



Citrus Heights Police Activities League

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www.citrusheightspal.com

2010 Citrus Heights Police Activities League Programs

All program dates will be announced at www.citrusheightspal.com.

Junior Giants

June - August

The Citrus Heights Police Activities League (CHPAL), in partnership with the Sunrise Recreation and Parks District, will kick off its first Junior Giants baseball program. This program is designed to focus more on the fundamentals of the game and less on competition. It's a great start for those who have never played and lots of fun for those who have more experience. Girls and boys will be divided into three age groups: 5-7 years, 8-10 years and 11-13 years. For one-hour every Friday, participants will learn the basics of baseball in an instructional 'camp' setting. Players will be divided into teams and will play one game each week.

Tennis

Tennis is a sport that teaches children sportsmanship, dedication, respect, discipline, and teamwork. Players will build physical endurance, improve eye/ hand coordination and learn the importance of patience. Tennis, as we know it in modern times, is a two or four player game in which opponents stand on opposite ends of a court and, with rackets, hit a ball back and forth over a net. The goal is to win points, games, sets, and ultimately matches while having fun. PAL rackets may be used during the classes if players do not have their own. Equipment was donated to the CHPAL by the United States Tennis Association.

Tennis Camp

June 28 - July 2 and August 9 - 13

Tennis camp will be held two-hours per day, Monday through Friday, during the above-specified dates. Tennis camp will focus on teaching and developing player's skills while preparing them to play singles or doubles.

Tennis Classes

Mondays, June - September

Tennis classes will be geared towards children who wish to learn about tennis and develop a love for the game. Classes will be one-hour and will feature active playing while learning.

Youth Academy

August

In partnership with the Citrus Heights Police Department (CHPD), the CHPAL will sponsor a weeklong Youth Academy. This academy will provide an inside look at the world of law enforcement. The program will feature speakers from various law enforcement units, including but not limited to SWAT, Motors, K-9, and Detectives. This program will take place in August from 9 a.m. - 4 p.m. (specific week to be determined).

PAL Supports the Special Olympics Torch Run

June 25

Run with Police Officers to support a great cause! Officers carry a torch to the steps of the State Capital kicking off the start of the Special Olympics games. Runners will begin at Sacramento State University and end at the Capital. Once there, different law enforcement and political figures speak, announcing the official opening of the games. Officers will schedule a couple of training dates prior to the run.

Wrestling Program

Year-round program

The CHPAL is teaming up with Mavericks Wrestling to create an opportunity for youths to learn the sport of wrestling. We take the time to teach and review fundamentals. First time wrestlers are always welcome! The principles of the program can be found in the word warrior: **Work Attitude Respect Responsibility Integrity Opportunity Rewards**. The goal of our program is to teach young athletes the rewards of competition. Practices are Monday and Wednesday nights 6:00-8:00 PM at the Mesa Verde High School Wrestling Room. If you would like to learn more please send an email to: MavericksWrestlingUSA@gmail.com.

Off-Road Riding & Snow Days

Will vary year-round as available

Through a partnership with California State Parks and the CHPAL, PAL members will have the opportunity to participate in hands-on ATV, motorcycle and snowmobile classes. Participants will then put their new skills to use riding around (supervised) motor-cross tracks and trails.

Basketball Tournaments & Clinics

Clinics held February - March, tournament schedules will vary year-round

Local law enforcement and youth play ball! Depending on number of participants, teams will be co-ed, all-girl or all-boy. Practice and games will be held at local middle and high schools; tournaments will be arranged with other organizations, including PAL chapters from other cities.

Field Trips to other PAL Programs

Year-round as scheduled

Field trips to other PAL programs will be scheduled to interact with members from other cities, tour their facilities and explore other activities. Trip information and scheduling will be advertised on the CHPAL website.

Recreational and Educational Field Trips

Year-round as scheduled

PAL will host a series of outdoor recreational activities including fishing, hiking and biking. Youths will have the opportunity to enjoy nature and learn the fundamentals of outdoor recreation. PAL will also organize local and other field trips that are educational in nature, such as museums, zoos, the Exploratorium and other science centers.

Skate Night

Year-round as scheduled

Events will be scheduled with Sunrise Rollerland inviting PAL members to roller-skate with CHPD Officers. This is an opportunity to meet other PAL members and show-off your roller-skating skills! And don't forget the limbo...