

Volunteer - Donate - Sponsor



Stop crime before it starts. Get involved

Every Kid Needs a PAL



## Many Ways to Volunteer

PAL understands that not everyone has the same interests when it comes to volunteering and we work with you to create a volunteer experience that meets both your needs and the needs of our programs. We have long-term and one-time opportunities.

For more information about our programs, visit [www.HenricoPAL.org](http://www.HenricoPAL.org)

Contact us:

Henrico Police Athletic League  
8655 Staples Mill Road, Henrico, Virginia 23228  
Telephone - 804-262-HPAL (4725)

The Henrico Police Athletic League (Henrico PAL) is one of the oldest, citizen-building youth programs in the nation. It builds friendships between law enforcement officers and children within the community and is based on the conviction that young people — if reached early enough — can develop strong positive attitudes towards police officers in their journey through life toward the goal of maturity and good citizenship.



PAL offers year-round and seasonal sports programs, after-school education programs,

and summer camps. PAL is a non-profit 501 (c)(3) youth-serving organization with the cooperative effort of the community and is committed to providing safe and structured activities to the youth of Henrico. PAL employs officers and a highly trained civilian staff to oversee these programs to insure safety, competency and order. PAL programs and facilities are available to all youth, regardless of their race, religion or financial situation.



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### Henrico PAL 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.

The Police Athletic / Activities Leagues, Inc., has a 90-year history of caring and providing alternatives for youth at risk. PAL serves more than two million youth every year across the country.

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### After School Program

The Henrico PAL After School Program 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. Each location is supervised by police officers, teachers, athletic coaches and college students. We offer tutoring and athletic and recreational activities. The program is designed for children who are Henrico County residents, ages 6-15. The Henrico PAL After School Program runs from September to May, from 2:30 p.m.–5:30 p.m., Monday – Friday.

### Youth Leadership Council

The Henrico Police Athletic League Youth Leadership Council is designed to expose career minded youth ages 13-18 to the many facets of leadership development. Participants will meet and receive instruction from government, private industry and community leaders and engage in various leadership related activities including community service projects.

### Summer Camp

Henrico PAL Summer Camp is designed to provide Henrico County's youth with a safe environment, while participating in a wide variety of educational, athletic and recreational activities. Participants will engage in clinics involving: baseball, softball, soccer, basketball, weekly karate lessons, weekly roller-skating, bowling, educational museum tours, trips to the library and much more.

### Johnny Newman/Henrico PAL Basketball Camp

Former NBA star Johnny Newman and the Henrico Police Athletic League (PAL) have built the "School of Basketball", designed for boys and girls, ages 6 –15 of all skill levels, and focuses on improving and enhancing the basic essential skills of individual and team play. An emphasis will be placed on teaching the fundamentals of ball handling, passing, rebounding, defense and general knowledge of the game. The camp stresses the importance of staying in school, going to college, saying NO to drugs and being a positive and upstanding citizen.

