



AFTER SCHOOL TUTORIAL

Because the Police Athletic League (PAL) places strong emphasis on education, our After School Tutorial program was developed to ensure that those youth who participate in PAL athletic activities would also be exposed to academics. The Police Athletic League uses athletics as a draw but our main ingredient and concern has always been academics.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 Ext. 23200

Filling Playgrounds not Prisons



WRESTLING

The Wrestling program is designed for youth twelve years of age and up who are interested in the sport, and teach them the fundamentals. This sport teaches athletics, discipline, critical-thinking, and teamwork.

Although wrestling is a team sport, each member of the team must face opponents within their weight class and individually compete.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



YOUTH DIRECTORS COUNCIL

The Youth Directors Council (Y.D.C.) was established to involve youth in the decision making process as it pertains to the programs offered by PAL for youth. In the Y.D.C special emphasis is placed on community service, making your voice heard by empowering youth to make decisions, organize projects, and manage their own organization.

The Y.D.C trains youth to use the democratic process, i.e. how Governments function and how service organizations function including PAL, to teach youth how to organize and conduct meetings; to provide positive peer role models and a continuous forum to improve the lives of the youth of our community.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



TRACK & FIELD

The Track and Field program was created to provide a quality recreation program where our youth have fun and are introduced to physical fitness through basic track and field events, to create a venue for youth to compete against their peers in various events such as running, jumping and throwing.

To provide the opportunity for student-athletes to seek and achieve their potential through growth and development academically and athletically. To provide through leadership, thoughtful guidance, and quality programs, a positive environment for athletic excellence and achievement while developing leaders in their fields in the classroom, and for our community.

To develop the values of leadership, teamwork, discipline, sportsmanship and integrity among our student-athletes.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



SOCCER

The Soccer Program was developed in an effort to reduce juvenile crime and instill positive values, character and leadership skills. PAL provides safe activities for our youth. Our athletic and educational programs emphasize positive interaction with law enforcement officers and other adult role models in the community. As we move forward with this innovative program the community will see a soccer program that is all about training our youth to become better players, citizens and role models as we promote friendly competition and having fun.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



Developing Intelligent Voices of America/ STEP-N-UP

Developing Intelligent Voices of America (D.I.V.A.S) was established to further involve youth in the development of the arts while promoting confidence and self-worth. D.I.V.A.S highlights the arts and cultural enrichment. This program allows the youth to express themselves through music, oration and dance; all of which have the desired goal of providing the tools necessary for better outreach to their peers and ultimately, to their community.

D.I.V.A.S allows the youth to develop their skills and embrace the Arts and gives them the opportunity to be positive role models for others.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



Tae Kwon Do

The Tae Kwon Do Program was developed in an effort to help youth practice self-discipline and ethics, while learning the importance of self-preservation, character forming and leadership skills. PAL provides safe activities for our youth. Taekwondo is a modern martial art, characterized by its fast, high and spinning kicks. This ancient Korean activity assists in the training of our youth to perform better both physically and mentally, become better citizens and ultimately better role models as they engage in friendly competition of defense tactics thus finding harmony with nature, community and self.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons



Executive Internship Program

The Executive Internship Program is a partnership with Miami Dade County Public Schools that gives our youth the opportunity to explore their career endeavors while developing the necessary skills to succeed in the working world. The youth participate in an unpaid internship in the area of their choice and experience firsthand what is needed to succeed and develop new skills.

The EI program gives our youth the opportunity to explore career options first hand, to build a network of professionals and gain professional experience, all while earning a grade. This program will better equip our youth to make informed decisions about their chosen career paths.

For more information, call the North Miami Police Athletic League (PAL) at 305-891-0294 ext. 23200

Filling Playgrounds not Prisons