



March 2009

# Youth Newsletter



## Hello Wild Cubs and Wild Cats,

It's me Wally Cat. I have been working hard trying to get back in shape by eating right and exercising. I have also been burning off a few extra calories helping my friends and neighbors around the state shovel snow!

I want to give a Wally Cat "Hooooowwwel" to all of the boys and girls across the state who have given a helping hand to others. As you know, our state was hit hard by bad weather. I know many of you did your best to help your family, friends, and neighbors get through some really tough times.

I want you to know how proud I am of each and every one of you. Kentucky has some of the most responsible, hard-working, smart, and kind young people I have ever met. I am happy to call Kentucky home.

I would also like to thank all of my Wild Cat and Wild Cub friends who keep sending me emails.



**T.W. from Allen County wrote...**

"Wally Cat I can't wait for Little League baseball and soccer to start. I hope my team wins the championship this year!"

**G.K from Scott County wrote...**

"My dog Sam loves to catch a Frisbee in his mouth. I can't wait until it is warmer so Sam and I can play!"

**FEBRUARY    MARCH**  
**290 lbs      284 lbs**

Well friends, thanks again for sharing. Spring is just around the corner. Many of you may be thinking about signing up for team sports or summer camp.

## Remember...

You don't have to be a home run hitter or soccer star like David Beckham to have fun with team sports. The important thing is that you have fun, work with others, and keep your mind and body healthy.

### Team sports will help you:

- ▶ Become physically fit
- ▶ Make new friends
- ▶ Learn and master new skills
- ▶ Develop leadership skills
- ▶ Learn time management
- ▶ Become part of a team
- ▶ Have fun



## The 3 P's

### When learning a new skill remember the 3 P's:

(Education.com)

- ▶ Practice
- ▶ Patience
- ▶ Persistence

The 3 P's remind us that just as reading and math become easier the more you practice, the same is true for sports. There may be times that you don't feel like going to practice, you are tired of waiting for your turn up at bat, or you miss another basketball or volleyball shot and feel like giving up.

Know with Practice, Patience and Persistence it will get easier and you will get better.

## Wally Cat Question: Why do you play sports?

Email your answer to [Wally.Cat@uky.edu](mailto:Wally.Cat@uky.edu)

Let's all work together to become healthier Wild Cats and Wild Cubs!

Be on the lookout for me in April! I can't wait to get your email.

Your friend,

*Wally Cat*



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