



L.P.A.L. NEWS



Lancaster/Fairfield County

"It's Better to Build Youth than Mend Adults"

March 2014

We are Fairfield County's Lancaster Police Athletic/Activities League; our mission is to promote good sportsmanship, high morals, leadership and community service to the youth of Fairfield County through athletics and activities. All this would not be possible without the continued generosity and support of our volunteers and sponsors.

March Schedule:

Champion Kickboxing/Fitness
leadership for ages 12 to 17
Monday thru Thursday from 3:30
until 5:30

USA Amateur Boxing
for all ages is Monday thru
Thursday from 5:30 until 7:30

KICKBOXING/FITNESS
Teen thru Adult Mondays and
Wednesdays at 7 and Fridays at
5:30

Leadership meetings, trips and projects for all members are scheduled throughout the month.

**The Fairfield County Lancaster Police Athletic/Activities League
YMCA Rec Plex
1180 E. Locust St.
Phone: 740 503 1936**

**Mail: Lancaster P.A.L.
P.O.B. 488
Lancaster, OH 43130
www.lancasterpal.com or find us on**

P.A.L. Leadership members attend Arnold Classic

Most people will never know the fortitude it takes to step in the ring, the guts it takes to perform after months of preparation in front of hundreds of people cannot be overstated. The Lancaster Police Athletic League was well represented Saturday. First Brandon Springer was up as the clubs first ever kickboxing competitor and after a hard fought battle Brandons opponent eked out a win by only one point.



*It is not the critic who counts,
not the man who points out how the
strong man stumbled
or where the doer of deeds could have
done them better.*

*The credit belongs to the man who is
actually in the arena;
whose face is marred by dust and sweat
and blood who strives valiantly;
who errs and comes up short again and
again;*

*who knows great enthusiasms,
the great devotions,
and spends himself in a worthy cause;
who at the best knows
in the end the triumph of high
achievements;*

*and who at the worst, if he fails, at least
fails while daring greatly,
so that his place shall never be with*

*those cold and timid souls
who know neither defeat nor victory*

~Theodore Roosevelt, April 10, 1899

Combat athletes have always been dictated not only by their physical well-being and skill but also by their weight, and a good coach helps their fighter monitor all of these. Amateur boxer Benjamin Heffelfinger found out after weigh in's Saturday that he was the *only one to make weight in his bracket.*



The Lancaster P.A.L. would like to congratulate Benjamin and his coach Bobbi Nungester for all their hard work and preparation for this bout.



After a long day of competition P.A.L. Leadership members were treated to professional boxing matches at the LC Pavilion.