



# Lincoln Park Police Athletic League

P.O. Box 391  
Lincoln Park, N.J. 07035

## September 2016 - Edition

### **PAL Executive Board (2015-2016)**

Matt Madsen - President  
Keith Delaporte - Vice President  
Colleen Brogan - Treasurer  
Amy Seise - Recording Secretary  
Sue Volante - Corresponding Secretary  
Mike Runfeldt - Director

Cathy Adubato - Trustee  
Anthony Cabalar - Trustee  
Donna Elefante - Trustee  
Kim LoMonaco - Trustee  
Susan Osias - Trustee  
Kathy Pizzo - Trustee

### **General PAL News -**

#### **GENERAL MEETING**

You are invited to attend the next General PAL meeting, which will be held on **Wednesday, October 24th at 8 pm** in the PAL Building, everyone is invited! Come find out how, when, why and who makes the decisions that affect PAL sports. Your input is valuable and needed.

#### **FOOTBALL**

Director, Jim Herbek



### ***Let's Go Raiders!!!***

Saturday, Oct. 1st	Away vs. Fair Lawn
Saturday, Oct. 8th	Home vs. Kinnelon
Saturday, Oct. 15th	Home vs. Totowa
Saturday, Oct. 22nd	Away vs. Glen Rock
Saturday, Oct. 29th	Home vs. Franklin Lakes
Saturday, Nov. 5th	Away vs. Pequannock
TBD	Playoffs
TBD	Consolation Playoffs hosted by Lincoln Park
TBD	SUPERBOWL



Please consider spending 1 hour per month to benefit the young athletes of Lincoln Park. New members = fresh ideas = improved programs. If you have any questions, please send an e-mail to [info@lppal.org](mailto:info@lppal.org) and it will be forwarded to the appropriate person.

For more information about any of the Lincoln Park PAL Sports programs please visit our website at [www.lppal.org](http://www.lppal.org) or send us an e-mail at [info@lppal.org](mailto:info@lppal.org).

#### ***Bicycle Helmets***

So many of our children are spotted around town riding their bikes without helmets. Please remind your children of the danger they face on the roads with distracted motorists and let them know that if the strap is not secured it will not help them should they fall or get hit by a car.





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## **CHEER**

Director,  
Maylu Santiago-Fajardo



We are so happy and excited that our weekend of our 2016 Football /Cheer Season has begun! Our Cheerleaders did a fabulous job and performed beautifully at the game on Saturday.

It is evident that all the practice and hard work of our August practice season didn't go unnoticed! We are so proud of our cheerleaders and coaches, and very appreciative of the loyal support and participation of our parents. Without everyone working together, it would not be possible.

Thank you also to everyone for your cooperation and support in making Picture Day on Saturday such a smooth event.

Our Pep Rally was a true success all the squads performed beautifully!!! Thank you to all that came out to support our football/cheerleaders on Friday evening!

Shop Rite Fall Festival Lincoln Park Raiders Cheerleaders performed once again this year. The Cheerleaders performed both of their routines for LP community!

Upcoming Fundraisers:  
Painting with a Twist- Monday, September 26th  
7pm-9pm

California Pizza Kitchen-CPK Friday, October 28th

We hope and pray for a great season! We are looking forward to yet another successful fun weekend filled with many exciting activities, cheer and of course football!



CONGRATULATIONS to our girls who made the LP Raiders Competition Squads 2016:

### **A Squad (10 Girls)**

Bleona Abazi	Isabella Morales
Angelina DeMarco	Angelina Oliveras
Kaitlyn Doyle	Lauren Pereira
Simona Fazliu	Ashley Scavone
Christina Kurtz	Kira Vrabel

### **B Squad (16 Girls)**

Ariana Abazi	Brooke Morris
Tami Adedeji	Catie Rooney
Elysia Esposito	Samantha Sanchez
Alanisse Freire	Ashlee Sparer
Julia Jakimas	Emily Shearer
Samantha Kitchell	Deniz Turan
Erika Lomakin	Ariana Valente
Natalie Maione	Liliana Vucenovic

### **C Squad (12 Girls)**

Sema Amankasoglu	Jessica Knichel
Emily Ehrhardt	Samira Kupa
Yzabella Fajardo	Sierra Medina
Julia Fongaro	Grace Morreale
Lilliana Fazliu	Danielle Smith
Laila Heykoop	Charlotte Stager

GREAT JOB!!!

Cheers!!!  
Maylu Fajardo  
LP-Raiders Cheer Director'16

## **SOCCER**

Director, Mike Iapoce

The Fall travel soccer season has started! Good luck to all of our teams this season.

We are still looking for some travel players born in the following years:

2009/10  
2007  
2004/05

If interested, please send an email to [soccer@lppal.org](mailto:soccer@lppal.org)



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### **IN TOWN PAL BASEBALL/SOFTBALL**

Director, Anthony Cabalar

### **TRAVEL BASEBALL**

Look for 2017 Blue Devil tryout dates and info during the month of October.

### **TRAVEL SOFTBALL**

Director, Matt Madsen

The Lincoln Park Angels Travel Softball teams will be holding player evaluations on October 8<sup>th</sup> at Lanes Field #1, exact times for each team listed below. Anyone interested should come down to the fields with their cleats and a glove to run through some drills and to find out what the Angels are all about. Roster spots are limited but we currently have openings on all 3 teams for next season. The age groups and times for October 8<sup>th</sup> are as follows:



Noon: 10U – Born in 2006, 2007 or younger.

10 AM: 12U – Born in 2004 or 2005

11 AM: 14U – Born in 2002 Or 2003

Please visit our web site at [www.lpangels.com](http://www.lpangels.com) to learn more about the program. If you have any questions or are unable to make the October 8<sup>th</sup> tryouts due to a scheduling conflict, please contact [CoachRory@lpangels.com](mailto:CoachRory@lpangels.com)

### **BASKETBALL**

Director, Keith Delaporte

As we head into the fall season sports and the kids are back in school, winter will be here and that means basketball season. So here are some important dates:

*EAT, SLEEP, PLAY*  
**BASKETBALL**

### **Travel try outs:**

October 8th Girls tryouts in the PAL

4pm 6th graders as well as 3, 4, 5 graders  
5pm 7th graders  
6pm 8th graders

October 9th Boys tryouts in the PAL

1pm 8th grade  
2pm 4th grade  
3pm 5th grade  
4pm 6th grade  
5pm 7th grade  
6pm 3rd grade

If you cannot make it please let me know and I will make arrangements for the individual to try out.

Also Rec basketball signups are coming!

Important dates:

In the PAL Meeting room:

October 25 6 to 8  
October 29 9 to 12  
November 1 6 to 8

Above the PAL snack stand:

November 5th 9 to 12

Any questions feel free to email me at [keithdelaporte@optonline.net](mailto:keithdelaporte@optonline.net).

