

# THE YQ

Official Newsletter of Young Quakers Community Athletics

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## WELCOME BACK !

We are excited to be back in action for the Young Quakers Community Athletics 2018-2019 season! Fully expanding to Andrew Hamilton and S. Weir Mitchell elementary schools, the YQCA program is continuing to grow. Take a look through the latest edition of *The YQ* to catch up on the whos, whats, and whens of our young student-athletes!

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# YQCA OVERVIEW

**Young Quakers Community Athletics (YQCA)** is an after school initiative between the Netter Center for Community Partnerships and Penn Athletics. The program creates mutually beneficial partnerships between Penn intercollegiate athletic teams and West Philadelphia public schools. Currently, YQCA operates during after school time and serves 4th-8th grade students from four University-Assisted Community K-8 Schools: Benjamin B. Comegys, Andrew Hamilton, Henry C. Lea, and S. Weir Mitchell.

Penn athletes from Men's Lacrosse, Women's Lacrosse, and Track & Field mentor the children on and off the field. In addition to the mentoring, YQCA provides staff, coaches, uniforms, sports equipment, bus transportation, and access to the University's world-class playing fields at no cost to the schools or their students.



## YOUNG QUAKER

A 4th-8th grade student enrolled in one of the Netter Center's West Philadelphia University-Assisted Community Schools

## BIG QUAKER

A Penn student-athlete volunteer on the Varsity Men's Lacrosse, Women's Lacrosse, or Track & Field teams

# FALL SCHEDULE

9/24  
&  
10/2

## Up2Us Training

An external organization called Up2Us came to Penn and trained our Big Quakers on sports based youth development best practices.

10/11  
&  
10/12

## Pacer Testing

Young Quakers on both Track & Field and Lacrosse participated in an aerobic fitness test. They will test again at the end of the Fall to see if they can beat their initial score!

10/14

## 5v5 Conestoga Lacrosse Fest

See the next page for pictures and more details! Boys 4th-5th, Girls 4th-6th.

10/25

## UACS Health & Wellness Fair @ Henry C. Lea

TF Big Quakers attended this Lights on Afterschool event to promote healthy living.

10/27

## Second Annual YQ Lacrosse Fall Fest

See the next page for pictures and more details! Boys and Girls 6th-8th.

11/6  
11/8  
11/9

## Election Week

No Session!  
#GoVote

**PENN LEADS**  
**THE VOTE**



Follow us on Instagram! @penn\_young\_quakers



# FALL BALL LACROSSE

## Conestoga Lax Fest!

On October 14th, The YQ Lacrosse Teams participated in the Stoga Lax Fest at Conestoga High School! The Young Quakers were coached by Conestoga HS Lacrosse players for skills drills and 5v5 round robin games! **Special shoutout to YQs, Isaiah Green and Phillipp Spruill** who won awards for their sportsmanship and effort!



## 2nd Annual YQ Lacrosse Fall Fest!

On October 27th, YQ lacrosse hosted teams from Grover Washington and Wagner middle schools as well as Moorestown club lacrosse for a morning of drills and small sided games in Penn's indoor training facility, the Annex. All participants had the chance to hear from Penn Gymnastics and Penn Wrestling representatives about the life of a collegiate student-athlete!





# Meet Our Coaches

1

How long have you been working with YQ?  
And what are you looking forward to most?

2

What is your favorite sport?



3

What is your favorite professional sports team?

4

What motivates you?

## Coach Sandy -- Track & Field

1. This is my first year with Young Quakers. I am excited to get to know all the kids better and help them find a love for track.
2. Hockey! But to participate in is weightlifting or running.
3. Flyers!
4. I am motivated by the need to always be improving somehow. Whether its a big or small improvement, I like to have something to work towards.

## Coach TQ -- Track & Field

1. This is my first season and I'm looking for each student athlete to receive good grades and to get better athletically.
2. I enjoy all sports such as T&F, Football, Basketball, Boxing, & Exercising
3. I have no favorite professional team. I'm not loyal.
4. Positive environments and positive people motivate me.

## Coach Tim -- Men's Lacrosse

1. I have been with YQ for 3 years, this begins my 4th year.
- 2 My favorite sport to play is Ice hockey and I like to watch Rugby 7's.
- 3 The Eagles, duhhhhh!!!
4. I am motivated by the power to see a student succeed in a venture that they were not sure if they would be successful in.

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

# Veggies in a Blanket

## A NUTRITIOUS POST WORKOUT SNACK:

A healthy alternative to tacos, this snack provides carbohydrates, protein, and fiber!



### Step 1

Warm up two tortillas and put cream cheese on them.

### Step 2

Add carrots, lettuce, or spinach to the center of the tortilla.



### Step 3

Roll them up and eat!



### Want to spice it up?

Add cucumber, pepper, or your favorite vegetable! You can also add salsa or another healthy sauce!

# **FITNESS TIP:** **YOUR BODY NEEDS** **WATER EVEN WHEN** **IT'S COLD!**

If you stay hydrated as it gets colder you  
will...

...Have less headaches and dizziness!

...Breathe easier- you'll have more oxygen!

...Get more out of your food! Water helps your  
body absorb nutrients!

## **Tips for staying hydrated this fall:**

A decorative border at the top of the tips section featuring several stylized autumn leaves in shades of orange, yellow, and brown, scattered across a dark blue wavy background.

-Avoid soda and sugary drinks...

If you don't like water try tea or 100% fruit  
juice instead!

-Eat healthy foods that contain water such  
as broccoli, strawberries, and cucumber!

-Drink water before, after, and during  
exercise!



# QUAKERS IN ACTION

