



PAL

The newsletter of the
Port St. Lucie Police Athletic League, Inc.
November, 2009



TRACK PROGRAM SIGNUPS

In a little over a year, the PAL Track Club has become one of PAL's biggest programs.

This month, signups will begin for the 2010 Track Season. Registration will be held at Whispering Pines Park, 900 SW Darwin Blvd. on the following dates:

- Thursday, November 5 6pm-8pm
- Friday, November 6 6pm-8pm
- Saturday, November 7 9am-11am
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Registration is \$90, and parents should bring a copy of their child's birth certificate and a recent photo of their child. The program is designed for boys and girls ages 7 to 18.



2009 PAL Track Club

Practices will begin on December 1, 2009, and the season runs through August 31, 2010. Practices will be held at the Lawnwood Sports Complex in Fort Pierce on Tuesdays, Wednesdays, and Thursdays from 6:30 – 8:30 pm and on Saturdays from 10 am until 12 noon.

For more information, please contact Claudia at (561) 267-4494, Georgette at (772) 418-5859, or Veronia at (954) 658-6927.

YOUTH DIRECTORS HONORED BY CITY COUNCIL

In April, 2008, PAL began the Youth Directors Program as a vehicle to provide teens an opportunity to perform community service and to learn valuable lessons in leadership.

On October 26, the group was honored by the Port St. Lucie City Council for accumulating over 1,000 hours of service to the community. Mayor Patricia Christensen presented a Certificate of Recognition to the Youth Directors and their advisors to honor this accomplishment.



Youth Directors receiving award at City Council meeting of October 26, 2009

PAL SUPPORTS CHARITY WALK

On Friday, November 20, a charity 5K run/ 1 mile fun walk will be held at Tradition Square to benefit Skylar Schichtel, a teen whose father died in a diving accident in July.

The event begins at 6:00 pm and the registration fee is \$20. For more information, please contact Lt. Carmine Izzo at 871-5034 or at carmine.izzo@pslpd.us.

RUMBLE IN THE JUNGLE

On October 17, the PAL wrestling team participated in the *Rumble in the Jungle* Tournament at Port St. Lucie High School.

The event, sponsored by the Port St. Lucie High School Wrestling team, was sanctioned by the Amateur Athletic Union (AAU), and brought together many excellent wrestlers from the state of Florida.

Thirteen wrestlers from PAL participated in several weight classes.

Sean Harris and **Justin Mimnaugh** finished first in their divisions. **Zachary Hoffman** and **Paul Donelon** were second place winners, and **Jeremy Warsaw** finished third. **Donnie Frevert** was voted Most Valuable Wrestler at the event.



PAL Wrestlers at the *Rumble in the Jungle*

The next big event for the PAL wrestlers will be on Saturday, December 19 when they participate in a statewide tournament sponsored by the Port St. Lucie High School Wrestling Team. The event will feature youth teams from Manatee, Naples, North Port, Port St. Lucie, and Riverdale, and is part of the Florida AAU Wrestling Series Championship. Between 200 and 300 youth are expected to participate.



For more information on the PAL Wrestling Program, contact Coach Dave at 398-9426.

HOT SHOT BASKETBALL

Hot Shot Basketball continues to be a popular program offering of PAL. The latest competition was held on Thursday, October 22 at the Minsky Gym.

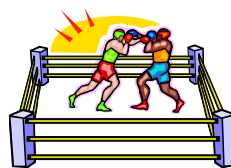


Picture above, holding their new basketballs and *PAL Sports* tee shirts, are the winners of the event:

- **Vinny Pekim**, age 16
- **Taylor Wagner**, age 11
- **Justin Nichols**, age 14

The next Hot Shot event is scheduled for Thursday, November 19 at 3:00 pm at the Minsky Gym in Port St. Lucie.

BOXERS AT STATE EVENT



PAL boxers will participate in the State PAL Boxing Tournament on November 6 and 7. This year, the event is hosted by Fort Pierce PAL, and the bouts will be held in their building, 1401 N. 2nd St. in Fort Pierce.

PAL CLEANS UP

On Saturday, November 14, PAL will hold another cleanup day in the neighborhood as we pick up litter and trash from Tiffany Avenue and Wood Stork Park. The event begins at 10:00 am. Friends of PAL are invited to join us in the community event.

ACTIVE YOUTH DIRECTORS

The Youth Directors Program at PAL is getting bigger and better. With 30 teens participating in community service work, the group is making its presence felt in the community.



At their meeting on October 14, Senator Ken Pruitt, former President of the Florida Senate, spoke to the group about leadership and the value of

service to the community. The group also elected officers for 2010:

- President: **Jared Rivera**
- Vice President: **Logan Furiato**
- Secretary: **Connor Beert**
- Treasurer: **Brandon James**
- Sergeant-at-Arms: **Marcos Bernazar**

On October 24, Youth Directors had two service opportunities. In the morning, several members worked at the Fort Pierce Inlet State Park, helping rangers inoculate red bay laurel trees against a disease that is threatening to wipe out this native species.



Youth Directors working at Fort Pierce Inlet State Park

Later in the day, thirteen Youth Directors also helped at the PAL Fun Walk at Wood Stork Park to raise funds for PAL.

PRE T-BALL CAMPS

Remember what great fun it was when we learned to play the game of baseball?

Well, youngsters in Port St. Lucie had two opportunities in October when PAL Assistant Director Coach Dave Hentz conducted Pre T-Ball Camps for boys and girls ages 3-5.

The camps, held at Whispering Pines Park in the mornings and Lyngate Park in the evenings, gave young boys and girls the chance to improve their skills in running, throwing, hitting, and fielding.



Pre T-Ball Camp at Whispering Pines Park



Pre T-Ball Camp at Lyngate Park

In November, the camps will be held from 10 am until 12 noon on Tuesdays, November 3, 10, 17, and 24 at Whispering Pines Park.

For more information, please contact 201-4602. To register, please call the Minsky Gym at 344-4142.

The camps are co-sponsored by the Port St. Lucie Parks and Recreation Department.