

# Twentieth Annual PAL Sports Camp

Archery    Baseball    Basketball    Bowling    Boxing    Cheerleading/Dance    Fishing    Football    Golf    Martial Arts    Racquetball    Tennis    Soccer    Softball



## Daily Activities

- **Morning** - Motivational assemblies and sport skill development.
- **Lunch** - Lunch is provided at David Douglas High Campus and sport sites.
- **Afternoon** - Sports on site at David Douglas High Campus, Cascade Athletic Club, 21st Century Lanes, Greenlea, Sah-hah-lee, Vancouver, WA PAL and Sylvan Archers.
- **Closing Ceremonies** - Friday after lunch family members are invited to watch the awards presentation and participate at the bells and whistles assembly.

## Twentieth Annual PAL Sports Camp

The Police Activities League invites kids, ages 8-14 to attend its **Twentieth Annual PAL Sports Camp**. Local police officers, high school and college coaches from the surrounding area will work together to make the camp a unique experience for youth. Officers and coaches will work with campers to develop specific sports skills and foster good sportsmanship.

## Special Thanks To

All law enforcement, community volunteers, and PAL staff.

## Eligibility

Boys and girls, ages 8-14, who live in the Multnomah, Washington, Clackamas and Clark County areas who believe in good sportsmanship and want to improve their sports skills. A minimum of 51% of youth must qualify for free or reduced lunch program, however, all youth will receive lunch at the camp.

PAL is dedicated to ensuring that youth from throughout the metropolitan area are able to attend camp. To ensure equal access for youth throughout the area, local school districts receive applications on the same day. **Camp is filled on a first come, first serve basis.** Police officers, sheriff's deputies, child development specialists and staff from other youth-serving community based organizations are also provided with applications to help with the recruitment process. Space is limited to 500 youth.

The United States Department of Agriculture (USDA) and the State of Oregon prohibit discrimination in all USDA programs and activities on the basis of race, color, national origin, sex, religion, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD) or (888) 271-5983 Extension 516 (toll free), USDA and the State of Oregon are equal opportunity providers and employers.

**PAL**  
**WHEN:**  
**June 22-26, 2009**  
**8:45am-2:30pm**

**WHERE:**  
**David Douglas High School**  
**1500 SE 130th Avenue, Portland (503-823-0250)**

## Cost

PAL charges \$50 per child. A reduced rate of \$30 is available for families who qualify for the free or reduced lunch program during the school year, but **you must have documentation attached to application to be approved.** Please call 503-823-0250 with any questions about the process. (A \$25 fee will be assessed for returned checks.) **NO REFUNDS AFTER JUNE 26** (A \$5 processing fee will be assessed for any refund request). There will be an additional 3% fee for ALL Visa and MasterCard transactions.

## Who Makes PAL Camp Possible

PAL is a collaborative effort of many agencies - Portland Police, Parks, Environmental Services and Maintenance Bureaus, Oregon National Guard, Gresham Police Department, Multnomah County Sheriff's Office, Troutdale Police Department, Fairview Police Department, F.B.I., Port of Portland Police, and all area school districts. Financial support for PAL comes from civic agencies, corporate sponsors, individual donors, and grants.

## Procedure for Entrance into Camp

Complete application form:

- Fill in all information boxes
  - Make sport selections
  - Parent or guardian signature
  - Attach copy of free/reduced lunch form
  - Attach payment
  - Make checks payable to: PAL Camp
- Return your application and payment as soon as possible to:  
**(You may duplicate this application if needed.)**

**PAL, 449 NE Emerson, Portland, OR 97211**

Applications will be processed as received and postcards will be sent confirming your child(s) sport choice and acceptance into camp once application has been processed. Please, no phone calls prior to June 1, 2009.

## Transportation

Bus stops will be determined after the majority of youth have been accepted to camp, but there is no guarantee that all children will have bus stops near their schools. We ask that parents who will be providing their own transportation to indicate that on the registration form to help us plan routes. A postcard listing routes will be mailed one week prior to camp starting.

- I will provide transportation to & from camp for my own child(ren).

## Please Check The Appropriate Boxes

Is your child eligible for his/her school's free or reduced lunch program?

- Yes                       No (If yes, please attach a copy of free/reduced lunch form.)

If your child cannot be placed in one of his/her three sport selections, should we place in an available sport, or leave him/her out of the camp? **Note: Youth will not be allowed to switch sports after the first day of camp. No exceptions.**

- Place                       Leave out

Did your child attend PAL Camp in 2008?

- Yes                       No

## Other PAL Summer Programs Include:

Please check boxes below to receive more information.

- National Youth Sports Program (NYSP)**

Four week day camp at Portland State University offering sports instruction, educational enrichment, two meals/day, swimming, and more; youth 10-16; July 6-July 30, 2009; Cost \$50 or \$30 for those on free or reduced lunch. 90% of youth must be from low income families.

- PAL Youth Center (424 NE 172nd Avenue)**

Offers a learning center, recreation, teen activities, arts and crafts, field trips, service projects, and other activities year-round. Summer drop-in hours: 12pm-5:30pm, academic year hours: 2:30-7pm, M-F; ages 8 through high school. Child must be attending school.

- PAL Youth Football and Cheerleading**

Tackle football and cheerleading for youth in grades 4-8 in Portland, Troutdale and Fairview, August-November. \$75 per player fee includes equipment.

- PAL Adventure Camp (424 NE 172nd Avenue)**

Eight week camp Monday-Friday from 8am-12pm, starting June 29, 2009. Register for one week, or all eight weeks. Open to youth ages 8-13. Breakfast included!

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**8:45am to 2:30pm**  
**David Douglas High School**

Please Print

Child's Name \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (M.I.)

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Boy/Girl \_\_\_\_\_

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ \$ \_\_\_\_\_

School Attending in Fall 2009 \_\_\_\_\_ Amount Enclosed \_\_\_\_\_  
 Grade \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell/Pgr \_\_\_\_\_ Evening Phone \_\_\_\_\_

Emergency contact person while my child is at camp \_\_\_\_\_  
 (Other than Parent or Guardian)

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Please identify your first, second and third sport activity by writing 1, 2 or 3 in the appropriate box. Please note that some sports fill up quickly. Sport choice based on first come, first serve basis (with full payment enclosed).

- |                                                          |                                                                 |
|----------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Archery (Coed, 10-14)           | <input type="checkbox"/> Fishing (Coed, 8-14)                   |
| <input type="checkbox"/> Basketball (Boys, 8-14)         | <input type="checkbox"/> Football, flag (Coed, 8-14)            |
| <input type="checkbox"/> Basketball (Girls, 8-14)        | <input type="checkbox"/> Golf (Coed, 10-14)                     |
| <input type="checkbox"/> Baseball (Boys, 8-14)           | <input type="checkbox"/> Martial Arts (Coed, 8-14)              |
| <input type="checkbox"/> Bowling (Coed, 8-14)            | <input type="checkbox"/> Racquetball (Coed, 8-14)               |
| <input type="checkbox"/> Boxing (Boys, 10-14)            | <input type="checkbox"/> Soccer (Coed, 8-14)                    |
| <input type="checkbox"/> Cheerleading/Dance (Coed, 8-14) | <input type="checkbox"/> Softball (Girls, 8-14)                 |
|                                                          | <input type="checkbox"/> Tennis, racquets provided (Coed, 8-14) |

**Waiver and Consent:** In consideration of its allowance of my child to participate in its program, I hereby release and waive the Police Activities League of the Greater Portland Area (PAL), and its employees, agents, representatives, officers, directors and other organizations assisting PAL, from any and all liability for any loss or injury sustained or incurred (including any loss or injury resulting from the representatives, officers and directors) while my child participates in PAL's program, or while traveling to or from PAL's program. If I cannot be reached in the event of an emergency, I authorize any physician treating my child to perform any and all medical procedures which the physician determines to be medically appropriate under the circumstances.

During any PAL activity, media coverage (photography, interviews) may occur. Please check the box provided if you do not wish to have your child photographed or interviewed.  
 No.

Signature (Parent or Guardian) \_\_\_\_\_

Date \_\_\_\_\_

**Special Needs**

Please list any medications or special needs your child(ren) have: \_\_\_\_\_



**PAL**  
 449 NE Emerson Street  
 Portland, OR 97211- 3209

**RETURN SERVICE REQUESTED**



**PAL is a partnership between youth, police and the community that builds positive relationships through recreational, athletic and educational programs designed to encourage good citizenship.**

**Twentieth Annual**  
**PAL**  
**Sports Camp**



**David Douglas High School**  
**1500 SE 130th Avenue**  
**June 22-26, 2009**  
**8:45am to 2:30pm**  
**Ages 8-14**  
**PAL Office: 503-823-0250**  
**PAL Fax: 503-823-5841**

**A special thank you to**  
**Tournament Golf Foundation, Inc.,**  
**Safeway Foundation and**  
**The Autzen Foundation for**  
**sponsoring PAL Camp!**

**Kids, Cops and Community**  
**Pal around with us...it could change your life**  
**www.palkids.org**