Dear Parents,

Our children are the future of this great country and they need to be nurtured. PAL provides a safe environment to learn and play sports. The great game of football fosters sound physical conditioning, teamwork, discipline, respect, responsibility and life lessons.

The anti-hazing, bullying and gang workshops will be offered during this special week by the:

Suffolk County Police Department along with PoliceSmart

Every camper will also be exposed to every position of the game. Step by step instruction followed by progressive contact will give them the opportunity to practice the techniques they have been taught. Our mission is that every camper will come away with a greater comprehension of the game and understanding of why football is the greatest game played.

Looking forward to coaching you at the camp:  

Ray Carere  
Youth Football Chairman
THE 411 ON THE CAMP

This is a full contact camp for any child from ages 7-14.

All players must have football equipment which includes: Helmet, Shoulder Pads, Hip, Knee and Thigh Pads. All players must wear a Jersey, Molded Rubber Cleats, Mouthpiece, Football Pants and an Athletic Supporter.

All PAL campers can get their equipment through their local organizations on the equipment dates provided by your organization.

Days 1 & 2 Helmet, T-Shirt, Shorts and Molded Cleats or Sneakers.

Days 3, 4 & 5 Contact Days, Full Equipment.

A nutritious lunch will be provided for all campers each day.

In addition, The Camp Store will be open with a variety of items including mouthpieces, sweatshirts, football jerseys, t-shirts, camp bags, beverages and snacks.

A camp account can be set up on the first day to allow your camper to purchase items during the week without having to carry money.