

HENRICO  
POLICE ATHLETIC LEAGUE



ANNUAL REPORT  
2017





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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 embark upon 2018, I am excited about what Henrico PAL has accomplished and the positive impact the program continues to have on youth and community. As you read through the pages of our 2017 Annual Report, you will note all of the wonderful programs we offer and our accomplishments in 2017. This past year has been an important year in the maturation of the organization. In 2017, based on the dedication of our staff members, board members, and police officers your Henrico PAL Program became the first and only Police Athletic League in the State of Virginia to be recognized as a State Licensed Child Day Program. Additionally, in the summer or fall of 2018, Henrico PAL will start the process of establishing a Henrico PAL Alumni Association. If you're an alumni of Henrico PAL and/or know of someone 18 years of age or older who participated in a Henrico PAL sponsored activity or program please contact us at [info@henricopal.org](mailto:info@henricopal.org) or call us at (804) 262-HPAL (4725).

Currently, your Henrico PAL is exploring the possibility of identifying the funding to build a Henrico PAL Youth and Family Recreation Center. To make this a reality it 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 Recreation Center will provide generations of youth an opportunity to learn and play in a safe environment. It will truly take a village to serve our youth who need it the most. If you or someone you know are interested in partnering with us to support this goal, please call us at (804) 262-HPAL (4725) or email us at [info@henricopal.org](mailto:info@henricopal.org). All donations are tax deductible and can be made by visiting our website, Facebook page, or mailing your donation directly to us.

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,

Sgt. Kenneth L. Ragland (*Retired*)

Executive Director



# PAL Program Overview

**The Henrico Police Athletic League has provided services**

**for over 20,000 youth in the Henrico community since August 2007.**

The Henrico PAL Program is a non-profit, 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/Activities League (PAL).





# After School Program

The 10<sup>th</sup> Annual Henrico PAL After School Program began in September 2017 and ended in June 2018 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 2017, the Henrico Police Athletic League participated in its Annual “Drop Everything and Read Program” at Henrico County’s Harvie Elementary School, Chamberlayne Elementary School, and Baker 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 2017, the Henrico Police Athletic League organized Community Service Days at Bremner Woods, Shannon Townhomes, Mallard Greens, 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 18, 2017, the Henrico Police Athletic League provided Thanksgiving turkeys and baskets to over 225 Henrico County families with children, who were identified through Henrico County Social

Services, Henrico Health, Henrico Public and several Henrico apartment communities.

Mental Schools,





# 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 Henrico PAL Dance Team has placed first in numerous tournaments throughout the State of Virginia.





# Letter of Intent Signings

Congrats to Henrico PAL Alumni Mehki Becton (University of Louisville), Jennifer Coleman (Navy Academy), Michael Green (James Madison University), Amaya Jackson (University of Richmond), and Christopher Thaxton (University of Virginia-Wise) on signing their Letters of Intent to play college sports. However, Henrico PAL is most proud of them for their academic achievements.





# NBA Youth Clinic



On Saturday, June 3, 2017, The National Association of Police Athletic/Activities League, in partnership with the National Basketball Retired Players Assn., Jr. NBA and the Leadership Foundation hosted an awesome basketball and enrichment clinic in Henrico VA. The camp engaged and impacted over 115 youth from Henrico and the Richmond Metropolitan Area.



Thanks to Retired NBA Players Johnny Newman, Terry Davis, AJ English, and Retired WNBA Player Jessie Hicks. A special thanks to National PAL Executive Director Jeff Hood along with Henrico PAL Director Sgt. Kenny Ragland (retired) & the Henrico PAL Staff and Police Officers for assisting in making it a very special day for community youth.





# Wrestling

The Henrico PAL Wrestling Program is designed for ages 6 to 12 years old and established in December 2017. Practices were held at Harvie Elementary School on Tuesdays and Thursdays. The Wrestling Team consisted of 18 wrestlers who competed in the Richmond Metro Youth Wrestling League. While competing at the year end tournament at Deep Run High School, Zarius Carter, Darren Williams, and Koryzon Ward received 1st Place Medals while Roosevelt Baptiste, Caleb Rawlings, and Shawn Worsley received 3rd Place Medals .





# Johnny Newman Basketball Camp

The 11th Annual Henrico PAL Johnny Newman Basketball Camp was held in August 2017 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 6:00 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 10th Annual Henrico PAL 8 Week Summer Camp, which started in June 2017 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 320 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, Washington National Baseball Game, Pocahontas State Park, Water Country, Lake Anna, Hadid's Lake, 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

Identify monthly community service projects, such as

community cleanups at local elementary schools

and apartment complexes, water drives,

Thanksgiving Turkey Dinner Giveaways to low

income families with children, volunteer

opportunities at seniors and assistance living

facilities and create hundreds chart on local

elementary school playgrounds.

In July 2017, the Henrico PAL Youth Leadership

Council attended the National PAL Youth Summit held

in Potomac, MD and attended by over 400 youth from across the United States.

The 2017 Henrico PAL Youth Leadership Council

Scholarship Winner was Jazmine Woody, who now attends Old Dominion University .





# 2017 Award Winners

On Thursday, April 19, 2018, The Henrico Police Athletic League held its 9<sup>th</sup> Annual Awards Banquet at The Cultural Arts Center of Glen Allen. The ceremony was a celebration of the accomplishments of Henrico PAL in 2017, while also serving as a means to honor and recognize the outstanding contributions of our 2017 Award Winners. The Award Banquet was led by Henrico County Juvenile Domestic Court Judge Denis Soden, who served as Master of Ceremony. The keynote speaker was Former NFL Player Mark Parson. Additionally, National PAL Executive Director Jeff Hood brought greetings from the National Police Athletic/Activities League. Henrico County Board of Supervisor Patricia O'Bannon brought greetings from the Henrico County Board of Supervisors.

The ceremony was attended by a host of Henrico County Government Officials, other dignitaries, Police Officers, Henrico PAL Board Members, Employees, Youth Leadership Council Members, Supporters, Volunteers, and Families.

The following organizations and individuals were recognized for their contributions:

**Henrico County Public Schools-Nutrition Services** (2017 Summer Camp Supporter), **Henrico County Public Schools-Pupil Transportation** (2017 Summer Camp Supporter), **Richmond Strikers** (2017 Summer Camp Supporter), **Tuckahoe Sports, Inc** (2017 Summer Camp Supporter), **Rotary Club of Innsbrook** (Thanksgiving Turkey Giveaway Sponsor), **Cultural Arts Center of Glen Allen** (Significant Contributor-Art Matters & Summer Art Camp), and **Commonwealth Lodge #81 Prince Hall Masons** (10 Years of Continuous Support)

The Henrico PAL Award Winners for 2017 were: **Tiarah Williams** (2017 Youth of the Year), **Beth Manning** (2017 Employee of the Year), **Chad Vitek** (2017 Police Officer of the Year) and **Tony Elam** (2017 Board Member 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

Michael Stock

Frank Thornton

## **Board Members**

Dennis Bickmeier

Andy Crane

Honorable Judge Gary Hicks

Dr. Patricia Hill

Hunter Hoggatt

Carol Jellie

John Kilmer

Lisa Marshall

Dr. Michelle McQueen-Williams

Tyrone Nelson

Dr. Gregory Pleasants

Mikki Pleasants

Bruce Richardson

Shannon Taylor

Victor Williams

*Thank you for your support and dedication!*



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Elizabeth Martin

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Evelyn Brenyah-Hope

Frank Thornton

Gary Hicks

George Drumwright

Gregory Pleasants

Helen Vaughan

Henrico County Mental Health

Henrico County Nutrition Services

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*Thank you for your support and dedication!*



## 2017 Henrico PAL Donors

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*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.