

Albany Police Activities League

Year in Review 2014



Albany Police Activities League
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Executive Director's Letter



Dear Families and Friends of APAL,

Another successful year of youth engagement is being recorded in our APAL history book and we once again celebrate the accomplishments of the youth we serve. I am pleased to present this annual review of our program activity.

Since its inception nearly 18 years ago, Albany PAL has always strived to provide activities to "*meet the unmet needs*" of our youth by filling in gaps in available programs for school-aged children. The nature of the APAL Mission requires we maintain flexibility in our programs and other offerings; consequently, they have varied quite a bit over the years. In the following pages you'll also see that we continue to collaborate with various community organizations as we go about fulfilling our mission.

Our long-standing middle school wrestling and junior "Crocodile" wrestling programs each had another successful year developing yet another generation of champions, and an exciting new coed drop-in basketball program was started this year through the efforts of Officer Danny Ho. Officer Ho is a former APAL youth member who is now giving back to his community.

Next month APAL will host our spring Bicycle Rodeo, partnering with the City of Albany, Albany Strollers and Rollers, Cycles of Change and others to provide a fun and educational activity for our young bicyclists. This year we also awarded our annual student scholarship to yet another wonderful Albany student.

March is Brain Injury Awareness Month and we will soon be implementing our Concussion Awareness Training and Concussion Policy for all coaches and volunteers. Based upon the CDC's Heads-up concussion awareness initiative, this is one more important step in insuring APAL provides a safe environment for our members.

The Albany PAL website continues to be regularly updated with current news and information on Albany PAL. Check it out! www.albanypal.net and follow us on Facebook for the most up to date photos and information on APAL activities throughout the year.

APAL's success depends heavily on the support of our program volunteers; parents, coaches, and administrative staff all dedicate many hours to APAL with little or no recognition of their contribution. We also receive generous monetary support from private parties, APAL Alumni families, and community businesses. We also receive tremendous support from elected officials, community leaders and city staff.

Thank you to all who support APAL; you are investing in our future, and you are the true leaders of APAL. – Chief Mike McQuiston

"I appreciated that my son has a positive experience with the police. At this age it's great that in his rebellious stage of life he can have this."

PROGRAMS

Now starting our 18th year, APAL offers programs for the youth of Albany from the 1st grade through high school. The diversity of these programs reflects the wide variety of participants that enjoy them.



Wrestling: This co-ed program for middle school aged students meets daily in the fall. It is designed to teach wrestlers basic and more advanced techniques. Every practice is supervised by coaches with many years of wrestling experience. During the season, the wrestlers attended tournaments in Concord, Oakland, and Benicia. APAL wrestlers did an excellent job in each tournament, improving their wrestling skills, learning good sportsmanship and team work, and bringing home many medals. In the Diablo League Championship APAL received 2nd place team honors.

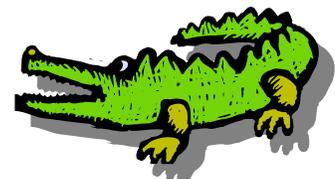
For all of the results, please see our website, www.AlbanyPal.net or our Facebook page.

"My kids really enjoy the program. The coaches work very well and are very patient with all the kids".



Crocodile Wrestling: This co-ed program is for students in 1st through 5th grades and teaches basic wrestling skills. Every practice is supervised by coaches with many years of wrestling experience. Participants are encouraged to attend meets with wrestlers of similar abilities and size.

"Crocodile wrestling is an amazing program that has fantastic and caring coaches! It is very inexpensive and available to all which is hard to find now a days! Thank you! Best Coaches Ever!!"





Basketball: APAL's newest program serves boys and girls in grades 5 – 8. Coached by Albany Police Officer (and former AHS basketball player) Danny Ho, this program is for kids who want to learn more about the game and improve their skills from beginners to more advanced players. Emphasis is on technique and

strategy with lots of fun drills and intersquad games.

Events

The ***Annual Recognition Dinner*** celebrates the success of the APAL participants. Each PAL youth is recognized by the coaches for their unique accomplishments. Raffle prizes, pizza and cake make this an enjoyable event for all in attendance.

Members of the police department, city elected officials, and other community members join in the festivities.



APAL provided funding for the climbing wall again this year and distributed free bicycle helmets at the Police Department's **Safety Palooza** in July.





Each spring, APAL hosts a **Bicycle Rodeo** for the youth of the community. .Activities include bike inspections, safety information, and a bicycle safety course. Free bicycle helmets are given to the young participants. The goal of the bicycle rodeo is to encourage riders to wear helmets on every ride, to give young cyclists basic skills for on-road riding, and to teach them the rules of the road to help keep them safe. This event focuses on young riders in elementary and middle school. Thank you to all who donated and partnered with us to provide this great activity.

***Look for our annual bike rodeo April 25, 2015 at
Cornell School 10:00 – 1:00!***

Scholarship Recipient

The Albany Police Activities League is proud to announce our scholarship recipient for 2014, **Anna Lee**. This young woman is an outstanding leader in the community and the APAL Board of Directors is honored to have her as our scholarship recipients and wish Anna the best in her future endeavors.



THANK YOU TO ALL WHO HELP THE ALBANY POLICE ACTIVITIES LEAGUE!

Donors and Sponsors

Lawrence Hall of Science
Bay Area Discovery Museum
Cartoon Art Museum
Lindsay Wildlife Museum
Scandia Family Center
Oakland Ice Center
Powell's Sweet Shoppe
Safeway

Tom Van Zile (in memory of Officer Steve Foss)
Dr. Stephen Harrison and Sarah Robson
Peggy McQuaid
Anne Hsu and Willie Tang
Albany Unified School District
Albany Bowl

Coaches and Instructors

(Red indicates volunteer)

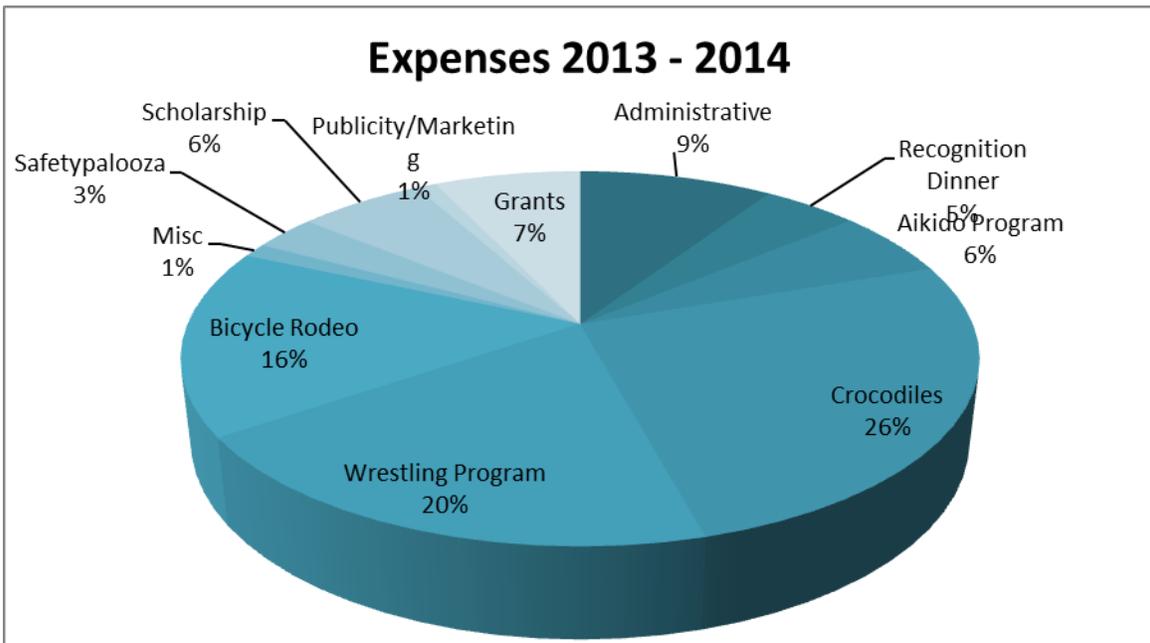
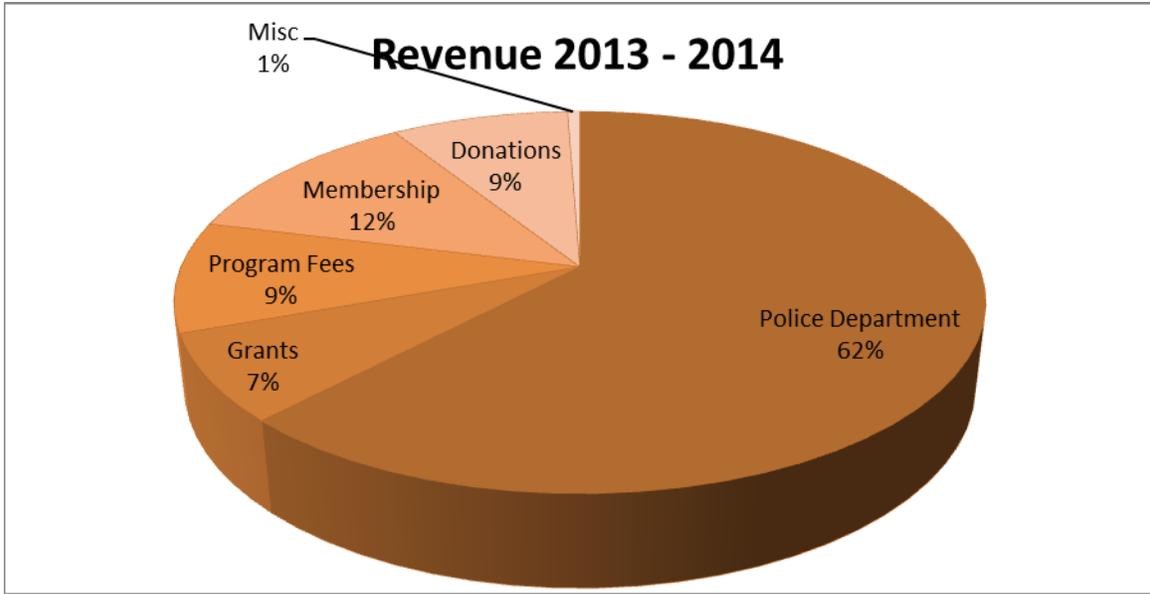
Jon Ely
Dan Coltrin
Christina Sigala-Arechiga
Pietro Maida
Tyrone Rose
Frank Ely
Bob Ely
Salvador Patino
Officer Danny Ho
Jacob Clark



APAL is a chapter member of the California Police Activities League and is a 501(C)(3) nonprofit corporation, tax ID #94-3275127. All donations are tax deductible to the extent permissible under the law.

Albany Police Activities League programs change during the year. Please see our web site www.albanypal.net for current information. Like us on Facebook!





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APAL Mission Statement

The specific purpose of the Albany Police Activities League (APAL) is to provide a common meeting ground for police officers, community volunteers and the youth of Albany in the areas of amateur athletics, educational and recreational activities. In addition, APAL will foster and encourage sportsmanship teamwork, goodwill and fellowship. APAL will provide facilities and supervision to enable youth who have or have not been able to enjoy participating in organized sports, educational and recreational activities.

APAL Memories of Years Past

