

THE YQ

Official Newsletter of Young Quakers Community Athletics

Created By: Rachel Stremme and Kelsey Padilla



YQ Update

The Young Quakers participated in the 125th Penn Relays in April! We brought nearly 50 students and a total of TEN teams! This is the largest showing YQ has had since the start of the track program in 2013. The students represented themselves, their schools and YQ with pride and passion. Mitchell boys 4x100 took 5th and Hamilton girls 4x100 took 9th and Comegys 6th grade Shuttle Run took 8th place. Thank you to all the coaches, parents, administrators and teachers who came out to support!



SNEAK PEEK

02

Jamboree

03-04

Lacrosse & Graduation

05

Track & Field

06-07

Recipes & Tips

08

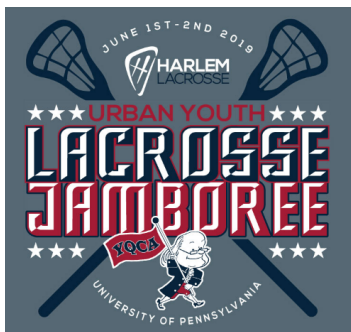
Quakers in Action



JAMBOREE

URBAN YOUTH LACROSSE JAMBOREE

Sat. & Sun. June 1st & 2nd



At the Annual Urban Youth Lacrosse Jamboree, YQ students hosted 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.



Special shout-out to the following YQs who were recognized for their hard work and leadership with Sportsmanship awards at the Jamboree:

YQ Girls: Destiny Fielder

YQ Boys: Jahniyus Filer



Lacrosse

GAME RESULTS

The Boys and Girls Lacrosse Teams had a long and exciting season. The girls first win of the season was on May 10th vs Welsh! The boys defeated Olney on May 14th for their first win of the season. We are proud of our Young Quakers for their dedication and hard work!



Big Quaker Update

Congratulations to the Men's Lacrosse Team for **clinching the Ivy League title and winning the Ivy League Tournament**. The Men finished with a 12-4 record and made a strong run in the NCAA Championships, defeating Army but falling to Yale in the quarterfinals. What a great season for our Big Quakers!



Check out the Big Quakers at www.pennathletics.com

Track & Field

YQCA TRACK LEAGUE

The second annual Track League was a huge success! The Young Quakers participated in 3 meets at Franklin Field. Highlights from the season include an EXCITING win in the 4x100m relay!



Unfortunately, the Championship Meet was cancelled due to weather. We still made the most of our last day!



Big Quaker Update

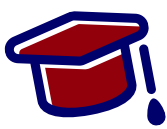
Congratulations to the Women's Track & Field Team for repeating as **Ivy League Heps Champions!**

The Men's team also placed a strong second to Princeton.

- Coach Camille ... **1st in 4x100m Relay**; 5th in Long Jump
- Coach Ellen ... **1st in 4x800m Relay**
- Coach Marvin ... **1st in 100m**; 4th in 200m
- Coach Anthony ... 2nd in 4x400m Relay
- Coach Mason ... 3rd in 4x800m Relay
- Coach Elias ... 3rd in 4x800m Relay



Thank you & Farewell to our Graduating 8th Graders



Multi-sport Athletes:

Sanaa Gilyard
Arnold Mickey
Tamir Edwards
Corinthian Shanks
Erika Council
Mariam Bangyra

Track Only:

Monica Cunningham
Malon Garnett
Jaydyn Lovett

Lacrosse Only:

Salome Asfaw
Aniyah Childs
Destiny Fielder
Amadou Dia
Jahniyus Filer
Darryl Johnson
Jeremiah Pratt
Keyla Jordan
Deshe Dunlap
Lyla Chemm
Symirrah Muhammad



**Throwback to
when our
Mitchell 8th
Graders came
straight from
their 8th grade
dance to
lacrosse
practice!**



EASY-TO-MAKE FLATBREAD SANDWICHES

This summer, use flatbread to make a variety of tasty snacks! Flatbread is yummy with lots of different spreads, including peanut butter, cream cheese and even cheese slices!

Steps for a Hippo Sandwich:

1. Take a whole grain flatbread and spread your favorite spread on top
2. Fold the flatbread over and ask a parent to cut it into a face
3. Decorate the face with fruit, berries and nuts
4. Enjoy!



Stay Cool

Try to avoid the mid day heat. It gets especially hot between 10am & 4pm.



Don't fry... Reapply!

If you're going to spend time outside, be sure to apply sunscreen with SPF 30 or higher!



There's nothing wrong with lemonade or soda to quench your thirst, but remember to drink water! Staying hydrated will keep you feeling great when you're outside with friends!

QUAKERS IN ACTION

