

HENRICO  
POLICE ATHLETIC LEAGUE



ANNUAL REPORT  
2016





# Table of Contents

Executive Director’s Statement .....	5
PAL Program Overview .....	6
After School Program.....	7
Chess Club .....	8
Childhood Obesity Prevention Program.....	9
Community Events .....	10
Dance Program .....	11
Flag Football .....	12
Johnny Newman Basketball Camp .....	13
Open Gym Night .....	14
Summer Camp.....	15
Youth Leadership Council.....	16
2016 Award Winners .....	17
Executive Board Members and Board Members.....	18
2016 Henrico PAL Donors .....	19

# Every Kid Needs a PAL





## A Message from the Executive Director

Greetings Henrico PAL Friends,

As we celebrate our 10 Year Anniversary, 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 over the years. Through your contributions, the Henrico Police Athletic League has been able to build positive relationships between police officers and thousands of youth. Most importantly, 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. In September 2016, we opened a 3rd Henrico PAL site at Baker Elementary School in the Varina District. This expansion allowed Henrico PAL to reach more you annually.



During 2016, we offered a variety of educational, recreational, and athletic programs, including After School Programs, 8 Week Summer Camp, Mentorship Programs, Johnny Newman Basketball Camp, Youth Leadership Council, Chess Program, Dance Program, Open Gym Night, Summer Arts & Craft Camp, Childhood Obesity Prevention Program, Basketball & Flag Football Teams, Childhood Safety Program, and much more. These programs provided powerful alternatives to gangs, drugs, and violence. Some of our accomplishments over past 10 years are, but not limited to:

- \* ***Since our inception in 2007 over 18,000 youth have participated in Henrico PAL sponsored programs and activities***
- \* ***Each year, over 2000 at-risk youth participated in Henrico PAL sponsored programs.***
- \* ***Over 300 youth participate in our 8 Week Summer Camp each year***
- \* ***Currently over 320 students attend our After School Programs annually***
- \* ***Over 90% of our Youth Leadership Council Members go on to college***
- \* ***Since 2007, over 1500 frozen turkeys and Thanksgiving food boxes were provided to families in need during our Annual Thanksgiving Turkey Giveaway***
- \* ***In 2012, Henrico PAL was home to the National Police Athletic League's "Male Youth of the Year" and "Volunteer of the Year" winners***
- \* ***In 2014, 3,000 coats and other items were collected as part of a Coat Drive to supply Henrico County students with coats and gloves during the winter season***
- \* ***In December 2016, Henrico PAL provided brand new bikes to over 200 youth during the Christmas Holiday Season***
- \* ***Currently, Henrico PAL employs over 50 staff members from Henrico and the Richmond Metropolitan Area***

To learn more about all of the wonderful work Henrico PAL is doing in the community please visit our website at [www.henricopal.org](http://www.henricopal.org) or check us out on Facebook

Once again, we sincerely thank you for your support and remember, "Every Kid Needs A PAL".

Warmest regards,



# PAL Program Overview

**The Henrico Police Athletic League has provided services for over 18,000 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 a member 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 9<sup>th</sup> Annual Henrico PAL After School Program began in September 2016 and ended in June 2017 at the conclusion of the school year. The Henrico PAL After School Program is designed to provide Henrico County's youth, grades K to 8<sup>th</sup>, 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 350 Henrico County youth enrolled, between the programs held at Baker Elementary School (6651 Willson Rd.), Chamberlayne Elementary School (8200 Saint Charles Road), and Harvie Elementary School (3401 Harvie 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

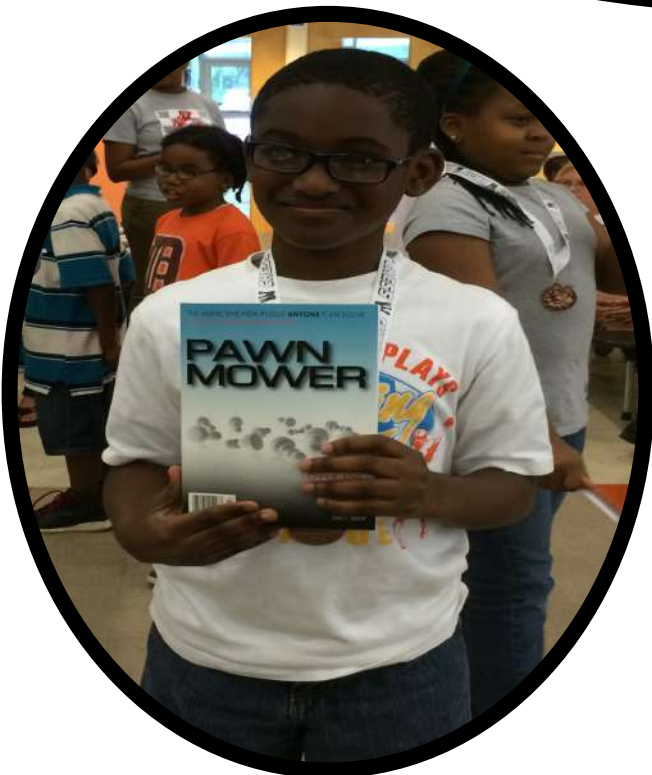
Fitness and Sports Program.





# Chess Club

In 2015, Henrico PAL founded it's 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 March 2016, the Henrico Police Athletic League participated in its Annual “Drop Everything and Read Program” at Henrico County’s Harvie Elementary School and Trevvett 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 2016, 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.

In December 2016, Henrico PAL completed a bike drive with K95 and were able to give away over 200 brand new bikes and 100 used bikes to youth in need in Henrico County and the Richmond Metropolitan Area.

On November 19, 2016, 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 placed first in numerous tournaments throughout the State of Virginia.





# 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 10<sup>th</sup> Annual Henrico PAL Johnny Newman Basketball Camp was held in August 2016 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 9th Annual Henrico PAL eight-week Summer Camp, which started in June 2016 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, 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: Busch Gardens and Water Country, 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, Water 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. 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.





# 2016 Award Winners

On Thursday, March 30, 2017, The Henrico Police Athletic League held its 8<sup>th</sup> Annual Awards Banquet at Glen Allen High School. The ceremony was a celebration of the accomplishments of Henrico PAL in 2016, and marked its 10 year anniversary, while also serving as a means to honor and recognize the outstanding contributions of our 2016 Award Winners. The following organizations and individuals were recognized for their contributions:

*Henrico County Public Schools-Nutrition Services (2016 Summer Camp Supporter), Henrico County Public Schools-Pupil Transportation (2016 Summer Camp Supporter), Richmond International Raceway (10 Years of Support), Richmond Strikers (10 Years of Support), West End Assembly of God (Significant Contributor-Thanksgiving Food Boxes), Tuckahoe Sports, Inc (10 Years of Support), Cobblestones (Significant Contributor-Summer Camp), West Richmond Rotary Club (10 Years of Support), Cultural Arts Center of Glen Allen (Significant Contributor-Art Matters & Summer Art Camp), Feed More (Significant Contributor-After School Program), County Manager John Vithoukias, all of our Board of Supervisors, and the late David Kaechele and Richard "Dick" Glover were recognized for their continuous support.*

The Henrico PAL Award Winners for 2016 were:

*Saniya King (2016 Youth of the Year)*

*Paul Walker (2016 Employee of the Year)*

*Jenetha Whitney (2016 Employee of the Year)*

*The Entire Henrico PAL Board (2016 Board Member of the Year)*

*Officer Vanessa Rodriquez (2016 Police Officer of the Year)*





# Executive Board Members

## **Executive President**

Johnny Newman

## **Vice President**

Darick Lane

## **Treasurer**

Tony Elam

## **Secretary**

Jim Seevers, Esq.

## **Executive Board Members**

Donald Blake

Colonel Humberto Cardounel

Retired Sergeant Kenneth Ragland

Frank Thornton

## **Board Members**

Lamont Bagby

Dennis Bickmeier

Andy Crane

Honorable Judge Gary Hicks

Dr. Patricia Hill

Carol Jellie

John Kilmer

Patty Kruszewski

Billy McMullen

Tyrone Nelson

Dr. Gregory Pleasants

Mikki Pleasants

Mike Stock

Shannon Taylor

Michael Williams

Victor Williams

*Thank you for your support and dedication!*



## 2016 Henrico PAL Donors

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Commonwealth Lodge No.81 F & AM  
County of Henrico  
Cultural Arts Center of Glen Allen  
Denis & Gwendolyn Soden  
Door to Door Solutions  
Draper Arden Associates, Inc  
Emily Waters  
Empowering Youth for Positive Change LLC  
Financial Accounting Service Ltd  
First National Brokerage Corp.  
Five Below  
Food Lion  
Frank Baughan  
George Doucet  
Glory Days Grill  
Henrico County Police Division  
Henrico County Pupil Transportation  
Entire Henrico PAL Board  
Henry S. Taylor  
Hunton and Williams

James W. Neal  
Jeters Carpet & Floor  
Katherine Flowers  
K95  
Lakeside United Medodist Church  
Legacy Newspaper  
Martin's Food Markets  
National Police Athletic League  
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Richmond International Raceway  
Richmond Raiders Cheerleaders  
Richmond Strikers  
Richmond Volleyball Club  
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Wythken Printing

*Thank you for your support and dedication!*



## 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.