

THE YQ

Official Newsletter of Young Quakers Community Athletics

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YQ Update

At the January 26th Philadelphia Wings game, Coach Tim was honored as the Community Teammate for his work with Young Quakers. The Young Quakers who attended had so much fun watching lacrosse and supporting our awesome Coach Tim! In addition, Wings players came to PE classes and taught valuable lacrosse skills.



SNEAK PEEK

02

Events

03

Lacrosse

04-05

Track & Field

06-07

Recipes & Tips

08

Quakers in Action



SPRING EVENT RECAP

2ND ANNUAL MLK DAY

(1/19) To honor Dr. King, students were invited to Pottruck Gym at Penn and participated in community service, rock wall climbing, yoga, and a sports clinic led by the football team.



PENN MUSEUM TRIP

(2/16) Students visited the Penn Museum's Native American Voices exhibit. They learned about the Iroquois origins of lacrosse and saw cool artifacts like a 19th c. lacrosse stick.



PENN VS. GEORGETOWN, BLAX IN MOORESTOWN

(3/9) Young Quakers came to support the Penn Women's Lacrosse team in their 8-7 win over Georgetown!

(3/16) Over in New Jersey, both Boys Lax teams had scrimmages against Moorestown Lacrosse Club.



Spring Lacrosse Updates

April Events:



Girls & boys double header away scrimmages vs. Penn Charter.

May Events:

All week day games will be held at Penn Park at 4pm

GIRLS

Fri May 10th
GLAX vs. John Welsh
& Olney Elementary

Tues May 14th
GLAX vs. Greenberg &
Meehan

Fri May 17th
GLAX vs. Grover &
Meehan

BOYS

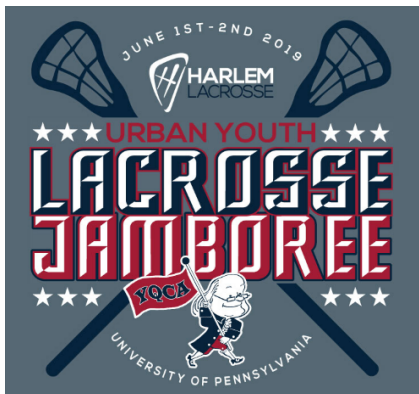
Tues May 7th
BLAX vs. TBD

Sat. May 11th
BLAX vs. Warhorse Club

Tues May 14th
BLAX vs. TBD

Fri May 17th
BLAX vs. TBD

URBAN YOUTH LACROSSE JAMBOREE



Sat. & Sun. June 1st & 2nd

At the Annual Urban Youth Lacrosse Jamboree, YQ students will host other young athletes for a weekend of skills & drills, competition, and team bonding. Teams invited to attend include Girls & Boys teams from Harlem Lacrosse (HLL) Philly, HLL Boston, and HLL New York **3**

Penn Relays



April 25th - 27th, Franklin Field will host the **125th** running of the Penn Relays, the **oldest and largest** Track & Field competition in the United States. Our Young Quakers have been putting in work on the track in order to qualify for the 4x100 and shuttle relays. On **Tuesday April 9th**, there will be a **Penn Relays 4x100 Relay Time Trial**.



To kick off Penn Relays week, Young Quakers will host the Run Jump Throw Event at Comegys Elementary. Elite track and field athletes will coach and lead a special track and field clinic!

Big Quaker Updates

Congratulations to the Women's Track & Field team for repeating as **Indoor Ivy League Heps Champions!** The men also placed a strong second to Princeton.

- Coach Camille ... 4th in Long Jump; 6th in 400m
- Coach Olivia ... 6th in Distance Medley Relay
- Coach Anthony ... 2nd in 400m; 4x400 Relay
- Coach Marvin ... 1st in 60m; 4th in 200m
- Coach Tim ... 6th in Distance Medley Relay
- Coach Rob ... 5th in 4x800m Relay
- Coach Mason ... 3rd in 1000m; 5th in 4x800m Relay



Penn Challenge

On **March 23rd**, the Young Quakers competed at Franklin Field in the Penn Challenge! Students raced in the 100m at 12pm. Afterwards students watched the Big Quakers open their outdoor spring season.



Shout-out to **Nazzirra Simms** (15.6 sec) and **Corinthian Shanks** (12.8 sec) who placed first in the 100m for girls and boys respectively!

Second Annual

YQCA Track League

Location: Franklin Field | Time: 4:00pm – 5:30pm

- Meet 1: Thursday, April 11th
- Meet 2: Thursday, May 9th
- Meet 3: Thursday, May 23rd
- **CHAMPIONSHIP MEET**: Thursday, May 30th



Check out the Big Quakers at www.pennathletics.com

COOL DOWN THIS SPRING WITH YUMMY FROZEN FRUIT!

When it gets hot outside, you may crave a popsicle! A healthy, yummy alternative can be made easily using the fruits you have in your house!



Steps:

1. Wash your favorite soft fruit, such as grapes, blueberries, raspberries or bananas!
2. Place the fruit in a small plastic bag or bowl!
3. Place the bag or bowl into the freezer!
4. Wait 30-40 minutes or until the fruit is as firm and cold as you'd like it to be!
5. Remove the fruit from the freezer and enjoy!

SPRING FITNESS TIPS

HYDRATION

Did you know that up to 60% of the human body is made of water?

To hydrate is to take in water. If you are not hydrated, you can not compete at the highest level. You might feel tired, dizzy, or start cramping. Drinking water is especially important to do before, during, and after exercise. Check out the chart below!

| Which liquids are the best for hydration? | | | | | |
|---|---|---|---|---|---|
| Good | Good | Poor | Poor | Poor | Poor |
|  |  |  |  |  |  |
| Water | Fruit Juice | Tea/coffee | Alcohol | Milk | Soda Drinks |



YOUNG QUAKER RECORD BREAKER

FITNESS CHALLENGE

2 sets of 10 pushups

3 sets of 30 jumping jacks

2 sets of 20 squats

2 sets of 30 second planks



QUAKERS IN ACTION

