

**HENRICO
POLICE ATHLETIC LEAGUE**



**ANNUAL REPORT
2015**





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Every Kid Needs a PAL

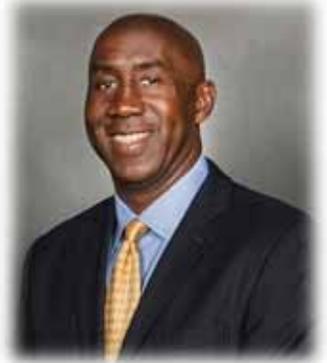




A Message from the Executive Director

Greetings Henrico PAL Friends,

First and foremost, I would like to sincerely thank all of our sponsors, donors, volunteers, community partners, board members, staff members and police officers for their tremendous support. Through your contributions, Henrico Police Athletic League has been able to build positive relationships between police officers and thousands of youth. Secondly, on behalf of the board members, staff, and officers of Henrico PAL, we would like to thank our parents for entrusting us with your most treasured possession. At Henrico PAL, we truly believe that our children are society's most valued commodity.



As we end 2015 and start the beginning of 2016, I am excited about what Henrico PAL has accomplished and the positive impact the program will have on youth heading into the future. As you read through the pages of our 2015 Annual Report, you will note all of the wonderful programs we offer and our accomplishments in 2015. This past year has been an important year in the maturation of the organization. We were able to accomplish 3 of the 4 goals associated with our 5 year organizational strategic plan. These accomplishments consist of: *1. Increase awareness of Henrico PAL throughout the country, region, state, and county. 2. Develop new programs and improve and expand existing programs. Specifically, open a Varina location. 3. Develop a performance measurement system that tracks outcomes of our youth participants' academic progress, behavior, and attitudes toward police.*

We are proud of these accomplishments; however, accomplishing our last goal of *"building a facility identified as the Henrico PAL Youth and Family Center"* will take tremendous community support from individuals and organizations. This multi-use youth and family facility will host Henrico PAL programs and secure the organization's future stability. The procurement of a Henrico PAL Youth and Family Center will provide generations of youth an opportunity to learn and play in a safe environment. If you're interested in partnering with us to support this goal, please call us at (804) 262-HPAL (4725) or email us at info@henricopal.org. Lastly, we are pleased to announce the opening of a new Henrico PAL site at Baker Elementary School in Varina starting in September 2016. This site will serve as our 3rd site offering an after school program, summer camp, and a host of other meaningful youth programs. Once again, we sincerely thank you for your support and remember, "Every Kid Needs A PAL".

Warmest regards,

Sgt. Kenneth L. Ragland (Retired)

Executive Director





PAL Program Overview

The Henrico Police Athletic League has provided services

for over 16,000 youth in the Henrico community since August 2007.

The Henrico PAL Program is a youth, crime prevention program that utilizes educational, athletic, and recreational activities to create trust and understanding between police officers and youth. The Henrico PAL Program encourages its participants to broaden their horizons. It focuses on developing relationships between police officers and youth while engaging in enriching experiences. The Henrico County Police Division is one of the newest chapter of the National Police Athletic League (PAL).



The Mission of Henrico Police Athletic League is to provide a high quality and safe environment for at-risk youth in grades K to 12 through educational, athletic, and social programs, while creating a positive relationship between police officers and youth.



After School Program

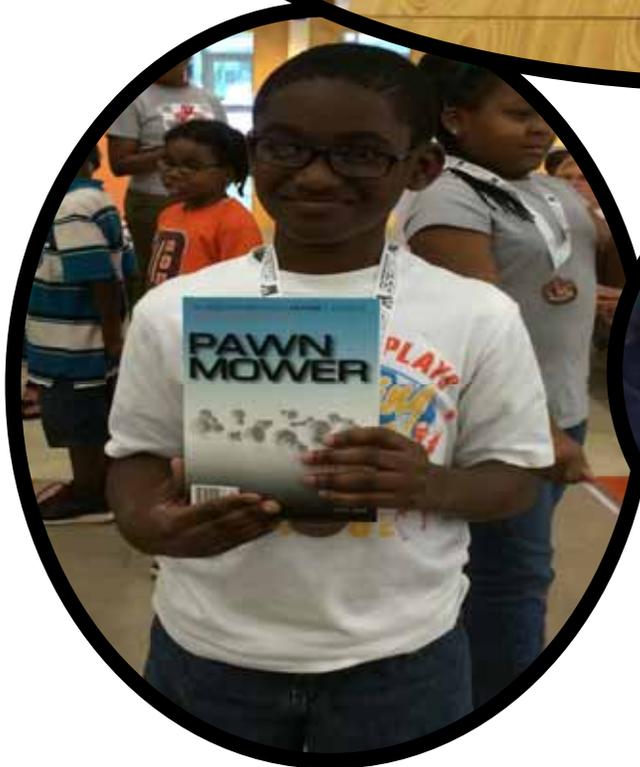
The 8th Annual Henrico PAL After School Program began in September 2014 and ended in June 2015 at the conclusion of the school year. The Henrico PAL After School Program is designed to provide Henrico County's youth, grades K to 8th, with a safe environment while participating in a wide variety of educational and recreational opportunities. The Henrico PAL After School Program encourages its participants to broaden their horizons and focuses on developing positive relationships between police officers and youth while engaging in enriching experiences. The first hour of the After School Program is dedicated solely to homework and studying. Each location is supervised by a site manager, police officers, school teachers, athletic coaches, and college students. The Henrico PAL After School Program has over 250 Henrico County youth enrolled, between the programs held at Harvie Elementary School (3401 Harvie Road) and Maude Trevvett Elementary School (2300 Trevvett Road). The After School Program also features a full course dinner, Childhood Obesity Prevention Program, a Chess Program, Dance Program, Reading Programs headed by University of Richmond and Virginia Commonwealth University, Art Lessons by the Cultural Arts Center of Glen Allen, and a Fitness and Sports Program.





Chess Club

In 2015, Henrico PAL founded its Friday night Chess Club, which serves youth 6-18 years old throughout the community. Learning the game of chess has proven to enhance analytical and cognitive thinking, attention span, inhibition and planning. We provide a great opportunity for our participants to expand their horizons beyond typical athletic activities and become more well-rounded individuals.





Childhood Obesity Prevention Program

The Henrico PAL Childhood Obesity Prevention Program exposes our youth participants to planned workouts with varying degrees of intensity during PAL's After School Program and Summer Camps. The workouts include the use of standardized equipment designed to increase and sustain higher heart rate for prolonged periods of time, which promotes weight loss. The program consists of physical fitness component, nutritional awareness, and tracking mechanism to monitor the participant's development. The Henrico PAL Childhood Obesity Prevention Program is sponsored by a grant through CarMax.





Community Events

In February 2015, the Henrico Police Athletic League participated in its Annual “Drop Everything and Read Program” at Henrico County’s Harvie Elementary School and Trevett Elementary School. This event emphasizes the importance of reading. Over 50 Henrico Police Officers, Henrico Police Athletic League Board Members, Staff Members, and volunteers read Dr. Seuss books to students in every classroom.

In 2015, the Henrico Police Athletic League organized Community Service Days at Bremner Woods, Shannon Townhomes, Seven Gables, Essex Village, Glenwood Farms and Hope Village Apartment communities. Over 350 youths from the summer camp and youth leadership council assisted with cleaning up trash throughout these apartment communities.

On November 21, 2015, the Henrico Police Athletic League provided Thanksgiving turkeys and baskets to over 200 Henrico County families with children, who were identified through Henrico County Social Services, Henrico Mental Health, Henrico Public Schools, and several Henrico apartment communities.





Dance Program

The Henrico PAL Dance Program was developed for girls 6-16 years old and is held at the Eastern Henrico Recreation Center. Participants learn fundamental dance warm ups, stretches, techniques and routines. The team has performed during half time for the Richmond Raiders and River City Thunder Football Teams.





Flag Football Team

The Henrico PAL Flag Football Team is formed every spring in March and participate in the Richmond PAL Flag Football League on Saturdays for eight weeks. The league is for boys 12 to 14 years old and follow NFL Flag Football rules.





Johnny Newman Basketball Camp

The 9th Annual Henrico PAL Johnny Newman Basketball Camp was held in August 2015 at Brookland Middle School in Henrico County. The 70 campers who attended camp were taught the fundamentals of ball handling, passing, rebounding, defense, and general knowledge of the game to improve and enhance the essential skills of individual and team play. This week-long camp was designed to provide each youth with an enjoyable and rewarding learning experience.



This was accomplished by making sure each camper received opportunities to participate in individual skills competition as well as game situations. The camp was staffed by former NBA player Johnny Newman, former WNBA player Jessie Hicks, former and present high school players, high school and college coaches, and college players. At the conclusion of the camp, each participant received a trophy, t-shirt, Henrico PAL backpack, and a certificate.





Open Gym Night

The Henrico PAL's Open Gym Night is held at the Eastern Henrico Recreation Center every Wednesday from 5:30 p.m. to 8:00 p.m. The main goal and purpose of Open Gym Night is to provide youth 9 to 17 years old with a safe haven while playing basketball, other indoor sports, and hanging out with other well behaved youths.





Summer Camp

The 8th Annual Henrico PAL eight-week Summer Camp, which started in June 2015 and was designed to provide Henrico County's youth with a safe environment while participating in a wide variety of sports, educational, and recreational opportunities. During summer camp, over 300 participants from 6 to 13 years old engaged in weeklong soccer clinics, baseball clinics, volleyball clinics, childhood obesity prevention programs, weekly swimming lessons, roller skating, bowling, educational museum tours, Maymont Park, junior achievement money camp, jail visits, Federal Reserve Bank Tour, Capital Tour, community service projects, and more. Henrico PAL Summer Camp participants also went on field trips every Thursday to: King's Dominion, Cobblestone Lake, Washington Mystics Basketball Game, Pocahontas State Park, Water Country, Lake Anna and Buckroe Beach.





Youth Leadership Council

The Henrico PAL Youth Leadership Council is designed to expose *career minded* youth, ages 12 to 18 years old, to the many facets of leadership development and community service. Participants serve on the Leadership Council and hold executive positions. Participants develop positive relationships between government, private industry, and community leaders to further develop their leadership skills. Participants identified monthly community service projects,

such as community cleanups at local elementary schools and apartment complexes, a Book Drive, Coat Drive, Thanksgiving Turkey Dinner Giveaway to low income families with children, Halloween Candy Giveaway,



volunteered at a seniors and assistance living facility and created a hundreds chart on a few local elementary schools playground. Community service activities are designed to promote servant leadership skills. Youth Leadership Council members also participated in college campus tours of Old Dominion University, Christopher Newport University, and Longwood University. The Henrico PAL Youth Leadership Council attended a youth leadership retreat attended by over 100 youth from throughout the United States in Washington DC.





2015 Award Winners

Henrico PAL held its 7th Annual Award Banquet on Thursday, February 4, 2016 at the Cultural Arts Center of Glen Allen. During the event, the following 2015 Henrico PAL Award Winners were recognized for their contribution to the organization: Patty Kruszewski, Board Member of the Year; Yolanda Lee, Employee of the Year; Officer Pete Seipert, Police Officer of the Year; Delana Russell, Youth of the Year; Henrico County Public Schools-Pupil Transportation, Significant Contribution for the 2015 Summer Camp; Henrico County Public Schools-Nutrition Services, Significant Contribution for the 2015 Summer Camp.





Executive Board Members

Executive President

Johnny Newman

Vice President

John Kilmer

Treasurer

Tony Elam

Secretary

Jim Seevers, Esq.

Executive Board Members

Donald Blake

Darick Lane

Colonel Doug Middleton

Retired Sergeant Kenneth Ragland

Frank Thornton

Board Members

Lamont Bagby

Dennis Brickmeier

Andy Crane

Honorable Judge Gary Hicks

Dr. Patricia Hill

Carol Jellie

Patty Kruszewski

Billy McMullen

John Montgomery

Tyrone Nelson

Mikki Pleasants

Mike Stock

Shannon Taylor

Michael Williams

Victor Williams

Thank you for your support and dedication!



Henrico PAL Donors

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County of Henrico
Cultural Arts Center of Glen Allen
Denis & Gwendolyn Soden
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Door to Door Solutions
Everett Fox
First National Brokerage Corp.
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Food Lion
Guardian
Henrico Citizen's Police Academy Alumni
Henrico County Police Division
Henrico County Pupil Transportation
Entire Henrico PAL Board
Henrico Police Foundation
Henrico TRIAD/SALT Council
Hunton and Williams
Kroger
Lawrence Environmental
Lisa Ballard
Martin's Food Markets
NASCAR Foundation
Patricia O'Bannon
The RECO Foundation
Reginald Williams
Richmond Ford West
Richmond International Raceway
Richmond Raiders Cheerleaders
Richmond Strikers
Richmond Volleyball Club
Drs. Tinina & Ronald Cade
Sam's Club
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SUPERVALU
The Mullholland Group, Inc.
The Newman Group
TRUiST
Tuckahoe Sports Park
United Insurance
United Way
Vanessa D. Meyers Mason
Verizon Foundation
WaWa, Inc.
West Richmond Rotary Club
West End Trophy
Wing Zone
Wythken Printing

Thank you for your support and dedication!



Financial Report 2015

Henrico PAL Statement of Revenues, Expenses and Net Revenue For the year Ending 12/31/2015

Revenue	
Program Revenue	
After School Program	\$ 428,504.23
Summer Camp Revenue	228,119.43
Basketball Camp - JNBB	5,199.00
Youth Leadership Conference	1,610.00
Total Program Revenue	<u>663,432.66</u>
Grants, Donations & Reimb.	52,898.41
Investments	(3,589.31)
Miscellaneous Revenue	<u>7,852.45</u>
Total Revenue	<u>720,594.21</u>
Expenses	
Advertising & Marketing	4,496.03
Bank Service Charges	2,129.06
Bad Debts	8,057.00
Dues and Subscriptions	175.00
Information Systems	2,182.97
Depreciation & Amortization	30,461.74
Program Expenses	7,661.23
Transportation, Program	7,130.04
Conferences and Meetings	4,099.57
Fuel	8,840.78
Travel	675.77
Meetings, Internal	1,890.23
Office Expenses	8,888.75
Postage, Mailing Service	873.36
Printing and Copying	1,133.47
Insurance	23,926.90
Payroll Expenses	392,306.63
Professional Fees	6,670.94
Contract Services	1,274.90
Rent	20,066.75
Telephone, Telecommunications	7,889.11
Utilities	272.40
Summer Camp	91,806.35
Youth Leadership Council	7,587.57
Awards Banquet	5,992.88
BB Camp	3,485.44
After School Program Expenses	11,017.46
Miscellaneous	<u>929.34</u>
Total Expenses	<u>661,921.67</u>
Net Revenue	<u>\$ 58,672.54</u>



Our Mission

**Provide a high quality and safe environment
for at risk youth in grades K-12
through educational, athletic, and social programs,
while creating a positive relationship
between police officers and youth.**