



THE PAL WAY

The St. John's County Police Athletic League is character based, relationship driven program. The goal is to provide young people who come through this program with the foundation and motivation to excel in their lives. This is done THE PAL WAY. This is defined by a set of core values which emboldens our youth to take on the challenges of the world and become successful, law-abiding citizens. These values have nothing to do with ability or talent, but with a mindset. Here at St. John's PAL, it is More Than A Game, it is a way of life.

Core Values

Attitude:

*"Ability is what you're capable of doing. Motivation determines what you do.
Attitude determines how well you do it".*

Lou Holtz

In many cases, our attitude will determine a positive or negative outcome. School, work, sports, and relationships will not always be easy. Life is full of challenges and our attitude will dictate our results. PAL is a "cup half full" organization. Our youth will learn what it means to have a positive, resilient attitude. In the midst of struggle, we will appreciate the situation, but push through with a tangible enthusiasm to succeed.

Effort:

"Continuous effort, not strength or intelligence, is the key to unlocking our potential".

Winston Churchill

One of few objects we have control over in this world is our effort. Rarely do individuals look back and wish they had not worked so hard. In contrast, they wished they had worked harder. We live in a society where the emphasis is decreasing on good old fashioned hard work. Our youth, coaches, volunteers, and staff are expected to put forth their best in everything they do. Whether at school, work, or on the field, our young people will put forth an effort which will shine above the rest. Effort is of the utmost importance to this program. Individual and team success will hinge on the relentless pursuit of excellence through hard work.

Integrity:

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.

W. Clement Stone

If there is one character trait to lay the foundation of our program, it is integrity. This encompasses goodness, courage, honesty, kindness, generosity, and heart. As important as effort and attitude are, our moral obligation to these is held in the highest respect. It is not about just being kind for a reward, but being kind for it is the right thing to do. Our youth are exposed to many difficult decisions. We strive to provide them with the ability to make informed, good choices. These choices are not always the most popular, but the moral courage to stay strong in your beliefs is the sign of a true leader. It is not about what we do when others are around, but what we do when they are not. That is the true essence of integrity. It is a deep rooted belief in the greater good of the world. This is not something which can be measured, but it can be felt.

Community:

“Individual commitment to a group effort. That is what makes a team work, a company work, a society work, a civilization work”.

Vince Lombardi

A community is defined by a feeling of fellowship with others, as a result of sharing common attitudes, interest, and goals. Being a member of the PAL community entails a level of pride and respect for one another. Our ultimate goal is to work as one unit to positively affect those around us and produce a brighter future. Teamwork is thus paramount to our success. Only so much can be accomplished as an individual. The expectation is that the youth and volunteers will learn to work together and foster a mentality of group achievement.