

AAA DIVISION

FSU vs. Falcons	9:00	C-2
Kentucky vs. UNC	9:00	A-3
Georgia Bye		

PAC 12 DIVISION

TBA

ROYAL FRIENDS

Arcadia-Covina – 9:00-10:30 T-ball lessons, Clubmeeting, and make bumblebee stingers (not as dangerous as it sounds..probably)

Upland – Friday from 4:30-6:00 in Upland for a similar activity to above.

KARENAS

Bulldogs vs. Falcons	9:00	U-1
Seminoles vs. Wildcats	9:00	C-3
Wild Dogs vs. Tarheels	9:00	A-2

PAC 5 DIVISION

TBA

Phone: 626.442-1160 • 909.957.5273

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

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

INTERLEAGUER

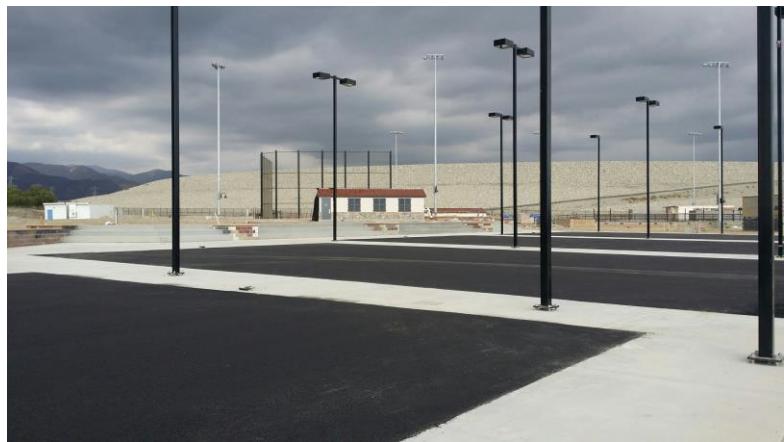
COLUMN ONE



Rio Hondo Prep will be presenting a musical production of "Cinderella" on Friday and Saturday at 7:30 p.m. in the Stivers Center in Arcadia. Tickets are \$5.00 for Children 12 and under and \$10 for everyone else. Don't miss it.

It's as Easy as One, Two, Well, Just Two

In some cases it's as easy as one, two, three, but in the case of earning an award for a sport, the number to remember is two. If a player misses more than two games during the season, they are not eligible for an award or to participate in post-season play. If you need to miss a practice or game for any reason, please contact your child's leader and let them know. Thank you.



Kare Park in Irwindale is getting closer to completion. Opening day is scheduled for Saturday, August 26. Be watching for information on how you can help get us over the final hurdle.

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The Perils of Single Sport Participation by John Sullivan: Part 2

As I have outlined in my ebook "**Is it Wise to Specialize?**" and echoed in world renowned orthopedic surgeon James Andrew's book **Any Given Monday**, there are strong medical reasons for not specializing at a young age: Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists.

A study by Ohio State University found that children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.

In a study of 1200 youth athletes, Dr Neeru Jayanthi of Loyola University found that early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study who specialized were 70% to 93% more likely to be injured than children who played multiple sports!

Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment. Early sport specialization in female adolescents is associated with increased risk of anterior knee pain disorders including PFP (*Patello-femoral pain syndrome or pain behind the knee cap*), Osgood Schlatter (*inflammation of the area just below the knee*), and Sinding Larsen-Johansson (*Repetitive stress on the patellar tendon that causes the growth plate to become irritated and inflamed*) compared to multi-sport athletes, and may lead to higher rates of future ACL tears.

Multi-sport performers are...

- 1) ...better with overall skills and ability.
- 2) ...smarter and more creative players.
- 3) ...part of a group of 88% of college players that were multi-sport players.
- 4) ...part of a group of 90% of Olympians that played in an average of 3 sports before the age of 13.