



L.P.A.L. NEWS



Lancaster/Fairfield County

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

June 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.

June 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 **

**You
WORKOUT = ALONE
We
TRAIN = TOGETHER**

Have you ever heard that's there's not enough for young people to do in the community?

Lancaster Police Athletic League TRAINS year round with classes and activities for *everyone*. If you know of a young person who would benefit from a program for little or no cost that helps build:

- Higher self-esteem and confidence.
- Fitness, skill, and discipline for the real world!
- Leadership skills and the making of new friends.

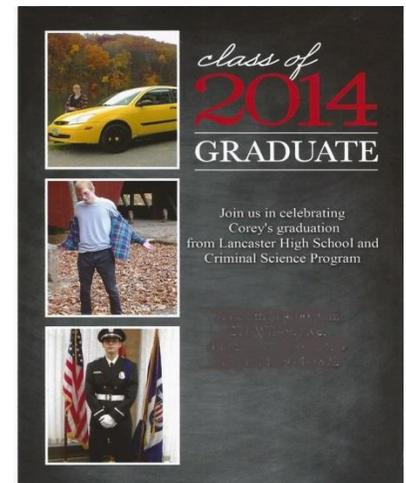
Help them join an organization that will give them the opportunity to change their world and be a champion in life.



cham·pi·on *noun* \ˈcham-pē-ən\
: someone or something that has won a contest or competition especially in sports.
: someone who fights or speaks publicly in support of a person, belief, cause, etc.



Whitley Miller, 10, won the Columbus Fight Night Classic on May 17. Miller, right, is pictured with Lancaster Police Athletic League coach Bobbi Nungester. *Great job Whitley keep up the great work!*



The Lancaster Police Athletic League would like to congratulate "The Freak" Corey Snyder, Lancaster High School class of 2014, for his recent acceptance to Hocking College's Criminal Science program, Corey has been a member of the Lancaster PAL for over 3 years. Great job Champ, we could not be more proud.