

# THE YQ

Official Newsletter of Young Quakers Community Athletics

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## YQ Update

Young Quakers is excited to be back and running for the 2019-2020 season! We have an energized group of new and returning YQCA coaches, YQCA instructors and Big Quakers. Special shout-out to our partners at Up2Us Sports who helped us prepare by facilitating sports-based youth development training with all of our volunteers and staff!



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Netter Center  
for Community Partnerships  
UNIVERSITY of PENNSYLVANIA



Independence



MACQUARIE

# WELCOME BACK!

All of our YQCA Sports Coaches from the 2018-2019 season are back for more! Welcome back to all of our amazing coaches - we appreciate you!

## BOYS' LACROSSE



## GIRLS' LACROSSE



## TRACK & FIELD



# BIG QUAKER UPDATES

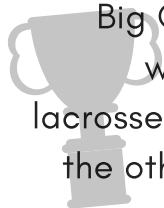
## MEN'S LACROSSE - FALL BALL

On October 12th, Penn Men's Lacrosse hosted Johns Hopkins, Army West Point, and Albany for their annual HEADstrong University City Classic at Penn Park. Their fall ball scrimmages took place as part of a series of fall collegiate men's and women's lacrosse philanthropic events.



## WOMEN'S LACROSSE - CHAMPS!

Big Quaker Michaela McMahon brought home the gold while representing the U.S. on the national women's lacrosse team at the world championships. She, along with the other members of Team USA went undefeated to win the prize. Go Michaela!



## MEN'S AND WOMEN'S TRACK & FIELD COMING OUT ON TOP!

Competition was fierce at the Penn State Cross Country invitational, but that didn't stop our Big Quakers from facing the challenge head on! Two Big Quakers finished in Penn's men's top 5 and three in Penn's women's top 5. Special shout-outs to **Andrew Hally, Daniel Cohen, Ariana Gardizy, Lizzy Bader, and Niamh Hayes.**



Check out the Big Quakers at [www.pennathletics.com](http://www.pennathletics.com)

# FALL EVENTS - RECAP

## LACROSSE LEAGUE CHAMPIONSHIP GAME

(9/21) YQ athletes were able to reconnect with their teammates and coaches while watching The Premier Lacrosse League, a professional field lacrosse league. The YQs had a blast and had the opportunity to meet and take photos with former BQ and current Archers player Matt McMahon, current Archers player Dominique Alexander, and lacrosse legend Kyle Harrison.



## YQ TAKES PENN ATHLETICS: MENS LACROSSE AND FOOTBALL

(10/12) The YQ athletes spent the day rooting for Penn at Penn Park & Franklin Field. They got to enjoy seeing their Big Quakers face Johns Hopkins, and witness the Penn Football team take down Sacred Heart!

# GO!



# Upcoming Events



## November

Saturday, November 16: Lacrosse Fall Fest

The 2019 Fall Fest Lacrosse Play day will be hosted by YQ and facilitated by YQCA lacrosse coaches on Saturday, Nov. 16. The day features small side games against visiting teams from Harlem Lacrosse Philly, Eyekonz Lacrosse, and Moorestown Lacrosse Club!



## December

Sunday, December 8th: Track Bubble Trouble



On Sunday, Dec. 8, YQCA students will compete against each other in track & field events at Penn's Indoor Air Structure aka "The Bubble."

Follow us on Instagram to stay updated! @penn\_young\_quakers



**Try out this warm  
and gooey  
snack...perfect  
for these chilly  
fall nights!**

**MAKE SURE TO  
ASK AN ADULT  
FOR HELP!**

**DON'T  
FORGET TO  
DECORATE  
WITH  
CRANBERRY  
EYES AND  
PRETZEL  
STICK LEGS!**

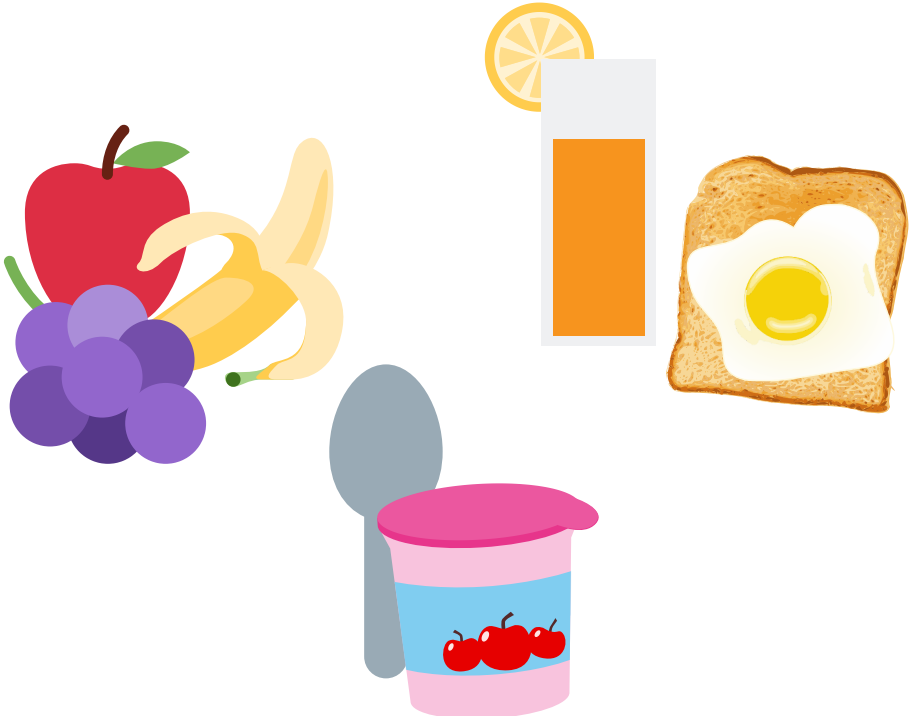
1. With a cookie cutter (or a cup!) cut two slices of bread into circles.
2. Butter one slice of bread on one side and place it butter-side-down onto a skillet.
3. Add 1 slice of cheese.
4. Butter the second slice of bread on one side and place butter-side-up on top of sandwich.
5. Grill until lightly browned and flip over.
6. Grill until cheese is melted.

# FALL FITNESS TIPS

## EAT BREAKFAST!

***Breakfast is the most important meal of the day.***

Having a balanced breakfast can  
kickstart your metabolism and  
help you focus during the day!



# QUAKERS IN ACTION

