



325 Main Street, Port Washington NY 11050

[www.pwpal.org](http://www.pwpal.org) / [pwpalinfo@gmail.com](mailto:pwpalinfo@gmail.com) / 516 965 9883

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### **PW PAL 2018 SPRING SPORTS**

Port Washington PAL is a 70 year-old not-for-profit youth sports organization continuously operating in Port Washington, in the heart of Town on Main Street adjacent to the Town Dock. We are again offering professionally run Spring Sports programs for athletes age 4-18 and volunteer and service opportunities for High School students. Full descriptions, registration, and payment options are all available on our web site, [www.pwpal.org](http://www.pwpal.org) Scholarships available in all our programs.

#### **\$49 D-Backs Softball Programs**

**This special program is for players at 6U, 8U, 10U.**

The only year round, professionally coached, competitive, town based travel program in the area. The D-Backs Softball Experience is a simple model: Start at the youngest ages and teach the fundamentals of the Sport BUT do that utilizing experienced, age appropriate instructors. Use special age appropriate equipment and rules and instill a passion for the sport.

#### **PW PAL D-Backs Fast-Pitch Softball We don't make cuts, we make players**

Teams at 12U,14U, 16U. Year round including Summer travel. Get the D-Backs Softball experience and join one of the most successful programs in the area. Coached by accomplished high level professionals with experience from youngest players through elite international competition yet striking a balance between local intra-mural little leagues and full-blown cut-throat travel programs. We believe that Sports for kids should put their needs first, developmental and otherwise. The D-Backs are "kid-centric." Learn to play the game the right way, instill a love for the sport into every player, bond with your teammates and then the fact that we also have great on-field success is truly secondary.

#### **PW PAL T-Ball, Basketball Clinics, Soccer and Tennis**

PW PAL tailors these programs toward the emerging athlete, those just showing an interest in the sport. The focus is on skill development and turning that interest into a passion. Only professional, qualified, instructors run our programs. Each program features instruction and games at each session.

#### **PW PAL Monday Night Flag Football**

Spring 2018 we offer the only outdoor program around. Jamel Ramsey, former professional football player, former head coach Schreiber HS, current head coach Nassau Community College runs the program. Learn proper fundamentals so you can continue to play the sport without fear of injury.

#### **Parent involvement**

We welcome all parent volunteers to be involved in our programs under the guidance of our professional instructors. We believe that both children and parents want parents to be involved, we also believe that the best model is along side a professional, impartial, Coach. If you are unable to volunteer, please support your child by rooting them on in a positive way!



### **\$49 GIRLS FAST PITCH SOFTBALL for 6U & 8U**

program best enjoyed by girls age 8 and younger as of September 1, 2017. All teams play an age appropriate schedule and age appropriate game rules. All teams are trained by accomplished high level professional coaches. Parents are needed to assist with younger teams. All volunteer Coaches must attend a PAL Coaching seminar and pass a background check. Open to all regardless of location, ability, experience level, or any other program you may be part of.

Spring Season starts with optional 4-Week Spring Training Sunday's from 10-12 starting March 4<sup>th</sup> @ Frozen Ropes Syosset. Outdoor practices Thursday afternoon 4-530 starting April 5<sup>th</sup>, outdoor season starts April 7, intramural games start April 14. Games Saturday afternoon (times vary). Professional coaches run practice, Volunteer parents manage the games. HS Varsity athletes as Assistant Coaches. Certified Umpires at all games. All parents and Umpires must attend a training session. All volunteers must pass a background check.

**PRACTICE:** Thursday 4-530 **GAMES:** Saturday afternoon **Fee:** \$49 all inclusive. Equipment available if needed.

### **10U, 12U, & 14U COMPETITIVE GIRLS TRAVEL SOFTBALL**

program best enjoyed by girls age 14 and younger as of September 1, 2017. If you are not a regular HS Varsity player, you should be playing for an additional team to develop your skills. Open to all dedicated Softball players regardless of location, ability, experience level, or any other program you may be part of. Scholarships available.

Join the PAL D-Backs, the very best girls softball program anywhere. Three-peat Long Island Champions, back to back RGMV Champions, 2015 NJBL Champions, the list could go on and on! If you are a serious Softball player, this is the program for you. Spring Season starts with optional 4-Week Spring Training Sunday's from 10-12 starting March 4<sup>th</sup> @ Frozen Ropes Syosset. Outdoor practices Thursday starting April 5<sup>th</sup> Register early and reserve your spot, ***We don't make cuts, we make players***

**10U & 12U Practice:** Tuesday & Thursday 6-730 pm (players must be at 1 practice per week)

**14U Practice** Tuesday & Thursday 7- 9 pm (players must be at 1 practice per week)

**Game Schedule:** varies, mostly Saturday and Sundays with occasional weeknights, 14U exclusively Sunday afternoon. **Fee: 10U \$49 12U \$175.00, 14U \$250**

### **10 and Under Tennis**

program best enjoyed by boys and girls new to the sport

**DAY:** Sunday starting April 8, 2018

**LOCATION:** PAL Field (325 Main Street)

**TIME:** 830 am – 930 am

**FEE:** \$225

Rob Weidenbaum, certified Tennis Pro returns again to run this incredible program. Focus is on learning the basic skills needed to play at higher levels while instilling a passion for the sport.



### **PAL T-BALL For Boys & Girls**

**program best suited for all athletes in pre-k through 1<sup>st</sup> grade**

**DAY:** Sunday starting April 8, 2018

**LOCATION:** PAL Field (325 Main Street)

**TIME:** 9 - 10 am

**FEE:** \$175

The Legendary Lou Santos and his Diamond Pro's Coaches run the program assisted by local HS athletes. Learn all the skills needed to continue in Baseball or Softball. The focus is on fundamentals of throwing, hitting, fielding and knowledge of the game. Program is clinic style with mini games at each session. Additional Saturday afternoon sessions will be added if necessary.

### **PAL SOCCER For Boys & Girls**

**program best enjoyed by all athletes in pre-k through 3<sup>rd</sup> grade**

**DAY:** Sunday starting April 8, 2018

**LOCATION:** PAL Field (325 Main Street)

**TIME:** 930 - 10:15 (Kicking Kiddies),

10:30- 11:45 (8U Small Sided Soccer) **FEE:** \$175

PW PAL provides professional coaches that truly teach the skills necessary to master the sport of Soccer. If learning in a fun, kid friendly, professional environment is an important consideration, this is the program for you. Program is clinic style with mini games at each session.

### **MONDAY NIGHT FLAG FOOTBALL**

**program best enjoyed by athletes in 5<sup>th</sup> - 9<sup>th</sup> Grade**

**DAY:** Monday Starting April 9, 2018

**LOCATION:** PAL Field (325 Main Street)

**TIME:** 7 – 9 pm. Game times may vary

**FEE:** \$149

Program directed by Jamel Ramsey, former Professional Football Player, former Schreiber HS Head Varsity Coach, current Nassau Community College Head Football Coach.

1<sup>st</sup> 4 weeks of season will feature instruction and evaluation. Following that, teams will be formed and games played. Teams will be coached by NCC Football players.

### **BASKETBALL SKILL CLINICS**

**6-week programs best enjoyed by boys or girls 3<sup>rd</sup> grade and up**

**DAY:** Sunday starting April 22, 2018 **TIME:** 10 – 11 am **LOCATION:** PAL Basketball Court (325 Main Street) **GIRLS** on the North Court, **BOYS** on the SOUTH court **FEE:** \$125

### **ADVANCED BASKETBALL SKILLS CLINIC**

**6-Week program enjoyed by boys and girls in 6<sup>th</sup> – 8<sup>th</sup> Grade**

**DAY:** Sunday starting April 22, 2018 **TIME:** 11 am – 12 pm **LOCATION:** PAL Basketball Court (325 Main Street) **GIRLS** on the North Court, **BOYS** on the SOUTH court **FEE:** \$125

Space is limited and only guaranteed with complete registration. You may reserve a spot by emailing [pwpalinfo@gmail.com](mailto:pwpalinfo@gmail.com) or register on-line at [www.pwpal.org](http://www.pwpal.org). Full program descriptions also available on the website. Scholarships available in all programs. Exact schedules subject to final enrollment.

## PAL REGISTRATION FORM

**PROGRAM: (Sport and Age)** \_\_\_\_\_

CHILDS NAME \_\_\_\_\_

PARENTS NAME(S) \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_

DATE of BIRTH \_\_\_\_\_

GRADE/SCHOOL \_\_\_\_\_

EMERGENCY CONTACT & NUMBER:

\_\_\_\_\_  
*I give my child permission to participate in an activity sponsored by the Port Washington PAL. I hereby acknowledge that my child is physically able to participate in this program. I will not hold the Port Washington PAL responsible for any incident or injury that may occur while participating with the Port Washington PAL. I consent to any emergency medical treatment of my son/daughter and hereby assume responsibility for payment for such treatment. I hereby give my permission to PW PAL to use photographs and video taken during the games and events in any manner to help promote the league activities. Such use could include publications, media releases, public announcements, electronic or otherwise, and on league websites or social media pages. I agree that neither I, nor the above listed minor, will receive any compensation for such use. I agree that such image is the property of PW PAL.*

\_\_\_\_\_  
*Parent or Guardian Signature*

\_\_\_\_\_  
*Date*

Register by mailing to PAL – 325 MAIN STREET PORT WASHINGTON NY 11050, or on-line at [www.pwpal.org](http://www.pwpal.org)

*SCHOLARSHIPS AVAILABLE IF NEEDED, PLEASE SPEAK TO US PRIVATELY. INSTALLMENT PAYMENT PLANS AVAILABLE. VOLUNTEER PARENT PARTICIPATION ALWAYS WELCOME UNDER THE DIRECTION AND SUPERVISION OF OUR COACHING STAFF.*

I want to volunteer as an Assistant Coach for the following sport \_\_\_\_\_;

I want to volunteer as an administrator for following sport \_\_\_\_\_;

**Note that schedules may change slightly due to registration fluctuations, please register early.**

**Optional Additional Donation:** PAL is a 501(c)3 NOT-FOR-PROFIT organization and receives no tax payer assistance for its programs. Please consider a tax deductible donation of any amount along with your registration. Donation Enclosed \$ \_\_\_\_\_

**FULL DESCRIPTION OF ALL PROGRAMS AT [WWW.PWPAL.ORG](http://WWW.PWPAL.ORG)**