



STAR/PAL Overview

STAR/PAL brings youth & law enforcement together today...to build safer communities tomorrow.

STAR/PAL (Sports Training, Academics, Recreation/Police Athletic League) is a nonprofit organization which provides over 10,000 youth services every year in inner-city and underserved areas of San Diego. Through its multi-dimensional, law enforcement related programming, STAR/PAL assists youth to stay in school and realize their potential to succeed, thereby decreasing juvenile delinquency and improving the quality of life for thousands in San Diego.

STAR/PAL MISSION: “The mission of STAR/PAL is to inspire and aid the youth of greater San Diego to make positive life choices through active participation in educational, athletic and recreational activities in collaboration with community partners.”

GOALS

- ◆ Keep our youth in school.
- ◆ Contribute to the decrease in juvenile crime & violence.
- ◆ Develop positive relationships between young people and role models from the entire community.
- ◆ Provide positive and structured leisure time opportunities and encourage youth participation.

STAR/PAL HISTORY:

Initially two separate entities, the San Diego PAL Chapter was founded in 1988 and primarily served county areas whereas the STAR organization came into existence in 1993 to focus its programmatic efforts within city boundaries. The two organizations merged in April of 1998, representing the alignment of city, county, and community efforts. The unification of programs, staff, volunteers, and the Board of Directors sought to ensure that all youth in the region have similar opportunities to participate and reap the benefits of youth programming with law enforcement officers, firefighters and community leaders. All STAR/PAL Program Directors are law enforcement officers who educate youth about the dangers of juvenile crime and violence.

THE STAR/PAL FACILITY:

The STAR/PAL facility is located in the East City Heights area of San Diego in Colina Del Sol Park. This facility includes the STAR/PAL Youth Center that offers free after-school and summer programming, as well as administrative offices for STAR/PAL staff which include police and probation personnel. This facility also has conference rooms where STAR/PAL connects with community partners, and serves as a “hub” for the STAR/PAL team to readily interact with neighborhood youth and help engage them in positive activities. By having law enforcement personnel available to address juvenile crime activity ranging from truancy and graffiti to gang activity and assaults, STAR/PAL has provided a resource for all youth and families that want to safely enjoy our community park. This presence has allowed a direct and closer relationship with the East City Heights community which in turn, allows for greater organizational sustainability.

STAR/PAL CONTACT INFORMATION:

4110 54th St. (located in Colina Del Sol Park), San Diego, CA 92105

Phone: 619-531-2718

www.starpal.org



STAR/PAL Board of Directors and Trustees

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Robert Watkins	President, R.J. Watkins & Company
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STAR/PAL Program Information

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Youth Center Programming

The STAR/PAL Youth Center offers free youth programming after school and during the summer months in the East City Heights area where the STAR/PAL facility is located. The majority of the youth participants enrolled at the STAR/PAL Youth Center are between 10 and 14 years of age. During the school year, hundreds of youth walk through Colina Del Sol Park (where STAR/PAL resides) to and from five neighborhood schools. In partnership with local universities, college students volunteer and work at the STAR/PAL Youth Center, assisting underserved kids after school with their homework while being relatable and positive role models to them. STAR/PAL Program Directors are all law enforcement officers who provide additional programs after school which focus on fitness/sports, cultural awareness, life skills, conflict resolution, and crime prevention topics in conjunction with the daily tutoring provided at the Youth Center. During the summer months, the Youth Center provides a variety of daily activities...swimming, surfing, kayaking, hiking, arts & crafts, educational field trips, and community projects.

Educational Programs

Crime Prevention Presentations: STAR/PAL officers provide many presentations during the school year in partnership with San Diego Unified School District to teach high school students about how to safeguard themselves from bullying, using drugs & alcohol, gang violence, as well as sexual assault.

GirL-E, Leadership & Empowerment: STAR/PAL offers a 6-week curriculum for high school girls (including those in the juvenile justice system) discussing self-esteem, healthy relationships & choices, nutrition, as well as goal setting.

InterACTION, A Law Enforcement & Theatre Program: This 10-week program brings law enforcement officers and teaching artists from the La Jolla Playhouse together inside the classroom. This curriculum was designed to assist students to learn the necessary tools to make positive life choices, using theater as a medium.

Kids, Cops & Cameras: This year-round program teams up professional photographers, police officers and volunteers to help youth learn about the art of photography by capturing the heart of their communities while understanding neighborhood beauty and blight.

KIDZWATCH Academies: This year-round program is offered to youth and their parents in both English and Spanish, teaching participants about important safety issues.

Teen-LEAP (Leadership, Empowerment, Awareness Program): This 10-session program encourages middle-school students to be effective leaders within their schools and communities. By engaging teens in new experiences which give them the tools to be leaders, the program hopes to promote awareness about community issues as well as civic involvement to address them.

Athletic Programs

Jr. Chargers Training Camps: Hundreds of youth learn the basics of football and a healthy lifestyle through exercise and following academic goals in partnership with the San Diego Chargers.

Summer Baseball/Softball: Inner-city league that serves over 700 boys and girls during the summer months in partnership with the San Diego Park & Recreation Department, which culminates in a city-wide championship.

Fundamental Skills Clinics: Teaching basic skills for soccer, surfing, and basketball.

San Diego Padres Baseball Camps: STAR/PAL teams up with the San Diego Padres to offer hundreds of boys and girls the opportunity to learn the basics of playing baseball as well as attend a Padres game at Petco Park.

Summer Golf: Partnership with Pro-Kids Golf where STAR/PAL volunteers take youth participants to local golf courses for further instruction and mentoring.

Recreational Programs

Deep-Sea Fishing: STAR/PAL offers trips in the summer months for kids to experience deep-sea fishing for the first time.

Field Trips for Kids: STAR/PAL receives thousands of tickets for sporting events, theater productions, museums and much more for inner-city youth. Thanks to Ticketmaster San Diego for their partnership and years of support with the “Tickets for Kids” program, as well as many other charitable organizations, STAR/PAL has been able to provide thousands of youth with opportunities otherwise not afforded to them.

Lake Fishing: STAR/PAL’s Annual Fishing Derby invites 500 local San Diego youth to go fishing at Chollas Lake in City Heights for the day. All participants receive Junior Fishing Licenses, event t-shirts, a BBQ lunch (cooked up courtesy of local firefighters), and fishing poles to take home. Volunteers for this event include San Diego law enforcement officers, firefighters, San Diego Fish & Game, and the San Diego Fly Fishers Group. This event strives to introduce hundreds of youth to local resources to encourage future fishing activities.

Outdoor Excursions: STAR/PAL offers outdoor excursions which include hiking, surfing, kayaking and other trips to local destinations in San Diego County.

Sailing Regatta: Law enforcement officers (both retired and active duty) and volunteers bring out their boats and provide their sailing expertise while they take youth sailing for this friendly half-day regatta that includes t-shirts and a picnic lunch. The San Diego Harbor Police Department partners with STAR/PAL for this event by providing water cannon demonstrations and police boat tours.

Holiday Programs

Shop with a Cop: STAR/PAL participates in the Annual Shop with a Cop, selecting 300 youth participants for this event.

“The Grinch” Production: Thanks to the Old Globe, STAR/PAL coordinates this event with 600 inner-city elementary students enjoying this amazing theatrical experience.

Toy Drives: STAR/PAL partners with the San Diego Unified School District Police Department, community groups, and sponsors to coordinate toy drives and provide needy families with toys, giveaways, and holiday cheer.

Please see www.starpal.org for more information!