

# THE YQ

Official Newsletter of Young Quakers Community Athletics

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## YQ Update

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!

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# Semester Shout-outs

YQ Coaches would like to  **SHOUT OUT** the following Young Quakers for their continued commitment, work ethic, and attitude.

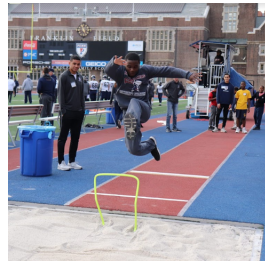
## Lacrosse: Mamadou Sow

"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 ★

### GIRLS LACROSSE

Jaylah Frink  
Deshe Dunlap  
Azuri Adams  
Makiyah Bolton  
Chaniyah Minnick

### BOYS LACROSSE

Sybir Brown  
Jeremiah Pratt  
Mamadou Sow

### COED TRACK & FIELD

Aaniyah Carter  
Aissetou Gory  
Quaseema  
Montgomery  
Caliyah Pratt  
Ariyanna Rivers  
Maniyah Stewart  
Kynneddy Taylor  
Kareem Deeds

Sanaa Gilyard  
Jojo Hameed  
Ciani Brown  
Nazkira Simms  
Joshua Ali  
Corinthian Shanks  
Tamir Edwards  
Makiyah Bolton  
Saniyah Bowman  
Shaniah Coleman

Mikaiylah Jones  
Chaniyah Minnick  
Kellece Perren  
Jaylah Sloan  
Jamire McGlond  
Zykeem T. Jones  
Roniya Stevens  
Yahzir Farrell

# WINTER SCHEDULE

12/1

## **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.

12/4

## **Stick Day**

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

12/6

&

12/7

## **PACER Test**

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

12/9

## **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.

12/18

&

12/20

## **Last Session**

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

1/19

## **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!



Follow us on Instagram! @penn\_young\_quakers

# 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](http://www.pennathletics.com)

# HEALTHY 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!!



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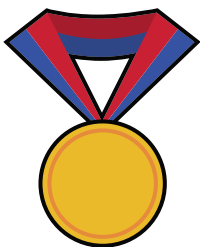
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 Wall Ball All Star

## 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



Netter Center  
for Community Partnerships  
UNIVERSITY OF PENNSYLVANIA



Independence