

THE YQ

Official Newsletter of Young Quakers Community Athletics



Young Quakers Are Back in Action

What does a YQ session look like? Here's the rundown:

- Bus arrives at Penn or University-Assisted Community Schools, Henry C. Lea and Benjamin B. Comegys
- Planners/ Homework
- Full warm-up
- Focus on particular **sports skills**
- **Team Time:** Big Quakers and Young Quakers discuss what they felt worked well during their session together, and what they need to work on for next time

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YQCA OVERVIEW

Young Quakers Community Athletics is an afterschool initiative between the Barbara and Edward Netter Center for Community Partnerships and the Division of Recreation and Intercollegiate Athletics. This initiative, directed through Netter's University-Assisted Community Schools program (UACS), creates mutually beneficial partnerships between select Penn intercollegiate athletic teams and West Philadelphia public schools. It works with select kindergarten-through-eighth-grade University-Assisted Community Schools (UACS) in West Philadelphia to establish athletic teams and engage them with Penn's own varsity teams. The Penn athletes mentor the students on the field and off. The program 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. The program participants benefit from the Netter Center's comprehensive UACS programming, which brings academic, human, and material resources from Penn to their schools during the school day, after school, and in the summer.

Academic & Athletic Development

Before every session, students are paired with a Penn athlete to work on academic and mentoring activities. This includes homework and planners. The planners help the Young Quakers develop skills such as goal planning and time management. This is also a great time for Young Quakers to share with their Big Quakers and get to know one another. After the academic support, the students warm up with their Big Quakers and focus on developing a specific sport skill. Students get the chance to compete in scrimmages, games, and relays. Every session ends with team time, where the Big Quakers and Young Quakers have an informal discussion about practice, school, and a theme from the session.



WHAT IS A YOUNG QUAKER?

A 4-8 grade student enrolled in West Philadelphia public school (most attend Netter UACS schools)

WHAT IS A BIG QUAKER?

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

EVENTS

9/12
&
9/14

Big Quaker Volunteers from the University of Pennsylvania had the opportunity to visit and engage with Young Quaker Athletes at Comegys and Lea Elementary for YQCA Recruitment clinics. Young Quakers participated in fun ice-breaker games and were able to try out each sport!

9/15

Recruitment Kick Off: All Young Quakers had the opportunity to come to The University of Pennsylvania. The Young Quakers were able to experience "A day in the life" of a Penn student-athlete as they toured the locker room and facilities.

9/20

UP 2 US Training: An external organization called Up2Us came to Penn and trained our Track and Field Big Quakers on sports based youth development best practices. Our Lacrosse Big Quakers will have training on 10/27.

10/15

4th-5th Grade Boys Lacrosse 5v5 Tournament

8:00am-12:00pm @ Conestoga High School

An epic day on the turf, our Young Quakers got to meet and play with young athletes from all over Philadelphia!

UPCOMING EVENTS

10/26

Family Wellness Night

@ Lea 4pm -7pm

10/28

4th-8th Grade Girls Lacrosse Clinic + Scrimmage

@Penn Park 9:30-11:30am

10/31

Student and Family Exposition Fair

@ Comegys 4:30pm-6pm

MEET OUR STAFF

After School Instructors

1. How long have you been working with YQ? Why do you enjoy working with YQ?
2. What is your favorite sport?
3. What is your favorite professional sports team?
4. How has athletics impacted your life?

We interviewed some of our after school instructors and here's what they had to say:

Rebecca Anderson: 4-5 grade Girls

This will be my **second year** working with YQ and I enjoy working with YQ because not only do you get to experience different sports I love seeing the kids playing a variety of sports and actually enjoying it.

My favorite sport is **football!**

My favorite professional sports team is the **Seattle Seahawks** because that is my home town!

Being involved in sports since middle has impacted my life because it gave me a different view on things. I never had time to get in trouble because I was always doing something when it came to sports or school work. I will forever be grateful to sports!

Cara Clarke: 6-8 grade Girls

This is the **first year** that I am working with the Young Quakers program and I enjoy it because I can see a direct positive change in the students on the field and in the classroom.

My favorite sport is **martial arts** and my favorite style of martial arts is **Wing Chun**.

Athletics have impacted my life in a positive manner since I was young. Playing sports through college has taught me discipline, cooperation, and resilience. I am thankful for every coach and teammate that I had for they helped me become the person I am today.

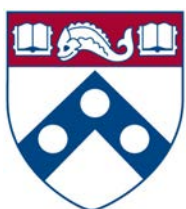
Malik Gadsen: 6-8 grade Boys

I have been working with YQ since **September 17** and I enjoy YQ because I love young people.

My favorite sport is **boxing**.

My favorite professional sports team is the **Green Bay Packers**.

Athletics has impacted me with discipline and fair competition.



Netter Center
for Community Partnerships
UNIVERSITY of PENNSYLVANIA
www.nettercenter.upenn.edu

Go Online At

<https://www.nettercenter.upenn.edu/what-we-do/programs/university-assisted-community-schools/young-quakers-community-athletics>

MEET OUR STAFF

Coaches

We interviewed some of our Lacrosse Coaches and here's what they had to say:

1. How long have you been working with YQ? Why do you enjoy working with YQ?
2. What is your favorite sport?
3. What is your favorite professional sports team?
4. How has athletics impacted your life?

Valerie Everett: 6-8 grade GLAX

I've been working with YQ for about **six months**. I enjoy working with YQ because I love helping kids learn to love to lax.

Soccer is my favorite sport, though I ended up playing **lacrosse** in college.

I've got to say **UCONN women's basketball**.

Athletics has entirely shaped who I've become. The lessons I've learned in discipline, leadership, have greatly influenced me.

Devin Nihill: 4-5 grade GLAX

This is my **first season** with YQ so it has only been around **two months**! I love working with YQ because it is a way for me to stay involved with lacrosse.

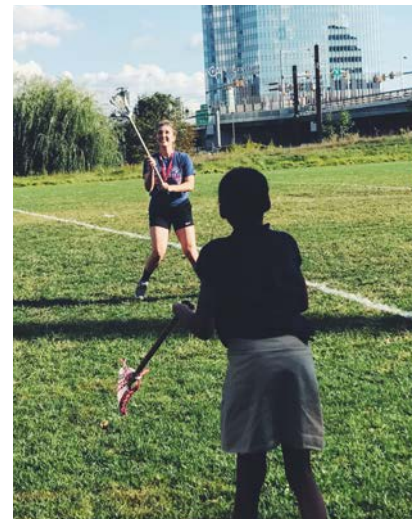
I love lacrosse! I love **running** too. I grew up watching **baseball** and **hockey**.

I grew up right outside of Washington, D.C. so I am a huge **DC sports fan**. I support the **Nationals** and **Capitals**.

I grew up with three sisters, and from the moment we could walk, we were running around outside playing sports or making them up with our neighbors. Athletics also brought me to Philadelphia and to Drexel. Sports continue to mean a lot to me which is why I was so happy and eager to get involved with YQ and to spread that passion to other young female athletes.



QUAKERS IN ACTION



ATHLETIC CORNER

TRAINING TIPS FROM COLLEGE ATHLETES

Steps To Success

TIP #1

CHOOSE QUALITY OVER QUANTITY
PROPER FORM TRUMPS WORKOUT VOLUME.
THE LITTLE THINGS MATTER!

TIP #2

FIND A WORKOUT PARTNER. HAVING
SOMEONE TO TRAIN WITH WILL MOTIVATE
YOU TO WORK TOWARDS YOUR GOAL.

TIP #3

START EVERY WORKOUT WITH A
STRONG WARMUP. THIS WILL GET YOU IN
THE RIGHT MINDSET.

TIP #4

SLEEP!
ATHLETES NEED A MINIMUM OF
AT LEAST SEVEN HOURS!

TIP #5

WATER IS YOUR FRIEND!
WATER IS NECESSARY FOR YOUR
MUSCLES TO WORK PROPERLY.

TIP #6

DON'T SKIP BREAKFAST!
THE BODY NEEDS FUEL!

TIP #7

REFUEL WITHIN 45 MIN AFTER A
WORKOUT WITH A PROTEIN SNACK.

QUOTE OF THE WEEK

"Things won't go perfect. It's all
about how you adapt from those
things and learn from mistakes."

-Michael Phelps

RECIPE OF THE MONTH

Crunchy, Fruity Nut Butter Sandwich



Start your day with this healthy meal

Ingredients

1. 2 slices of whole grain bread (or bagel)
2. 1 tbsp of peanut butter (sunflower butter if allergic)
3. 1 tbsp of pure jelly
4. 2 tbsp of chopped walnuts (or any nut/granola)
5. fruit of your choice

Preparation

1. Spread the peanut butter (or sunflower butter) on one piece of the bread or bagel.
2. Spread jam on the other half
3. Place slices of your fruit on one half
4. Add a glass of milk :)
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