

Online or by mail

Registration: Nov. 21 - Dec. 16 2024

Firm Deadline: December 16, 2024

Practice & Games March ~ May

PAL Lacrosse 2025

Registration:

Online visit riverheadrecreation.net

Paper registrations in PAL Vestibule or PDF's available at townofriverheadny.gov, Departments, Police, PAL

Boys - Current Grades K-8

Girls - Current Grades K-8

Players placed on separate Boys & Girls teams based on their & grade level in the current school year.

Local practices on weekday evenings beginning early/mid March in Riverhead area.

Games played on Sunday beginning end of March through end of May.

Teams travel through Suffolk County. Half of games played in Riverhead and half at various fields through Suffolk County.



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Riverhead Police Athletic League is a non-profit organization that provides organized sports programs for children 5-13 years of age.

Sports registrations are located in the **PAL Vestibule at the Riverhead Police Department** for sports currently registering.

Check your child's backpack or Parent Square!



Current sport registration flyers are sent home from school.

Check your child's elementary school Virtual Backpack or ParentSquare for current PAL Sports programs and clinics at riverhead.net

You may also visit the website below for current information:

townofriverheadny.gov
Departments, Police, PAL

**Riverhead Juvenile Aid Bureau
PAL Police Athletic League**
210 Howell Avenue
Riverhead, NY 11901
631-727-4500 x273

Riverhead Police Athletic League

**Spring, Summer,
Fall or Winter**



PAL has a Sport for You !

Lacrosse

PAL Bike Rodeo

Football

Cheerleading

Soccer

Visit townofriverheadny.gov
Departments, Police, PAL
for current registration information.

Spring PAL Bike Rodeo

Obstacle bike course !

2 wheel riders only, must bring and wear helmet!

Registration:

FREE for Riverhead Town Residents
Register on day of event in the Spring

**Boys & Girls
in Current Grades K-6**



Place: Stotzky Park
Columbus Avenue
Riverhead

8:30 AM—11:30 AM

Bikes & Prizes awarded to
Top winners in each age group!

Date: TBD - May 2025

**Bring your bike & helmet and
get ready for some fun!**

Registration TBD - Early Spring 2025

Deadline - TBD

Practice mid July ~ November
Games September ~ November



PAL Football Registration:

Check flyer for place / date / time

Age 5-8 as of December 1st of current year.
Age 9-11 as of September 1st of current year.

Practice Tues. & Thurs. evenings @ Stotzky Park
Sunday games at various fields throughout
Suffolk County.

and. . .

PAL Cheerleading



Registration: TBD Early Spring 2025
In Person ONLY

check flyer for place / date / time
First Come, First Served.

Girls entering Grades 2-6 in Sept. of current year.
Practice Tues. & Thurs. evenings.
Cheering at ALL Sunday PAL Football home
and away games at various fields throughout
Suffolk County.

Registration Online

riverheadrecreation.net, mail or drop

off at PAL Office

June ~ July 31, 2024

Deadline July 31, 2024

Training & Games Sept. ~ October



PAL Soccer

**In conjunction with
SUSA**

Check flyer from school
distributed in June for
registration detail.

Training: Weekday evenings @
Riley Avenue School.

Sunday Games @ Stotzky Park.

