

## Activities, Events and Community Service



- Life After High School
- Sacramento Experience
- SnoPALS
- Off-Roads
- Watsonville Air Show
- Santa Cruz County Fair
- San Diego County Law Enforcement Explorer Academy
- Various Professional Sporting Events:
  - San Francisco Giants
  - Golden State Warriors
  - San Jose Earthquakes
- Tae Kwon Do Tournaments
- Mother's Day Run
- Day in the Sky at the Watsonville Airport
- Pebble Beach AT&T Golf Tournament



### Watsonville P.A.L.

**PAL Director - Coresta Salas**  
Police Activities League  
215 Union Street, Watsonville, CA 95076  
(831) 763-4146  
[www.watsonvillepal.org](http://www.watsonvillepal.org)  
[www.facebook.com/WatsonvillePALCoresta](http://www.facebook.com/WatsonvillePALCoresta)

### Watsonville Police Department

**215 Union Street**  
**Watsonville, CA 95076**  
[www.watsonvillepolice.com](http://www.watsonvillepolice.com)

**Business Phone: (831) 768-3300**  
**Non-Emergency Dispatch: (831) 471-1151**



## Watsonville Police Department

## Drug Prevention



**P.A.L.**

# What is P.A.L.

PAL participants are active: The Watsonville Police Activities League (PAL) is a youth crime prevention program that relies on educational, athletic, and other recreational activities to cement a bond among police officers, recreation leaders, youth and their parents

## Mission of Watsonville P.A.L.



The mission of California PAL is uniting law enforcement and communities by providing youth programs which develop discipline, positive self-image, mutual trust and respect.

## Goal of P.A.L.

The WPD P.A.L. program is dedicated to the youth of the community, and providing them with activities which will keep them active, off the streets, and grow into bright, innovative and successful leaders.

## Watsonville Police Activities Include:



- Girly Girl Kickboxing & Girly Girl Self Defense. These were created to inform and equip women and teen girls with the knowledge and tools to avoid becoming a victim of an attack. Major focus on awareness & prevention, boundary setting, verbal defense and specific scenarios are used to give women and teen girls the advantage in dealing effectively against an attack situation.
- Aikido
- *TaeKwon Do and Judo*
- Brazilian Jujitsu
- Golf in partnership with the S.C. Co. Junior Golf Assoc. and Hook a Kid on Golf to bring each participant insight into the world of golf, designed to provide long and short term goal projections.
- Youth Leadership Academy



# Watsonville Police Cadets

The Watsonville Police Department in association with P.A.L. is committed to maintaining an outstanding career training program for its Police Cadets. The individuals personal initiative is the most decisive factor in his or her success.



## Purpose

- To recruit qualified young adults who have an interest in law enforcement.
- To teach the policies and procedures of the WPD related to law enforcement.
- To develop leadership qualities.
- To improve relations between the police, young people and the community.
- To assist Watsonville Police Department when called upon.

## Eligibility

- Must be at least 14 years old and be in high school or not more than 20 years of age.
- No serious medical problems.
- No extensive criminal background
- Under 18 years of age requires parental consent
- Must have an interest in law enforcement
- Must Maintain a minimum of a 2.0/ "C"