



NATIONAL PAL

NATIONAL ASSOCIATION OF POLICE ATHLETIC/ACTIVITIES LEAGUES, INC.

Summer 2024 Newsletter

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Kids, Cops & Communities

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Message from our National PAL Board President

Greetings Local PAL Chapters,

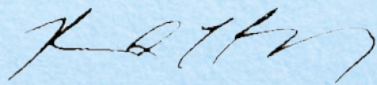
I hope your summer is going well and the youth you serve are safe. Once again, thank you for electing me as your newly elected Board President. I humbly and with reverence look forward to serving our chapters, and most importantly the many youths we serve daily. This has been a 12-year journey of serving on the board, affording me an opportunity to truly understand through observation and engagement the strengths and weaknesses of this 80-year-old organization. Based on these observations and experiences, the focus of my 2-year tenure will consist of the following:

- 1. The enhancement of our infrastructure to ensure organizational stability and continuity**
- 2. Creation and implementation of a comprehensive 5-year strategic plan to identify a clear and distinct set of imperatives to lead National PAL into the future**
- 3. To create a substance awareness program to serve as a core curriculum within National PAL to help, aid and assist local Chapters in obtaining Opioid Abatement funding in their respective jurisdictions**

Of course, none of this can be accomplished unabated without your support and commitment. Therefore, I respectfully request each Chapter to remain open-minded as we collectively move National PAL forward under the leadership of our new CEO, Chris Hill. As I shared with all the attendees at our recent National Conference, this paradigm shift in the organization will require each of us to be somewhat uncomfortable as we position National PAL to become a viable and thriving organization. In line with this focus, I'm excited to announce that our staff and board have already started laying the foundation to modify the structure of National PAL to ensure we are incorporating best organizational practices for nonprofits. These steps will serve as a conduit for National PAL to compete for unrestricted dollars to better serve our local Chapters. If you have any questions and/or concerns, please feel free to contact me directly at kragland@nationalpal.org.

With warmest regards,




Kenneth L. Ragland
National PAL Board President

Highlights from the 2024 National PAL Conference in San Diego, California

The 2024 National PAL Conference, held in the vibrant city of San Diego, was a resounding success. This year's event brought together dedicated members from across the country and abroad for an enriching experience filled with insightful sessions and valuable networking opportunities, including:

1. Comprehensive Grant Training

The conference kicked off with a robust Grant Training Overview led by FirstPic, Inc. Attendees appreciated the detailed guidance on managing and maximizing grant resources. This session set the tone for the conference, emphasizing the importance of effective grant utilization in supporting PAL programs nationwide.



2. Specialized Workshops

Participants had the opportunity to engage in specialized workshops tailored to their specific needs. The Opioid Training session equipped recipients with essential knowledge and strategies to combat the opioid crisis in their communities. Concurrently, the Brainwise and Growing Leaders sessions provided innovative approaches to curriculum development and leadership growth. Additionally, the Know to Protect session offered by our partner, the U.S. Department of Homeland Security provided critical insights into safeguarding youth.

3. Networking and Collaboration

Beyond the structured sessions, the conference offered ample opportunities for networking. Attendees shared best practices, discussed common challenges and explored collaborative solutions. The collegial atmosphere fostered a sense of community and collective purpose.



4. Forward-Thinking Discussions

Discussions at the conference weren't just about current practices, but also about the future of PAL initiatives. Forward-thinking dialogues centered on expanding the reach and impact of programs, leveraging new technologies, as well as adapting to evolving community needs.

5. Inspiration and Motivation

The enthusiasm and dedication of attendees were palpable throughout the event. From passionate discussions to collaborative brainstorming sessions, the conference was a testament to the commitment of National PAL to make a positive difference in the lives of young people.

The 2024 National PAL Conference was more than just a gathering; it was a celebration of the dedication of everyone involved in PAL initiatives. We look forward to building on the momentum from this year's event and continuing to make strides in our mission to support and uplift youth across the nation.

National PAL Youth Summit 2024: A Memorable Collaboration with Hoodie's House of Hope

This year, the National PAL Youth Summit partnered with Hoodie's House of Hope in Charlotte, North Carolina, bringing together hundreds of youth from across the globe for an inspiring four-day event in late June. The Summit attracted predominantly high school students from diverse regions of the United States, including California, Nevada, Florida, New Jersey and many states in between.

Participants engaged in impactful workshops and discussions led by experts and law enforcement officers, addressing critical issues such as human trafficking prevention, opioid addiction and recovery, as well as online safety. Beyond the Summit sessions, attendees and their chaperones had the opportunity to explore the University of North Carolina Charlotte campus, visit the NASCAR Hall of Fame and immerse themselves in the vibrant culture of Charlotte.

Plans are already underway for next year's Youth Summit in Washington, DC. Stay tuned for more details on what promises to be another incredible event!



Prioritizing Health and Wellness

Two of the most crucial elements in individual performance are health and wellness. Whether in the athletic competition, the workplace, academics or personal relationships, optimal performance goes hand in hand with high levels of personal health and wellness. Physical health directly impacts an individual's energy levels, stamina and overall productivity. A regular exercise routine, a balanced diet and consistent sleep schedule assist in the development of a strong immune system, improved cardiovascular health and increased mental alertness. Individuals who are committed to being physically fit often find that they have the energy and stamina necessary to tackle challenging tasks, meet deadlines and excel in their professional and personal endeavors. They have the confidence that they have trained their bodies to weather any storm present.

Conversely, mental and emotional well-being significantly influence the areas of cognitive functioning, decision-making and problem-solving. Those who manage stress appropriately, practice mindfulness and engage in activities that promote mental well-being, will find that through techniques such as meditation or other calming activities, they can enhance focus and harness creativity and resilience. These characteristics are essential for those who work with children. Having a clear and calm mind enables individuals to think critically, make sound decisions, as well as effectively handle pressure situations, ultimately leading to improved performance.

Overall, prioritizing health and wellness is not only beneficial for one's personal well-being, but also has a direct impact on their performance and success in different aspects of life. By maintaining good physical and mental health, individuals can unlock their full potential and achieve their goals with greater efficiency and satisfaction. When this potential is unlocked, we aid in unlocking the best in others. ***Take time today to take care of you, so that our kids receive the best version of you!***

Play Like a Girl: A Flourishing Program

The "Play Like a Girl" program has been thriving, showcasing outstanding outcomes from robust participation and strong community and law enforcement engagement. Clinics have already been held in major cities such as Cleveland, New York, Los Angeles and Las Vegas. We have received enthusiastic feedback from surrounding communities and cities eager to bring the event to their areas.

This initiative has significantly expanded National PAL's footprint, allowing us to provide a program that has seen unprecedented success. Clinics reached young girls for the remainder of the summer, with clinics in **Atlanta on August 10** and **Dallas on August 17**.

If you are interested in bringing a clinic to your community, please don't hesitate to contact Kenneth Harris, Program Director, at kharris@nationalpal.org. Join us in making a difference and empowering young girls through "Play Like a Girl".



Welcome New National PAL Staff

DR. GALEN DUNCAN

Vice President of Health, Wellness, and Performance

We are excited to announce the addition of Dr. Galen Duncan to the National PAL team as the Vice President of Health, Wellness, and Performance. Galen brings a wealth of experience and expertise to our organization, currently serving as the Senior Associate Director of Athletics over Health and Wellness at the University of Illinois Chicago. In his role, he manages staff and implements comprehensive programs for student-athletes in areas such as Strength and Conditioning, Nutrition, Mental Health and Sport Psychology/Performance.

Galen's impressive career includes roles with the Sacramento Kings as Vice President of Kings Academy and Professional Development and as Senior Director of Player Development with the NFL's Detroit Lions. He has a Ph.D. in Health Psychology and is a retired United States Army Reserves officer. Additionally, Galen is a dedicated board member of the SASHA Center for Domestic Violence Program in Detroit, Michigan. We are thrilled to welcome Dr. Galen Duncan to the National PAL family and look forward to the positive impact he will undoubtedly bring to our organization and the communities we serve.



ANGELA CAFFEE

Vice President of Finance & Federal Grant Administration

We are delighted to welcome Angela Caffee back to National PAL as the Vice President of Finance & Federal Grant Administration. Originally from Cincinnati, Ohio, Angela now resides in Charlotte, North Carolina, bringing with her a profound dedication to youth empowerment and community development.

Angela's journey began with a Bachelor's degree in Education from The Ohio State University, where she cultivated her passion for supporting and empowering youth. Her early career saw her shaping young minds as both an elementary school teacher and a preschool principal.

With over two decades of experience in youth advocacy, Angela has held various leadership positions within esteemed organizations such as National PAL, Boys & Girls Clubs of America and The City of Charlotte. Her tenure in these roles has been marked by her expertise in grant management and her proactive approach to fostering collaborative efforts. Angela's dedication to driving positive change within her community is unparalleled. We are thrilled to have Angela Caffee on our team and look forward to the incredible impact she will continue to make in her role at National PAL.



Feature: Police Athletic League, Inc. of New York City

For the past 110 years, the Police Athletic League (PAL), Inc. of New York City has prided itself on providing a safe environment where kids can play and learn outside of school hours. For youth in the five boroughs of NYC whose parents often work full-time, out-of-school time can expose them to unsafe elements of their neighborhoods. During the summer months in particular, many kids would experience listlessness, risk exposure and learning regression if not for this PAL's out-of-school-time programming.



When school is out of session, the PAL is in session, acting as a vital resource for over 15,000 youth in New York City. It started with the iconic Summer Playstreets, celebrating its 110th summer this month, but it has grown into so much more. With over 27 sites and centers across all five boroughs, this Chapter provides working parents with a safe, reliable space to send their children between 3 pm and 6 pm, Monday through Friday. They also offer "holiday camps" during President's week, spring break and other school holidays where youth spend every day engaged in activities and field trips.

PAL of NYC provides a holistic experience that boosts self-esteem, school engagement and physical activity, while offering academic support, STEAM skills and cultural exposure. These programs promote healthy lifestyles, community engagement and leadership development through mentorship and partnerships with other organizations and the New York City Police Department (NYPD). Fostering a positive relationship with local law enforcement has built trust and mentorships within its communities, leading to lower instances of youth violence and incarceration.



In addition to after-school programming, the Chapter hosts several team-based competitions and tournaments throughout the year to engage youth artistically and academically. One of its standout team-based programs is the Annual Science Fair, where hundreds of enthusiastic young PAL members from fifth to eighth grade showcase their science projects, which they have worked on for two months as part of the STEAM program. This year, PAL "engineers-in-training" gathered at PAL's New South Bronx Center, where the theme focused on exploring the effects of natural disasters on superstructures. The talented PAL youth designed and built free-standing models

of structures like buildings, bridges and highways to withstand hurricanes, earthquakes, wildfires and tornadoes. Projects were judged on innovation and knowledge, with winners discussing their projects and PAL's STEAM program with Executive Director Carlos Velazquez, NYPD Community Affairs officers, as well as guests from the armed and civil services. The fair emphasized hands-on learning and use of the Engineering Design Process, inspiring future engineers and showcasing the creativity and perseverance of the young participants.



"Our team had so many great ideas about our project and developing our plans showed me the more creative side of science," Kameron Williams, age 11, from PAL Webster Center in the Bronx, said. "Science is more than just reading a book or listening to your teacher. It's experimenting with ways to come up with original ideas and build on them. The one thing we learned is to never give up!"

Adrian Torres, age 10, from PS 47, also shared his excitement: "It's a fact that a tornado can be as fast as 300 miles an hour, and there are different levels of tornadoes. The project made learning about science fun! We had to try different

ideas to get the materials to work. This is my first time in the Science Fair, and I'm proud to share our project." The 2024 Science Fair winners included: in first place, "Polo Grounds Tower Survives Earthquake" PAL Polo Grounds Center; in second place, "Hurricane Water – Resistant Shelter" PAL Armory Center; and in third place, a tie between "Can We Truss Our Bridge" PAL Wynn Center and "Windy Gates Bridge: Bridges vs Tornadoes" PAL PS 47.

Off to a Strong Start: South Fulton PAL

National PAL is always proud to highlight new Chapters that are able to reach new populations of youth. This includes South Fulton PAL, which was recently opened by the City of South Fulton Police Department. This Chapter keeps kids off of the streets by planning, partnering and providing juvenile crime prevention services in their communities, all while engaging the youth in the City of South Fulton with fun, productive, educational and meaningful activities.

The City of South Fulton is relatively new – at only seven years old – the city continues to make great strides each and every day and is on the rise! South Fulton PAL is a vital component to the city's growth, creating juvenile crime prevention programs and bridging the gap between law enforcement and youth in the community. Through initiatives such as PAL Cops & Kids Mentoring Day, PAL Teen Mentoring Camp, PAL Co-Ed Flag Football Program, as well as the PAL Teen Field Day Event, this new Chapter ensures that youth stay engaged and connected.



Youth Spotlight: Dalanie Beaufort, Mint Hill PAL

National PAL is excited to recognize one of Mint Hill PAL's programmatic youth, **Dalanie Beaufort**. Dalanie is a rising senior at Queens Grant High School in Mint Hill, NC, as well as President of the Hoodie's House – Mint Hill PAL Youth Leadership Council. While attending the National PAL's Youth Summit from June 26th – 29th in Charlotte, Dalanie was tasked with welcoming and introducing speaker Fayrouz Saad, Assistant Secretary, Office of Partnership and Engagement at the U.S. Department of Homeland Security, to the over 400 attending participants.

As you can imagine, this would be quite a daunting task for any youth, as it was also for Dalanie. However, she handled it all in stride, taking the time to rehearse the assistant secretary's name repeatedly until it became natural. When they met prior to going onstage, the Assistant Secretary put Dalanie at ease, noting that she sometimes stresses over the pronunciation of her name as well, and showing appreciation for Dalanie's commitment and perseverance.

Upon seeing this level of engagement firsthand and hearing of her valuable role as part of the planning team for the Summit, Karinda Washington, Executive Director of the Office of Partnership and Engagement at the U.S. Department of Homeland Security, awarded and presented Dalanie with a Homeland Security Challenge Coin – this coin is presented to individuals who excel at a task or a distinct honor. Dalanie's time and due diligence taken in preparation for her role in introducing Assistant Secretary Saad, as well as her engagement with the Youth Summit, were highlighted as reasons that she was the worthy recipient of the Challenge Coin. National PAL congratulates Dalanie on her achievements!



Sports Programming: Boynton Beach PAL

In 1992, Bill Tome was a police officer with the Boynton Beach Police Department (BBPD). With the support of this department and the City of Boynton Beach, he helped start the Boynton Beach Police Athletic League. As part of his work as Founder and Director, Bill helped to begin the Bulldogs Youth Football program in 1994 with three teams. (Three of the first players went on to play professional football: Mike Rumpf – San Francisco 49ers; Sherrod Coates – Cleveland Browns; and Corey Banks – Canadian Football League.)

In 2010, Bill retired from BBPD and ended his time as PAL Director. The Boynton Beach PAL temporarily ended its services, with the Bulldogs continuing under the guidance and administration of the all-volunteer coaches and staff. In 2022, Dan Dugger became the new City Manager in Boynton Beach, and that same year, Joe DiGiulio became the new Police Chief. Having worked their way through the ranks as police officers, witnessing the impact that the PAL program had with the youth in the community, both gentlemen decided to reopen the Boynton Beach Chapter, with Bill rejoining in a part-time position as a result.

Although the Bulldogs continue to operate as a private organization, they are supported financially and in kind by the Boynton Beach PAL and the BBPD – with Ezell Hester Park continuing to act as the home field for the Bulldogs. The league has grown to nine teams serving boys and girls ages 5 to 14 – both as cheerleaders and football players. The Bulldogs team has sent over twenty players to the NFL over the years and hundreds of kids have received athletic scholarships to college.

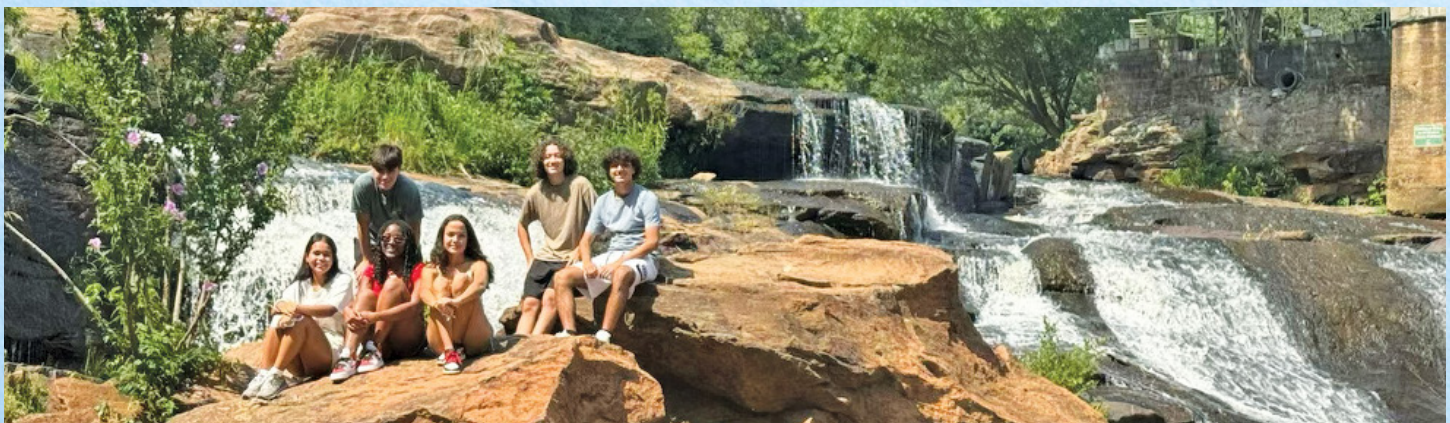
The Bulldogs and City of Boynton Beach applied for an NFL grant in 2018. They received the grant (\$250,000) in 2022 and began the building project for the new field and park. This revamped facility will enable this chapter and the city youth leagues to enhance their programs. With Boynton Beach PAL looking ahead to the future, it is excited to continue working with local youth, high schools, colleges and professional athletes.



Inspiring Young Leaders: Miami Beach PAL

Miami Beach PAL was recently allowed to take eight deserving students to attend the *National PAL Youth Summit* in Charlotte, North Carolina. The students were not only encouraged to give back to their community, but were also granted access to stellar seminars with expert speakers in the fields of leadership, mental health and community advocacy. Additionally, these youth were able to meet other young adults their age from PAL Chapters across the nation. After the educational components, this team of PAL teens and their incredible mentors were able to have some fun exploring the city and bonding over mini golf and giant Lite Brites! The Miami Beach PAL team cannot wait to head to the next Youth Summit to continue shaping young leaders.

Additionally, as part of the Chapter's annual Summer Work Program, Miami Beach PAL was proud to announce that this year they were able to hire over forty teenagers in need of a summer job. Although Miami Beach is known for its glitz and glamour, the reality is that many families are in need. Miami Beach PAL tries to continue their mission of mentoring local teens by partnering with the City of Miami Beach's Parks and Recreation Department and interviewing and hiring dozens of teenagers to participate in this paid effort. The program additionally allows area teens to gain community service hours, while exposing them to other great programs available as well.



Feature: Waterbury PAL

Waterbury PAL is a not-for-profit organization that promotes partnerships between youth, law enforcement and the community through educational, athletic and recreational programs designed to encourage team building and foster positive relationships. Their motto is "Today's Youth, Tomorrow's Leaders." Waterbury PAL boasts a large facility with an indoor gym, classroom and office space. Additional properties include a park with four outdoor courts, a field, playscape concession stands, a school building, a karate center, food truck and Summer Camp. They also have multiple transportation vehicles, including vans and buses, making PAL a versatile facility for events and sports.



Waterbury PAL offers over thirty programs and activities for youth to engage with law enforcement. Offerings include basketball, baseball, t-ball, golf, flag football, soccer, cheerleading, karate, swimming, volleyball, Holiday Chorus, Inspire Girls Academy, Summer Camp, Taft Enrichment Academy, Special Olympics, mentoring, as well as Homework Haven. The PAL provides youth employment opportunities through Beginning and Advanced Culinary, Park Corps, River Brigade, Shovel Brigade, School Tutors, Sports Management, Brass City Harvest and Parks and Recreation. The Chapter's annual events, which often draw over 2,500 attendees, include the Back-to-School Giveaway, NAACP vs. Waterbury Police Department Basketball Game, Shop with a Cop, Halloween Party, Thanksgiving Dinner, Holiday Toy Giveaway, Monthly Food Distribution and Spring Party.



Through its invested programming and partnership-building efforts, Waterbury PAL has been able to provide impressive opportunities for its youth. Recently, the UConn Men's Basketball Team visited the Chapter twice as champions to provide a basketball clinic for the youth, complete with autographs, pictures and free basketball giveaways. Additionally, Cal Ripken, Sr. Foundation hosted a free baseball camp for youth, providing t-shirts, lunch and an unforgettable experience. This year's Summer Youth Employment program allowed Waterbury PAL to employ nearly 160 youth during the summer, offering valuable work experience and skill

development. Finally, the Inspire Girls Academy, which served 170 girls each session, began with clinics based on each sport season and evolved into a league. Participants also learned life skills, including culinary arts with a chef and nutritionist. This broad variety of programming demonstrates the valuable opportunities that local PAL Chapters provide for kids, cops and communities.



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