



# PAL Annual Report 2011



*"Let us put our minds together and see what life we can make for our children"*

Sitting Bull





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# PAL Program Overview

**The Henrico Police Athletic League has provided services for over 7,000 youths 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 and focuses on developing relationships between police officers and youth while engaging in enriching experiences. The Henrico County Division of Police is one of the newest chapter organizations 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 between the ages of 6 and 18 through educational, athletic and social programs, while creating a positive relationship between police officers and youth.





# After School Program

In September 2011, the fourth annual Henrico PAL After School program began and is designed to provide Henrico County's youth 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 solely dedicated to homework and studying. Each location is supervised by police officers, school teachers, athletic coaches and college students. The program had 160 Henrico County youth enrolled, and the program was held at Harvie Elementary School (3401 Harvie Road) and Ridge Elementary School (8910 Three Chopt Road).



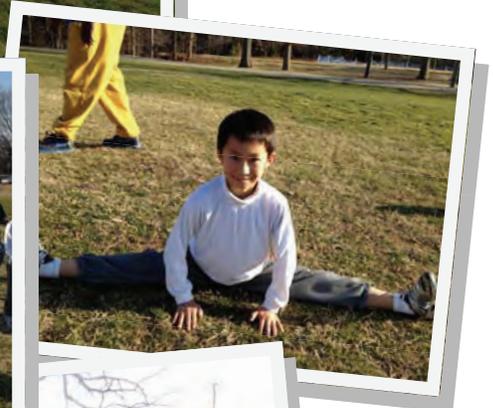
In September 2008, Henrico County Television (HCTV-17) released the Henrico PAL Television Documentary, which provided viewers with an overview of the program and its accomplishments. The documentary has been recognized on the National PAL website and can currently be viewed on the Henrico PAL website, (pictured left) [www.henicopal.org](http://www.henicopal.org).





# Childhood Obesity Prevention Program

The Henrico PAL, in conjunction with Elkin Sports Performance (ESP) implemented the Championship Fitness Program (CFP). The Henrico PAL youth go through planned daily workouts with varying degrees of intensity during PAL's After-School Program and Summer Camp. The workouts include the use of standardized equipment designed to increase and sustain a higher heart rate for prolonged periods of time which promotes weight loss. The program consists of a physical fitness component, nutritional awareness and a tracking mechanism to monitor the participant's development. The childhood obesity prevention program is sponsored by a grant through CarMax.





# Community Events



On March 02, 2011, The Henrico Police Athletic League participated in the “Drop Everything and Read Program” at Harvie and Ridge Elementary Schools in Henrico County. Forty Henrico Police Officers, Henrico Police Athletic League Board and Staff Members, and volunteers read Dr. Seuss books to students in every classroom.

On July 25, 2011, The Henrico Police Athletic League organized a Community Service Day at Bremner Woods, Coventry Gardens, Essex Village, Hope Village and Newbridge Village, where the 265 youths from the summer camp and 10 youths from the Youth Leadership Council assisted with cleaning up trash throughout the apartment communities.



On November 19, 2011, the Henrico Police Athletic League provided Thanksgiving baskets to over 100 Henrico County families with children, who were identified through Henrico County Social Services, Henrico Mental Health, and several Henrico apartment communities.





# Johnny Newman Basketball Camp



The Fifth Annual Henrico PAL Johnny Newman Basketball Camp was held at Highland Springs High School in Henrico County and ran from August 15-18, 2011. Seventy campers were taught the fundamentals of ball handling, passing, rebounding, defense, and general knowledge of the game to improve and enhance the basic essential skills of individual and

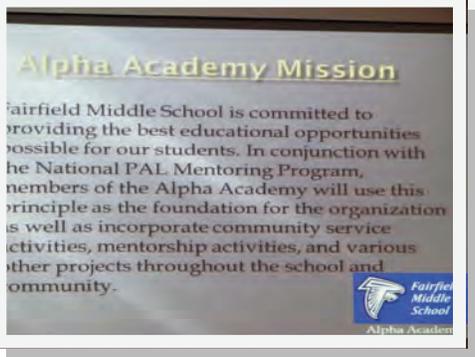
team play. The camp was designed to provide each youth with an enjoyable and rewarding learning experience. The camp was staffed by former NBA player Johnny Newman, former professional basketball player Jo Jo Chambers, former and present high school and college coaches, and players. At the conclusion of the camp, each participant received a trophy, t-shirt, Henrico PAL backpack, and a certificate.





# Mentor Program

The Henrico PAL Mentorship encourages youth, ages 12 to 15 to become active citizens and positive influences in their local community. Henrico PAL recognizes the potential of our nation's young people to be the leaders of tomorrow by starting today. Through regular meetings and community service opportunities, participants will develop into stronger leaders in their actions and words. This program will help participants shape our communities today and tomorrow. Our goal is to develop a strong commitment to citizenship, community service, and leadership and to develop a passion for learning. The Mentorship program participants visited Old Dominion University, conducted a clothing drive, made canned food donations to the Central Virginia Food Bank, went on a leadership retreat, started a book club, and took a field trip during Black History Month to the Martin Luther King Memorial.





# Open Gym Night

The Henrico Police Athletic League “Open Gym Night” runs every Wednesday night from 5:30 to 8:00 pm. The 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. Open Gym Night is supervised by Henrico Police Officers, Henrico Staff Members, and volunteers.





# Summer Camp

The Fourth Annual Henrico PAL eight-week Summer Camp, which started in June 2011, was designed to provide Henrico County's youth with a safe environment while participating in a wide variety of sports, educational, and recreational opportunities. Two hundred and sixty-five participants from ages 6 to 15 years old engaged in a golf clinic, soccer clinic, baseball clinics, basketball clinics, martial arts program, childhood obesity prevention program, weekly roller-skating, ice-skating, bowling, educational museum tours, basketball, metro zoo, Maymont Park, jail visits, trips to the library, community service project, and more. Henrico PAL Summer Camp participants also went on field trips every Thursday to: King's Dominion, Swader's Sports Park, Smithsonian, Hadad's Lake, Cobblestone Lake, Washington Nationals Baseball Game, Pocahontas State Park, and Water County.





# Youth Leadership Council

The Henrico PAL Youth Leadership Council is designed to expose **career-minded** youth from the ages 13 to 18 years old the many facets of leadership development. Participants serve on a Leadership Council and hold executive positions. Participants develop 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, Hotchkiss Community Festival, Thanksgiving Turkey Dinner Giveaway to low income families with children, Halloween Candy Giveaway, and Feeding Homeless at St. Paul's. Community service activities are designed to promote Servant Leadership skills. Youth Leadership Council members also participated in college campus tours of Virginia Commonwealth University and the University of Virginia and a Leadership Retreat in Pocono, PA, which highlighted developing goal setting and communication skills and teambuilding.





## Executive Board Members

### **Executive President**

John Kilmer

### **Vice President**

Andy Crane

### **Treasurer**

Charles Adams

### **Secretary**

Jim Seevers, Esq.

### **Executive Board Members**

Donald Blake

Darick Lane

Rocky Marrin

Colonel Doug Middleton

Johnny Newman

Sergeant Kenneth Ragland

Frank Thornton

## Board Members

Lamont Bagby

Dennis Brickmeier

Steve Foreman

Doug Fritz

Honorable Judge Gary Hicks

Dr. Patricia Hill

Esther Hyatt

Carol Jellie

Patty Kruszewski

Rick Pilgrim

Dr. Gregory Pleasants

Mikki Pleasants

Robert Siff

Michael Williams

Victor Williams

*Thank you for your support and dedication!*



# Henrico PAL Donors

Ameriprise	Henrico Fraternal Order of Police
Allen, Allen, Allen & Allen	Henrico PAL Board
Atlantic Logo Wear, LLC	Henrico Police Foundation
Baker's Crust	Henrico TRIAD/SALT Council
Beverly Hills Jewelers	Hunton and Williams
Blake Management Group, Inc.	Ingeborg Croissant
Capt. Charles and Cynthia Williams	Kirby & Associates, CPA
Carmax	Kroger
Chick-Fil-A	Loveland Distributing Company
Child Development Center at Wyndham	Henrico County Police Department
Colonial Athletic Association	Lt. Dieter Merz
Commonwealth Lodge No.81 F & AM	Lt. Ramon and Valerie Jackson
County of Henrico	NASCAR Foundation
Crown Trophy	NOBLE-Central Virginia Chapter
Designs By Renee, LLC	Peoples Bank
Dick's Sporting Goods	Richmond Ford Lincoln Mercury
Disco Sports	Richmond International Raceway
Dominion Virginia Power	Richmond Raiders Cheerleaders
Door to Door Solutions	River City Sports and Social Club
Eastern Martial Arts Center	Sam's Club
Edith Ragland	Satisfactory Janitorial service
Exit 1st Realty	SUPERVALU
FASTSIGNS	Terri's First Impressions
First Market Bank	The Mullholland Group, Inc.
Food Lion	Tuckahoe Sports Park
Glory Day of Gleneagles, LLC	United Insurance Company of America
Henrico County Police Department	Universal Ford
Henrico Citizens Police Academy Alumni	Votum Enterprises
Henrico East Rotary Club	Wal-Mart

*Thank you for your support and dedication!*



# Financial Report 2011

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Cash Basis

## Henrico PAL Profit & Loss Prev Year Comparison January through December 2011

	Jan - Dec 11	Jan - Dec 10
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
43400 · Direct Public Support		
43410 · Corporate Contributions	4,049.13	69,217.62
43450 · Individ, Business Contributions	90,188.56	63,075.98
<b>Total 43400 · Direct Public Support</b>	<b>94,237.69</b>	<b>132,293.60</b>
44800 · Indirect Public Support		
44820 · United Way, CFC Contributions	845.43	0.00
<b>Total 44800 · Indirect Public Support</b>	<b>845.43</b>	<b>0.00</b>
45000 · Investments		
45030 · Interest-Savings, Short-term CD	735.56	0.00
<b>Total 45000 · Investments</b>	<b>735.56</b>	<b>0.00</b>
46400 · Other Types of Income		
46430 · Miscellaneous Revenue	0.00	0.00
<b>Total 46400 · Other Types of Income</b>	<b>0.00</b>	<b>0.00</b>
47200 · Program Income		
47230 · Membership Dues	0.00	0.00
47240 · Program Service Fees	10,118.53	3,250.40
47250 · Summer Camp Revenue	125,504.53	107,657.92
47200 · Program Income - Other	1,255.00	0.00
<b>Total 47200 · Program Income</b>	<b>136,878.06</b>	<b>110,908.32</b>
47210 · After School Deposits	170,843.96	117,640.17
47270 · Youth Leadership Conference	1,600.61	2,755.00
<b>Total Income</b>	<b>405,141.31</b>	<b>363,597.09</b>
<b>Expense</b>		
00050 · Bank Service Charges	201.55	332.24
60900 · Business Expenses		
60920 · Business Registration Fees	1,415.95	2,068.20
<b>Total 60900 · Business Expenses</b>	<b>1,415.95</b>	<b>2,068.20</b>
62100 · Contract Services		
62150 · Outside Contract Services	7,384.17	4,095.37
<b>Total 62100 · Contract Services</b>	<b>7,384.17</b>	<b>4,095.37</b>
62800 · Facilities and Equipment		
62840 · Equip Rental and Maintenance	28.95	2,904.41
62870 · Property Insurance	8,150.33	8,789.42
62890 · Rent, Parking, Utilities	2,228.30	44.00
62800 · Facilities and Equipment - Other	4,129.00	0.00
<b>Total 62800 · Facilities and Equipment</b>	<b>14,536.58</b>	<b>11,737.83</b>
63000 · Fuel	6,047.12	3,680.95
65000 · Operations		
65020 · Postage, Mailing Service	217.50	252.11
65030 · Printing and Copying	2,372.50	598.36
65040 · Supplies	4,644.02	5,130.17
65050 · Telephone, Telecommunications	3,572.14	2,506.52
<b>Total 65000 · Operations</b>	<b>10,806.16</b>	<b>8,487.16</b>
65045 · Shirts, Marketing Items	6,029.87	6,421.56
65100 · Other Types of Expenses		
65120 · Insurance - Liability, D and O	2,414.42	0.00
65160 · Other Costs	1,808.22	675.00
<b>Total 65100 · Other Types of Expenses</b>	<b>4,222.64</b>	<b>675.00</b>
65990 · Awards, Trophies & Plaques	-295.00	3,370.93
66000 · Payroll Expenses	159,106.69	103,740.75



# Financial Report 2011

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Cash Basis

## Henrico PAL Profit & Loss Prev Year Comparison January through December 2011

	Jan - Dec 11	Jan - Dec 10
68300 · Travel and Meetings		
68310 · Conference, Convention, Meeting	10,858.24	10,494.36
<b>Total 68300 · Travel and Meetings</b>	<b>10,858.24</b>	<b>10,494.36</b>
68330 · Summer Camp	68,033.60	45,653.36
68340 · Youth Leadership Council	3,554.51	6,961.64
68360 · BB Camp	763.63	2,188.09
68500 · After School Program Expenses	7,545.80	3,504.71
69050 · PAL VAN Acquisition & Lettering	2,022.10	47,853.44
<b>Total Expense</b>	<b>302,233.61</b>	<b>261,265.59</b>
<b>Net Ordinary Income</b>	<b>102,907.70</b>	<b>102,331.50</b>
<b>Net Income</b>	<b>102,907.70</b>	<b>102,331.50</b>



# Conclusion

Since its establishment, the Henrico Police Athletic League has remained true to the mission of providing at-risk Henrico County youth with positive and structured activities, while fostering positive relationships between police officers and youth. These activities and interactions will serve as a conduit toward producing law-abiding and productive Henrico County citizens. In less than 4 years, the Henrico PAL Program has made a difference in the lives of many Henrico County youth. The following testimony of a 2008-2012 Henrico PAL participant who began as a summer camper and currently serves as the Youth Leadership Council President acts as confirmation of the effectiveness and positive influence of the Henrico PAL Program:

## A Henrico PAL Experience:

By Aubrey Temple (2011 Youth Leadership Council, President)

My experience with the Henrico Police Athletic League has been a never-ending adventure. Ever since my first time as a camper I would experience something new and life-changing. When I was a camper, we did a new activity every day and never stopped learning whether it was something recreational or educational. We did everything from basketball to soccer to karate to skating and I'll never forget the memories I developed with my fellow campers as well as the faculty and staff which, believe it or not, were police officers. I remember all the distinct field trips we would take every week; Kings Dominion and Water Country were the best of all and trips. The Aquatic Museum and the News Station were the most educational of all. Most importantly, all the people there were friendly and fun to be around and I truly began to view police officers more as people than enforcers of the law. I was fortunate enough to then become a counselor the next year and enjoy all the festivities the camp had to offer as well as take on the responsibility of supervising a group of young children. It was challenging, but as I look back, it was a wonderful experience. All the counselors would collaborate and cooperate effectively with each other on all tasks and would always assist one another to manage his or her group of kids when necessary. Finally, I joined a new organization called the Youth Leadership Council by the third year that aimed to develop a target group of young adolescents into leaders and highly effective persons. Since then, I have done a wide variety of community efforts and activities with a unique, talented, well-rounded group of people such as the Turkey Day Giveaway, the Caritas Program, and the upcoming Soul Bowl for Teens.

Henrico PAL as a whole has been a huge positive aspect of my life and has helped me to grow in numerous ways that I could not do on my own. It helped me to meet and get along with new people and form relationships. It has provided me with a great deal of support as well as filled my life with many positive experiences which truly goes a long way in life. It has taught me the importance of networking and has provided me with the privilege of meeting many county and state government officials such as the county board of supervisors, the school board, and the superintendent, not to mention the fact that Henrico PAL has served as an outlet for my community service. In addition, the organization has helped me to improve as a leader and exposed me to the processes of communication and collaboration with other leaders. In summary, Henrico PAL has been a significant influence that has molded my personality and character and has contributed to the person that I am today. I'll never forget the individuals who spent their time and effort on my behalf and I'll never forget this great organization and what it has done for me over the past years. I hope that the organization continues to grow and change the lives of many youngsters forever and ever. Amen





The Mission of the  
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is to provide a high quality and  
safe environment for at risk youth  
between the ages of 6 and 18  
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programs while creating a positive relationship  
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