



Danbury PAL

Spring 2021 Newsletter



Coping with Covid

Like most non-profits, the Danbury PAL is forging back with programs returning to 100% effectiveness. In June of 2020 the Danbury PAL created a "Re-Open Plan."

The plan was created to serve as a tactical guide to best protect program participants, their families, fans, our employees and all other constituents associated with a PAL program. The plan was created based on recommendation from the state of Connecticut as well as additional guidance from the CDC as well as peer youth and recreation organizations. All decisions were developed, reviewed, and updated by our Infrastructure Committee.

How was the PAL affected? In MANY ways! But to give you a few examples. . .softball fields were closed limiting our softball program, our swim program was paused, our 8-week Summer Fun and Experience youth program had to be cancelled. We did manage to host Yoga & Zumba classes virtually for 8 weeks as well as a "Morning Rec Program" for kids. All 15 Youth programs were effected but we stayed optimistic and used the downtime effectively. We completed a thorough deep cleaning of the PAL by a professional cleaning company, ordered appropriate personal protective equipment (PPE), sanitizing equipment and successfully obtained a "Reopen CT Badge."

COVID-19 Vaccines are coming to your neighborhood!



We all have a role in protecting each other! Vaccines are safe and effective, and help us save lives. Get your free COVID-19 vaccines at:



Danbury PAL
35 Hayestown Road
Danbury, CT 06811
May 3rd, 4th, 6th & 7th
10:00 am – 4:30 pm



For more information, call 211 or visit ct.gov/covidvaccine. For guests who are deaf or hard of hearing, call 711





Fundraising & Programs

On Oct. 6th, we successfully held our 20th annual Danbury PAL Golf outing at Richter Park featuring several businesses from the greater Danbury community who all adhered to socially distant protocols.



During the month of October, we also introduced a new collaboration with Danbury Youth Services where we teamed up for our new Youth Empowerment Program where HS students reinforce positive behavior promoting Social Justice. Covid did force another setback in December where we were unable to host our Holiday Hoops Basketball Classic but we have bounced back nicely. 2021 began with optimism as travel softball continued with off-season workouts following strict rules from the CDC. Travel basketball began practicing under strict covid guidelines for their upcoming season in the FCBL. Our Martial Arts tenants returned under strict covid prevention guidelines. Our girls' in-house basketball program returned with a six-week clinic. We partnered with HAT CITY for a six-week youth basketball clinic. After a long hiatus, our wrestling program returned under strict guidelines and as recently as May 3-7th with the help of the Danbury Health Department, we partnered with the **Griffin Health Mobile Vaccine Unit** to turn the PAL into a destination to receive Pfizer vaccination shots!



THANKSGIVING FOOD DRIVE

This past November, the PAL collaborated with the Community Action Agency of Western Connecticut where the PAL facility and parking lot became home base to volunteers who distributed food baskets to over 100 Danbury families for Thanksgiving.



Danbury Dolphins Swim Program

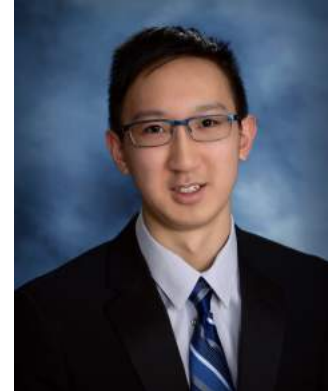
Meet the Coaches!

The Danbury Dolphins Swim Program is a competitive summer swim program for swimmers of all levels. For more information, go to <https://danburydolphins.webstarts.com/> or danburydolphins@hotmail.com

Coach Andrew: Andrew is currently a student at the University of Connecticut studying Civil Engineering. The 4-Year swimmer at Danbury High School Swim Team finished his career at DHS as team Captain. He also swam for a CT Swim/USA Swim Team from 2007-2019 and was a proud member of the Danbury Dolphin Swim Team for 11 years which eventually led to him volunteering as a coaching assistant for several years. Andrew is very excited to be taking on a new roll yet again with the team as head coach this year!



Coach Micah: Micah is a student at Cornell University studying Civil Engineering. He was a member of the Danbury High School Swim team all four years. He was named the CIAC Scholar-Athlete for DHS his senior year for his outstanding academic achievements and strong swimming ability. Micah also swam for a CT Swim/USA Swim Team for many years and has been coaching since 2019 for the Danbury Dolphins.



Coach Ali: Alexandra is currently a junior at Danbury HS where she is the captain of the DHS Varsity Girls Swim Team. She has been swimming with a CT Swim/USA Swim Team for 11 years. In 2019 she was recognized by Connecticut Swimming as a "Scholar Athlete" for her hard work in the pool and in the classroom. In addition, she has been a member of the Danbury Dolphins Swim Team since 2011. Her compassion and leadership in the pool helped her to be awarded the **Daniel Barden Adventure Scholarship** in 2018. She chose the PAL Danbury Dolphins as her charity of choice to receive a generous financial gift - helping the team even more! Alexandra will be swimming with the team one last year, but will also take on a roll as assistant coach, continuing to spread her love of the sport with younger swimmers.



What's Next?

Summer Fun & Experience 2021

After a one-year hiatus, the Danbury PAL Summer Fun & Experience 2021 is slated to run from **June 21st to Aug. 20th**. The program invites campers 4-12 years old to come for a full day of fun activities. We offer a variety of activities from team sports to recreational games to arts & crafts as well as educational trips. We aim for campers to try activities they might not have the ability to based on socioeconomic factors. Our program includes healthy choice program, teaching campers to make healthy life choices. The PAL staff coordinates activities to focus on topics each week including teamwork, STEM, etc.

DANBURY PAL SUMMER FUN & EXPERIENCE

MONDAY-FRIDAY
9 WEEKS
JUNE 21st - AUGUST 20th

Open Rain or Shine
NO COMMITMENTS

Open To Grades K - 7th

Camp Hours (9am-3pm) \$185 per/wk

Extended Hours (8am-4pm) \$225 per/wk

OUR ACTIVITIES
Recreational, Sports, Arts & Crafts, Board Games, Swimming, Movie Days, Etc.

Access To Hatters Park & Lake Candlewood

Three Field Trips TBD

Multi-Child Special - \$25 Off Per/Week

Early Bird Special - \$10 Off Per/Week If Sign-up Before Memorial Day

Call for more info **203-778-4725** or visit our website **www.DanburyPAL.org**

Your Donations are Appreciated!

I would be happy to support PAL and the families it serves with a gift for the following amount:

Please Check Donation Amount Below (for other list amount):

- | | |
|---|----------------------------------|
| _____ \$25 General Donation | _____ \$50 New Program Equipment |
| _____ \$100 Help fund maintenance of Facility | _____ \$250 Keep PAL Operating |
| _____ \$500 Three-Week Sponsor of a Camper | \$ _____ Any Amount Helps |

Please charge my credit card using the information provided below:

First Name: _____ Last Name: _____
Street Address: _____ City: _____ ST: _____ Zip: _____
Email: _____ Phone _____
CC# _____ Exp. _____ CSV # _____
Signature: _____

Please make checks payable to Danbury PAL

You may also make a gift online by visiting <http://danburypal.org/> - just click the "Donate Now" button.