

# THE YQ

Official Newsletter of Young Quakers Community Athletics

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## YQ Update

Despite the recent cold weather, YQCA's Lacrosse Fall Fest and Track & Field Bubble Trouble Event were both huge successes! Several Young Quakers attended the events and were able to work hard, have fun, and show off their skills in front of friends and family. Learn more and see pictures on page 2!



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**Netter Center**  
for Community Partnerships  
UNIVERSITY of PENNSYLVANIA



**Independence**



**MACQUARIE**

# FALL EVENT RECAP

## LACROSSE FALL FEST

On November 16, the YQCA Boys and Girls Lacrosse teams were joined by Moorestown, Eyekonz, and Harlem Lacrosse teams for a day of play at Franklin Field. Throughout the day, the Young Quakers participated in many small-sided games, and after, they attended a Q&A with Penn student-athletes from Men's and Women's Lacrosse, Track & Field, Wrestling and Crew.



## TRACK & FIELD BUBBLE TROUBLE

On Sunday, December 15, the YQCA track athletes put their skills to the test in Penn's Indoor Air Structure aka "The Bubble." Throughout the day they competed against each other in several events and participated in team-building exercises.



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# CALENDAR OF EVENTS

## December 20- Career Day



On the last day of YQ 2019, we will have a special career day where we will hear from Penn Athletics staff who work in the Student-Athlete Success Center about their careers in collegiate athletics!

**First day of YQ 2020 will be  
Tuesday 1/14 for Lacrosse and  
Thursday 1/16 for Track!**



## January 18- 3rd Annual MLK Day Sports & Wellness Symposium

This event will feature sports, wellness and service activities in celebration and honor of Dr. Martin Luther King. Activities will include climbing the rock wall, yoga, a service station, and clinic led by Penn Football.

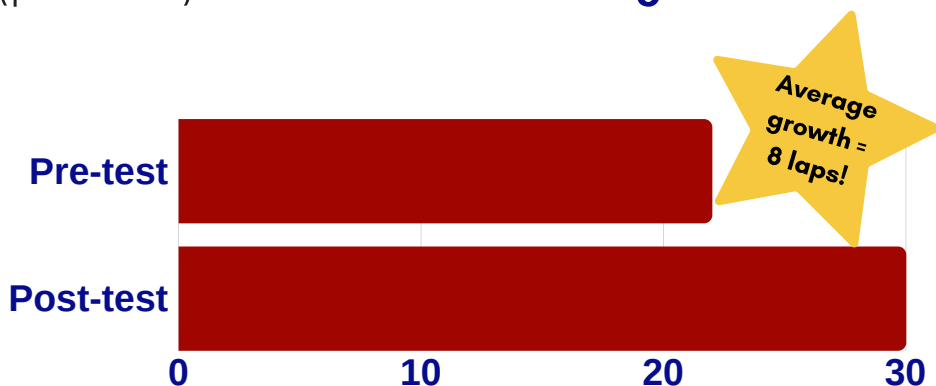
# PACER TEST RESULTS



Statistically Significant!



Every year, the Young Quakers complete a running test that tracks their endurance, performance, and overall fitness. This test is performed in October, December, January, and May of each year. We are happy to announce that the results of our 2018-2019 season were significant! As the graph below shows, our Young Quakers showed a tremendous improvement between their first (pre-test) and last (post-test) PACER tests. **Go Young Quakers!**





# BIG QUAKER NEWS

## IVY HEP CHAMPS

Penn's Men's Cross Country team captured the 2019 Ivy League Heptagonal Cross Country Championship in November!!!



## LAX WITH LOVE

Last month, Penn Women's Lacrosse partnered with the One Love Foundation to host a clinic for high school players. Coaches from Columbia, Drexel, Rutgers, Temple and more were invited to attend, giving players the opportunity to work on their skills and game knowledge in a positive and inspiring atmosphere.



## OFF TO A RUNNING START

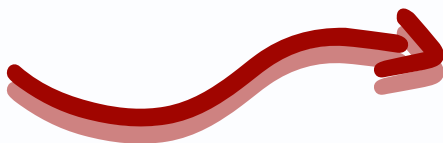
Penn's Men's and Women's Track & Field teams opened the 2020 season with a bang! They set four top-10 all-time records on the women's side and two on the men's side at their Annapolis meet.



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

# THE RULE OF 10s

WHAT  
YOU  
EAT



HOW  
YOU  
FEEL

**Remember the rule of tens!**

YOUNG QUAKERS

## Reading Food Labels

THE RULE OF TENS



Less than 10g of  
sugar per serving



Less than 10%  
saturated fat per  
serving



At least 10% fiber  
per serving

# FITNESS TIPS

## Wall Ball All Star Challenge

It's important to [practice](#) what you've learned so you can keep improving. Lacrosse players, try out this wall-ball challenge to keep your skills sharp!

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Adult  
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### Wall Ball All Star Young Quakers

Every time you get 50  
reps, check off a box!

Make sure to get an adult  
to sign on the line.

**Complete 250 reps  
to receive a prize!**

# QUAKERS IN ACTION

