

Children growing up today are exposed to multiple negative influences including drug and alcohol abuse, gun violence, gangs and peer pressure that are detrimental to their health and safety.

Suffolk County Police Athletic League coaches and volunteers are some of the most influential adults in the lives of young athletes. In conjunction with parents and teachers, coaches often play a key role in helping children grow into responsible adults. As such, PAL coaches are in a unique position to recognize and refer children who need assistance.

Please be extremely vigilant for unusual behavior displayed by youths involved in PAL programs. Marked changes in attitude, personality or behavior may be indicative of a more serious problem, as might changes in attendance and/or performance. Also be alert for the display of antisocial behavior, bullying, or manifestations of prejudice and/or bias. In addition to the resources listed below, your PAL police coordinator is available to assist you with referring a child for help and should be contacted immediately if it is believed a child may be in need.

The Suffolk County Police Community Outreach Commanding Officer is Lt. Bob Donohue, who can be reached at (office) 631- 852-6530 or (cell) 631-312-4900. The PAL officers are Mike Harvey (631-905-1356), Bill Henry (631-905-1051), Danny Rella (631-566-8571) or Rich Gorgone (631-905-9906)

There are many resources available to help children in need, including:

- Suicide Prevention Hotline 1-800-273-TALK (8255)
- Response Hotline of Suffolk County (631) 751-7500
(Free crisis counseling/referrals)
- Response Hotline (Spanish-speaking) (631) 751-7423
- Mental Health Information Hotline (631) 952-3333
- Hispanic Counseling Center (631) 328-4959
- Alanon/Alateen 1-888-425-2666
- Narcotics Anonymous 1-800-477-6291
- Long Island Gay and Lesbian Youth (631) 665-2300
- Families Anonymous (516) 221-0303
- Suffolk County Human Rights Commission (631) 853-5480

Please remember that to confidentially report a tip and assist the police in making an arrest for prior criminal acts, you can call Crime Stoppers 1-800-220-TIPS, visit www.Tipsubmit.com or text "SCPD" and your message to CRIMES (274637). **If help is needed in an emergency, always dial 911.**

Thank you for your attention and dedication to this critical matter.

Lt. Bob Donohue
Suffolk County Police Department Community Outreach Bureau
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donohrob@suffolkcountyny.gov

Suffolk County Police Athletic League Player's and Parents Ethics Pledge

Player's name:

The Suffolk County Police Athletic League has adopted a zero tolerance policy for violence. This includes physical acts of violence, threats of violence or threatening behavior. A violation committed by any participant (player, coach, referee), parent or fan, will result in immediate expulsion for the league and a fine to the organization from which he/she belongs. The following will bring to your attention the type of behavior we hope and expect from our parents. Please read, sign and follow the pledge for a safe and enjoyable season for your child.

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game or practice.
2. I will emphasize skill, development and practices and how they benefit my child over winning.
3. I will refrain from coaching my child or others during games and practices unless I am an official coach.
4. I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.
5. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
6. I will support my organization, our coaches and officials working with my child, to encourage a positive and very enjoyable experience for everyone.
7. I will demand a sports environment for my child that is free of drugs, tobacco and alcohol and will refrain from their use at all Suffolk County P.A.L. sporting events.
8. I will ask my child to treat other players, coaches, officials and fans with respect regardless of race, sex, creed or ability.
9. I will respect the officials and their authority during games and will not question, discuss or confront coaches at the game field. I will speak with coaches at an agreed time and place.
10. I will not engage in any unsportsmanlike conduct with any official, coach, player or parent, such as booing and taunting, refusing to shake hands, or using profane language or gestures.
11. I will help my child enjoy this experience by doing whatever I can, such as being a respectful fan, becoming an assistant coach, provide transportation, anything you can do that's Positive.
12. Let the coaches' coach – let the officials officiate and above anything else; LET THE CHILDREN PLAY.
13. I will be responsible for the conduct of all guests that I bring to my child's game.
14. I will remember that this is just a game. Let your child dream his own dreams, let your child PLAY and have fun.

Thank you for your cooperation and have a great season.

Parent/Guardian please print name here:

Parent/Guardian please sign name here:

PLAYER'S CODE OF ETHICS

I will encourage good sportsmanship from my fellow participants at every game and practice by demonstrating good sportsmanship.

I will attend every practice and game that I can and will notify my coaches if I cannot

I will do my best to listen and learn from coaches.

I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed or abilities and I expect to be treated accordingly.

I deserve to have fun during my P.A.L. experience and I will tell my parents or coaches if it stops being fun.

I will encourage my parents to be involved with my activity in some capacity because it is important to me.

I will do my best in school.

I will remember that my participation in P.A.L. is an opportunity to learn and have fun.

Player's Signature: