

THE YQ

Official Newsletter of Young Quakers Community Athletics



Back to Basics

What sports skills have the Young Quakers been practicing?

Lacrosse

- Catching
- Shooting
- Passing
- Cradling

Track & Field

- Long jump
- Over head throws and shot put
- Sprint mechanics
- Relays

By Kylene Cochrane & Rachel Stremme

SNEAK PEEK

02-03

Events

04

Quakers in Action

05

Meet the Staff

06 - 07

Tips & Recipes

EVENTS

10/26

Family Wellness Night

@ Lea 4pm - 7pm

Families, students, and some of the Track & Field Big Quakers had a night full of health and wellness related activities

10/ 31

Student and Family Exposition Fair: Winterfest

@ Comegys 4:30pm - 6pm

Students and families celebrated learning! Activities included taste testing, nutrition education, workouts, giveaways, and meditation.

11/ 11

Giving Games Lacrosse Clinic + Tournament

9:00 am - 2:00 pm @ Kingessing Rec Center

Shout out to Coach Tim and Coach Devin for running the Giving Games. Depsite the cold weather, over 35 students came out for a day of lacrosse!

12/ 1

Lacrosse End Of Semester Celebration

@ Penn

Students celebrated with special snacks - courtesy of our UACS cooking crew friends - an interview activity with Big Quakers, and practice time on Franklin Field.

12/ 7

Track and Field End Of Semester Celebration

@ Penn

Young Quakers participated in a Track & Field Combine. Events included broad jump, over the head throws, a 40 yard dash, and a vertical jump test.

EVENTS

12/14

Guest Speaker

Sports Psychologist Joe Dowling

The performance/mental strength trainer for Penn's Basketball team spoke on mindfulness and meditation, skills that the Young Quakers have been practicing before sessions.

12/20

Comegys December Dinner

A sit down family style dinner for the entire program with activities such as a Photo Booth, Classroom Pictures, Book Giveaways, and Student Led Games

12/20

Visit from Penn Women's Lacrosse Alumni Iris Williamson @ Comegys

4-8th grade girls from Lea and Comegys will have the opportunity for a Q&A and small clinic with Iris.

YQCA Student and Staff MVP's for the Fall



Cara Clarke ~ YQ Afterschool Instructor

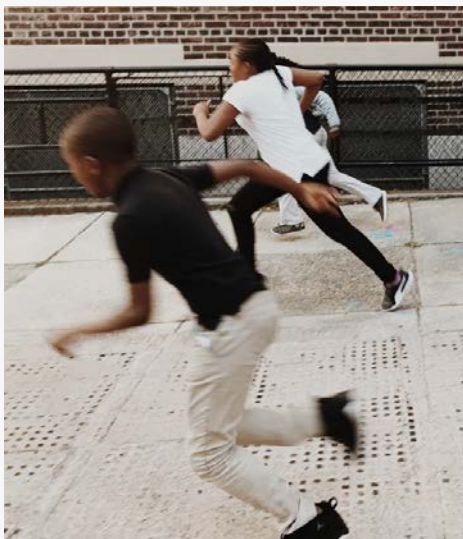


Jack Becker ~ Senior YQ Associate



PHOTO CREDITS: JAZMIN BOOKER

QUAKERS IN ACTION



Follow Us On Instagram: penn_young_quakers

MEET OUR STAFF

Netter Center Members

1. How long have you been working with YQ? Why do you enjoy working with YQ?
2. What is your favorite sport?
3. What is your favorite professional sports team?
4. How has athletics impacted your life?

Jazmin Booker ~ AmeriCorps PACC* VISTA

1. I've only been working with YQ since **July of this year**. I enjoy seeing the enthusiasm the kids show while learning new skills in track and lacrosse.
2. My favorite sport is **track and field**.
3. My favorite professional team is the **USA world track and field team**.
4. Without Athletics, my life could be completely different. Since athletics played a huge role in my life, it helped with my choice for college and well as helped me stay organized and healthy. Athletics also gave me a sense of being apart of a family that isn't my own.

Paige Lombard ~ YQCA Associate Director

1. I have been working with YQ as a full time staffer for almost **10 months**. I enjoy working with YQ because I love the relationships that I have the opportunity to cultivate with so many different amazing people. I also enjoy being able to spread my love and appreciation for sport!
2. My favorite sport is **soccer**.
3. My favorite sports team is the **U.S. Women's National Soccer Team**.
4. Athletics have connected me with many of my closest friends. They have also taught me many valuable lessons. One that I try to incorporate into my daily life is the concept of maintaining a growth mindset, which emphasizes grit, perseverance, and continuous learning.

Jennifer Chu ~ YQCA Director

1. I have been at Netter Center since **Nov. 2014**. I enjoy YQ because I get to work with both college and elementary students.
2. My favorite sport when I was competing is **women's wrestling**. My favorite sport to watch is **tennis**, especially Wimbledon.
3. **USA Women's soccer** is my favorite sports team.
4. I've been able to use my experiences as an athlete to translate into real life skills. When I am working with a colleague or student I talk to them in a similar way to how I was positively coached.



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for Community Partnerships
UNIVERSITY of PENNSYLVANIA
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<https://www.nettercenter.upenn.edu/what-we-do/programs/university-assisted-community-schools/young-quakers-community-athletics>

ATHLETIC TIPS

LACROSSE

Wall Ball

Throw a lacrosse ball against a wall to practice catching.

Practice Ground Balls

Before you can score you need to gain possession of the ball.



Triangle Passing

Get 3 friends and stand 10 ft apart in a triangular shape.

Cradling

Practice cradling while jogging 20 yards.

TRACK AND FIELD

Meal Times

Give yourself 2 hours to digest before running.



Strength Training

Incorporate exercises such as planks, squats, and pushups to strengthen the body.

Cross Training

It is important to bike or swim to work different muscles.

Use Your Arms

Running is not just legs. Speed comes from driving your arms back.

RECIPE OF THE MONTH

Polar Bear Breakfast

Steps

1. Whip 3 eggs in a bowl
2. Use a frying pan and coat it with vegetable oil on medium heat. Add the whipped eggs
3. Grate 6 ounces of cheddar cheese.
4. After two minutes, fold the sides of the omelette over. Cook for another minute.
5. Serve with a bowl of greek yogurt and strawberries.



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

YQCA'S COMEGY'S MIDDLE SCHOOL BOYS PRESENT:

BASIC NEEDS DRIVE FOR WOMEN OF CHANGE

A shelter for women and children in domestic
violence crisis situations



Toiletries including shampoo,
conditioner, body wash, soap,
toothpaste, toothbrush, shaving
cream, razors

Men's and Women's underwear

Feminine Hygiene products

Hand sanitizer

Laundry detergent

Linen - sheets, blankets, pillows,
pillowcases (twin or double size)

Towels and washcloths

Shower caps and shower shoes

New warm-weather clothing, such
as sweatpants, sweatshirts, coats,
hats, scarves, gloves (men's and
women's)

Donations will be accepted until the end of the school day December 21st, 2017.

Bring it to the after-school office with Mr. Daniel and Mr. Sam in Comegys
elementary school. We greatly appreciate it.