The end of the semester is here! The Young Quakers have been improving their fitness in addition to working on their lacrosse skills and practicing different track and field events. Good luck to the Big Quakers on their final exams! Check out the sneak peek for what's inside this edition of The YQ. Happy Winter Break!
YQ Coaches would like to **SHOUT OUT** the following Young Quakers for their continued commitment, work ethic, and attitude.

### Lacrosse: Mamadou Sow
"Although he is only in the 4th grade, he does embody what we would like to be as a program: he has the heart to compete and the perseverance to keep trying to improve as a player and a teammate."
- Coach John

### Track & Field: Corinthian Shanks
"Corinthian comes to practice ready to participate. He demonstrates good work ethic every week. He's one of the YQ leaders among his peers."
- Coach TQ

### ATTENDANCE ALL-STARS

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- Coach TQ

- Coach John
Penn Track & Field @ The Armory
The Track & Field Big Quakers opened their season at the New York Armory. Big Quaker Marvin was runner up in the 60m.

Stick Day
Young Quakers who attended lacrosse practice regularly earned sticks to keep for practice at home and on weekends.

PACER Test
Young Quakers ran the pacer test again this semester, aiming to improve on their fitness from the beginning of the fall.

Penn Track & Field @ Harvard
The Track & Field Big Quakers competed in a dual meet at Harvard. Big Quaker Camille was a part of the winning 4x400 relay.

Last Session
Lacrosse ends for the year on 12/18
Track & Field ends for the year on 12/20

Upcoming Event: MLK Health & Fitness Event
Mark your calendar! This event will be held at Pottruck Gym. Events include: rock climbing, sports clinics, service projects, & lunch!
Event Recap

Haverford College Visit
On November 17th, Young Quakers from Lacrosse and Track & Field were invited to Haverford College for a campus tour from Haverford’s lacrosse team. Twenty-nine Young Quakers from all 4 UACS sites attended. After the tour, the students got to watch the Haverford men’s basketball game! It was amazing!

Bubble Trouble Clinic
On December 9th, students came to the Penn Outdoor Air Structure (aka bubble) for a Track & Field Clinic. The students participated in the 100m, 200m, 4x100m relay and broad jump. The final activity for the day was a two-hand touch football game. Shoutout to everyone who attended, including parents, siblings, Big Quakers, coaches, YQ instructors, and the Young Quakers too!
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 Caroline, 4th-5th Grade Girls Lacrosse**
1. I've only been working with YQ since October! I am looking forward to playing outside at Franklin Field and setting up competitions in the spring.
2. Lacrosse & Basketball
3. The Philadelphia 76ers. I love their #trusttheprocess attitude that inspires persistence and hard work. 
4. Teamwork! I love helping athletes improve their skills, but more importantly, I love working together as a team to learn from one another and push each other to be the best teammate, athlete, and student.

**Coach John, 4th-5th Grade Boys Lacrosse**
1. This is my first season with the Young Quakers and I am looking forward to seeing how the students come together as a team this year.
2. Lacrosse - it's an exciting fast paced game!
3. Growing up it was the Baltimore Orioles. Now, I am a huge fan of the Philadelphia Eagles. Fly Eagles Fly!
4. What motivates me - seeing a smile on a players face when they learn a new skill!

Check out the Big Quakers at www.pennathletics.com
HELathy WINTER SNACKS

Snowman Sandwiches

1. Make a sandwich with your favorite filling!
2. Cut the sandwich into two circles and use the crust as a hat and scarf!
3. Use pieces of an olive for buttons and eyes and carrots for a nose!
4. Eat with apple or orange slices

For more festive snacking, arrange your fruit just like you arrange your snow! "Orange you glad we're having snowmen!?"
WINTER
FITNESS TIPS

STAY FIT INDOORS
Use the exercises we learned from Penn nurses!

Yoga, boxing, and stationary workouts!
Blow up a balloon and play balloon volleyball!

Pick a word and do a jumping jack every time it is mentioned while watching TV!

DOWNLOAD A
FITNESS APP

FOR YOUR BRAIN
DragonBox
YouTube Kids
Science 360
Flow Free
Spelling Stage

FOR YOUR BODY
Sworkit Kids
Yoga for Kids
7 Minute Workout for Kids
Iron Kids
NFL Play 60

Have a happy and restful break! Don’t forget to fill out your wall ball incentive card!!

Name:
Adult
Signature:

Adult
Signature:

Adult
Signature:

Adult
Signature:

Adult
Signature:

Wall Ball All Star
YOUNG QUAKERS

Every time you get 50 reps—check off a box! Make sure to get an adult to sign on the line.

Complete 250 reps to receive a prize!
QUAKERS IN ACTION