

# THE YQ

Official Newsletter of Young Quakers Community Athletics

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## YQ UPDATE

First, shout out to **Middle School Boys Lacrosse** for their first **win** vs. Horsham 4-2! Next, thanks to the Young Quaker's cheering, the **Penn Women's Lacrosse** team went on to beat Drexel 16-11. And finally, keep an eye on the track! We are excited to announce a **new track league** that includes **5 meets** starting April 12th!

## Netter Center 25 Years!

The Netter Center's springtime 25th Anniversary Partnership Festival will be a celebration of **twenty-five years of university-community partnerships** involving the students and families from our West Philadelphia university-assisted community school partners, Penn faculty, staff and students, and special guests. Students will be participating in a range of **academic, sports, arts and performance activities**, with our high school youth as key leaders of the activities. The Festival will be held at **West Philadelphia High School** on **April 19, 2018**.

Youth Activities and Appreciation Awards: **4:00-6:30 pm**

Adult Program with UACS Nights and Paul Robeson House: **7:00-8:00 pm**

## SNEAK PEEK

**02-03**

Track & Field News

**04-05**

Lacrosse News

**06-07**

Recipe & Tips

**08**

Quakers in Action



# YQCA TRACK & FIELD LEAGUE

## Up Ahead

### Meet Schedule

4/12: 4-6 PM

5/17: 4-6 PM

5/24: 4-6 PM

5/31: 4-6:30 PM

All meets take place  
at Franklin Field  
235 S. 33rd St.  
Phila. PA 19104

## Teams include:

- Comegy's Elementary school (YQ)
- Lea Elementary school (YQ)
- Hamilton Elementary school (YQ)
- Belmont Charter school
- Alliance of Progress
- Sankofa Charter school

Jaz Booker, YQCA AmeriCorps VISTA, coordinated the league. "The first meet is finally approaching and we are excited to start our first Young Quakers Community Athletics Track and Field league. This year we have the opportunity to race against amazing schools in this spring."

**WELCOME TO OUR NEW YQ TEAM  
MEMBERS FROM HAMILTON!**



**Less than 35 days til  
the 2018 Penn Relays!!!**

# New YQ Coaches

## Erin Busbee

Having graduated from Michigan State as a decorated track athlete, Erin has experience as a track coach for Skyline High School, and then later as an assistant coach for Michigan Track and Field summer camp

## Henry Anderson

As a high school runner himself, Henry has been an assistant coach for Conshohocken Electric Force Track & Field Club, as well as Head Track & Field Coach at Phil-Mont Christian Academy. He is also the founder of Anderson Speed and Agility.

## Penn Women's Track and Field *2018 Indoor Heptagonal Champs*

Hanover, NH -- (Feb. 25) The women's track and field team scored a program record 137 points with 6 individual champions to win at the Ivy Heps. The last time Penn won the women's title was back in 1996 at Dartmouth.



## Penn Men's Track and Field - *Second Place*

Hanover, NH -- (Feb. 25) Not to be overlooked, the men's track and field team scored 102 points with one individual champion to post a second place finish at the Ivy Heps. It is worth mentioning that in every event entered, a Penn athlete scored.



**Don't Forget! Run Jump Throw Event: Monday 4/23 @ Comegys**





# LAX PACK UPDATES

**WELCOME TO MITCHELL STUDENTS!**



## FIRST WIN!



### Boys Schedule

- 3/10 - 3/11 Battle of Fort Washington Tournament (4&5 grade boys on 3/10) (6-8 grade boys on 3/11)
- 3/24: Watch MLAX game vs. Cornell. **Play at half time (game @12)** Penn Park
- 4/7: Watch MLAX game vs. Brown. **Play at half time (game @1:30)**
- 5/19: Sankofa Clinic @ Penn Park 10-12pm (free sticks will be awarded!)

On March 11th, the YQ Boys Lacrosse Team played in the Battle of Fort Washington Tournament at Upper Dublin High School and won their first game of the season! The boys defeated Horsham 4-2!

Coach Tim Morrison reflected on the boys game: "**On the ride home you could hear a pin drop....and a mouse squeak. They played so hard..they were tired.**"

# BIG QUAKER RECAP

On March 6th, the Young Quakers went to the Penn Women's Lacrosse game vs. Drexel University. Big Quaker Lacrosse player Maggie Smith, said: **"We loved having the Young Quakers at one of our games. They brought so much energy and hype in the stands! That energy was felt by the whole team and really helped carry us to a win."**



## BUBBLE CLINIC

On February 23rd, the YQCA Lacrosse coaches hosted a clinic and intra-squad scrimmage in Penn's Indoor Air Structure known as "The Bubble." Young Quakers had the opportunity to learn and apply new stick skills in an actual game situation.

## Girls Schedule

- 2/24: Boys & Girls Clinic in the bubble, "Bubble Trouble" clinic.
- 3/6: Boys & Girls Cheered on WLAX Big Quakers @ Drexel in game vs. Drexel
- 3/24: Watch WLAX game vs. Brown. **Play at half time (Game @3) Penn Park**
- 4/21: Watch WLAX game vs. Harvard. Locker room visit **(Game @1)**
- 5/1: MS Girls Game vs. Labrum (@ Penn Park)
- 5/11: MS Girls Game vs. Grover (@Penn Park)
- 5/19: Sankofa Clinic @ Penn Park 10-12pm (free sticks will be awarded!)



**DON'T FORGET! JAMBOREE JUNE 2-3**

# ENGLISH MUFFIN PIZZA

## *Recovery done right*



**POST WORKOUT MEAL :** Great mix of carbohydrates, protein, and dairy! bit of body text

### Step 1

Preheat Oven to  
375 degrees

### Step 2

Place english  
muffin halves onto  
baking sheet.  
Spread red sauce  
and mozzarella  
cheese.

### Step 3

Bake for 10  
minutes!  
Enjoy with a  
nice glass of  
milk!

### Sensitive Stomach?

Sometimes after workouts your stomach doesn't want to eat. Pack something that is a light snack but will aid in the quick recovery you need like a granola bar or peanut butter on rice cakes!





# MUSCLE TIGHTNESS

## 4 Muscle Pains, 4 Easy Fixes

### Upper Back Pain

**Why?** Running with shrugged shoulders

**Fix:** Lace your fingers together, palms facing each other behind your back. Bend backward gently at the hips till you feel a stretch!



### Calf Pain

**Why?** Electrolyte imbalance, and/or transitioning into new shoes.

**Fix:** If the cramp is in left leg, step your right foot forward in a lunge stance with your heel pressed down



### Side Stitch

**Why?** Using muscles on that side of your body to breath, and not the usual breathing muscles.

**Fix:** While standing, take a few deep breaths. Press two fingers in the area. Continue to take deep breaths, and lean over to the opposite side while doing so.

### Foot Cramp

**Why?** Imbalance of electrolytes

**Fix:** Spread your toes apart, and stand tall. Shift all weight onto the affected foot.

# QUAKERS IN ACTION



Netter Center  
for Community Partnerships  
UNIVERSITY OF PENNSYLVANIA



Independence