



LAPRAAC

CLUB NEWS

FALL 2014
www.lapraac.com

**SPECIAL SPORTS
awards EDITION**





LOS ANGELES POLICE REVOLVER AND ATHLETIC CLUB

PO BOX 861148, Los Angeles, CA 90086-1148
Telephone 323-221-5222 • Fax 323-222-5949

John Incontro
President

November 13, 2014

Ruben Holguin
Vice President

Re: LAPRAAC's New Website

Kathy Meek
Treasurer

Dear Members,

Martee Miyakawa
Secretary

Los Angeles Police Revolver & Athletic Club, Inc (LAPRAAC), has been working hard to provide you a new and improved website.

Rick Santos
Director

Over the past few months we have been diligently working to build a better web experience. We realized that our existing website, just like the Academy, needed a facelift. We think you will find the layout of the new site to be more enjoyable to use and much easier to navigate.

Vic Su'apa'ia
Director

Steve Estrada
Director

In addition to the new look and feel, you will also notice a much anticipated new feature. Through our "Retail Stores" page you will now have the option to shop on-line through our sister organization, Los Angeles Police Academy Revitalization Alliance (LAPARA). Our on-line store is starting with just some of the favorites, but it will continue to grow over time. So please visit us at www.LAPRAAC.com soon to see what everyone will be talking about.

Tim Colomey
Director

Ivan Ramos
Director

Sincerely,

Brenda Crump
Director

LOS ANGELES POLICE REVOLVER
AND ATHLETIC CLUB, INC.

Jeff Bert
Director

By

Ruben Crane
General Manager

MESSAGE FROM THE PRESIDENT



John Incontro

This newsletter celebrates the accomplishments of LAPRAAC's finest athletes, teams, and our Hall of Fame Inductees for 2014. Unlike past years we have decided to forgo the annual Sports Awards Night and recognize all of the awardees for 2014 through this special edition of our Fall Newsletter. This decision was based on several factors, primarily the closure of the Academy and the cost to relocate the event to a different venue.

Our Hall of Fame Inductees for 2014 go to Todd Rheingold and Tom Jones, two amazing individuals who accomplished significant athletic achievements during their careers with the Los Angeles Police Department. Todd has participated in so many different sports, from running, football, softball, basketball to several others. He has been a leader on and off the field in those sports and as a police officer. Many of us remember him as a SWAT officer, but most of us know him as a gentleman

and mentor. I first met Todd at 0600 on March 5, 1979 while standing on a black line in the Academy Gym. He was one of the peer leaders for our class and continued that leadership on each of the teams he participated with and each of the divisions he was assigned. Congratulations Todd.

Tom Jones has participated in LAPRAAC athletics for 40 years from 1973 until 2013. His records in rowing are still on the books and have not been matched. Tom participated in both the California Police Olympics and California Police Summer Games. He earned Gold Medals and other recognition in Tennis, Racquetball and Softball. Additionally, he was a past Athlete of the Year in 1975. During his tenure with the Department he was known for his honest and supportive leadership. I was fortunate to serve with Tom at Metro and see his leadership in action. Upon his retirement, Tom served as the LAPRAAC Athletic Director where he served the Club in an exemplary manner. Thank you Tom! The LAPRAAC Board of Directors congratulates you for your extraordinary athletic accomplishments.

This year was the first year of a new partnership with the Los Angeles Dodgers that allowed us to play the softball finals on the field at Dodger Stadium. I want to congratulate the

2014 Winners, Red Davis Champions, Southeast Area and the Larry Moore Champions, Pacific Area. The finals were exciting for the teams along with the family and friends who enjoyed a great day at the Stadium. To all of you, thank you for supporting your teams.

Again, the Intra-Departmental Basketball League produced great competition between all of the participating teams. I want to congratulate the teams that participated and in particular the 2014 Champions, Wilshire, Southeast, Devonshire/Mission, Southwest Areas and Training Division.

Additionally, congratulations go out to the winner of the Spring Pump and Run competition, Wilshire Area and the Flag Football Champions, Southwest Area. To the Wayne Otis Golf Champions, Trevor Schultz, Mike Hall, Vikram Walia and Jim Sanchez, thank you for your outstanding accomplishments this year.

The Chief's Award goes to the LAPD Centurions Baseball Team. This award recognizes the team or individual who best represents the Department to the public. The team has continued to support youth programs in Los Angeles. Each of the team members are outstanding ambassadors for baseball and the Los Angeles Police Department.

The LAPRAAC Trophy is awarded to Brendy Ponce for his continued excellence in boxing and as a leader to all in this sport. His tireless efforts in sport of all involved in boxing is exemplary and he clearly earned this recognition.

Nancy Dyer was an outstanding athlete, cop and human being. She was an example of leadership, professionalism and dedication. To remember Nancy and to recognize the Outstanding Athletes of the Year. This Year's winners are Natalie Plascencia and Harry Davis. Natalie has been a solid competitor in various athletic events and this year she took on the effort of starting the 2014 LAPRAAC Crossfit Team. This was a significant undertaking and has resulted in a 20-person team competing this year.

Harry Davis, a long time legend with the LAPD Trap and Skeet Team, starting the team in 1972. He is the premier shotgun shooter in LAPD history. He has won hundreds if not thousands of competitions but most importantly he has been an outstanding instructor for those in the sport and as a Firearms Instructor for the Department.

To our other award winners, thank you for your excellent accomplishments, support and leadership. The Brass Award is given to Captain Kathy Meek, Barry Greenberg Award to Steve Getzoff, and the Intra-Departmental Coach & Player of the Year recognizes Scott Burkett.



Hall of Fame Inductees

Todd Rheingold & Tom Jones

Entrance is accorded a LAPRAAC member who has devoted time and effort to the Department's athletic program(s), as coach, manager, or participant, and has received notable athletic achievements while a member of the Los Angeles Police Department.

Todd Rheingold

30 Years of LAPD/LAPRAAC athletic accomplishments:

1980's: Southeast/77th Combo-Flag Football team member; Southeast-Death Valley Relay team member, 2nd place; Hollenbeck/Rampart Combo-Intradepartmental Flag Football League Champs, runner-ups, Hollenbeck-Intradepartmental Basketball multiple leagues champs & runner ups; Department Intradepartmental Basketball All-Star player, several times; Hollenbeck Basketball Team, which defeated the NFL'S Los Angeles Raiders Football Team in two celebrity basketball games and included NFL All Pro Hall of Fame player Howie Long as well as other notable athletes. The Raiders were 61 & 0 at the time in celebrity vs police matches; Hollenbeck-Softball Team Member; LAPD Centurions Team Member, undefeated for several years; LAPD Department, 5 on 5 Basketball Team, CA Police Olympics, Gold, Silver, Bronze Medals; LAPD Department, 5 on 5 Basketball Nevada State Games, Silver Medal; LAPD Department, 5 on 5 Basketball Arizona State Games, Silver Medal, Hollenbeck Death Valley Relay Team Champs, top three finishes, several times; Hollenbeck Baker to Vegas Challenge Cup, Belt Buckle Champs and top five finishes several times. While awaiting the Department 5 on 5 championship game against Memphis Fire, and as a spectator watching the LAPD track team compete, Todd was called out of the stands to run the Senior's 4 x 100 meter relay. Without any relay/sprint experience, Todd took second place in the Police and Fire World Games. And, only a couple of hours later won the Gold Medal in 5 on 5 Basketball; Participated in the Memorial run every year; LAPRAAC Athlete of the Year.



1990's: Training Division-Intradepartmental Basketball Team Member, several top 4 finishes in league play; Department Intradepartmental 'All-Star,' several times; LAPD Department, 5 on 5 Basketball-CA Police Olympic Golf, Silver, and Bronze Medals; LAPD Department, 5 on 5 Police & Fire World Games, Gold, Silver Medals; LAPD Department, 3 on 3 Police & Fire World Games, Gold, Silver Medals; LAPD (TCA) Toughest Cop Alive Team Competition, First Place; Training/Air Support Division Combo, Baker to Vegas Challenge Cup Relay Team Member, several second place and top five finishes; Metro Division-Baker to Vegas Challenge Cup Team Member, several top 5 finishes; Metro Division-Intradepartmental Basketball Team Member, League Champs, runner-ups; participated in the Memorial Run; LAPRAAC-Athletic of the Year, second time; LAPRAAC-Sportsman of the Year.

2000's: LAPD Department, 3 on 3 Police & Fire Games, Silver & Bronze medals; Metro Division-Intradepartmental Basketball Team Member, League Champs and runner ups; Metro Division-Indepartmental Player/Coach; Metro Division-Baker to Vegas Challenge Cup Team Member, several top 5 finishes; participated in the Memorial Run; Metro Division-Baker to Vegas Challenge Cup Team Member-ran the relay in full SWAT gear in honor and remembrance of fallen SWAT Officer Randy Simmons and helped raise over \$40,000 for the disabled children at L.A. Orthopedic Hospital.

Tom Jones



Tom Rowed and Coached the LAPD Rowing Team from 1974 to 1990. Each of those years the team was the Gold Medal Winner with Coxswain and Mens Pair. Tom and Ed Arneson retain the record for the fastest time in Men's Pair; along with never losing a race in the Men's Pair in the California Police Olympics. Tom was a Gold Medal Winner in Mixed Open 4 (two men and two women) from 1978 to 1990. LAPRAAC Athlete of the Year in 1975; White Softball Team Member, 1984-1987; Gray Softball Team Member 1996-1997; California Police Olympics, Modesto-Doubles Racquetball; California Police Summer Games, Sacramento-Tennis Team

Intradepartmental Flag Football from 1973 to 1984, won the championship, while a member of the Southwest Team, played both Tight End and D End; Intradepartmental Basketball from 1973 to 2013, won the Al Nelson Championship with Central in 1985; B League Champion five times while a member of the Metro Basketball team from 1996 to 2001; LAPRAAC Hardball Team Member, 1974, 1975 & 1976; LAPRAAC Softball Team

Member from 1976 to 2013; Team Member of the Red Davis Champion Team three times while assigned to Metro; Team Member of the Northeast Death Valley Relay Team, placed 2nd in 1980; From 1988 to 1996 was a team member of the Baker to Vegas Challenge Cup Relay Teams of Rampart, Newton, Hollenbeck and Metro; Police Memorial Run-Team Member of the Heavyweight Team, Champs four times, and Team Member of the Supervisor Team once; Intradepartmental Volleyball, Newton & Hollenbeck, from 1989 to 1994; Coach of the Softball Teams at Rampart, Newton, Hollenbeck, OSB Crash, and OCB Crash; Coach of the Basketball Teams at OCB Crash, Rampart, Newton, Hollenbeck, DSD, and GOSD; LAPRAAC 2013 Racquetball Tournament Doubles, won Second Place while planning and organizing the tournament.

Tom was the Athletic Director for LAPRAAC from 2007 to 2013. During this time he was instrumental in the growth of all sports in the LAPRAAC Athletic Program. He, along with Assistant AD Randy Yang, upgraded and modernized the LAPRAAC Weight Room, and together with LAPRAAC Director Steve Estrada began the Top Gun Shooting Challenge.

Brass Award

Kathy Meek



Presented to an individual the rank of Captain or above who openly promotes physical fitness and LAPRAAC/LAPD sports in a division or throughout the Department..

Captain Kathy Meek is currently the Commanding Officer at South Traffic Division. In her 28 years on the Department, and as a LAPRAAC member, she has participated in Baker to Vegas over 20 times, 5 times as a member of the elite Women's Team. She has represented LAPD and LAPRAAC in numerous cross country races across the United States and at the Police and Fire Western Games. As a Commanding Officer, she has been supportive of LAPRAAC Athletic programs and employee wellness in general. She has employees who are engaged in individual as well as team sports. She works with her employees to allow them time to participate in team practices and to adjust their work schedules

to attend games and events. Captain Meek supports her personnel by attending intramural basketball and softball games, as well as Centurion football games, and cheering on her teams. Captain Meek supports employee wellness of all of her employees, working to upgrade the Divisional weight room, encouraging participation in LAPRA Fitness Challenge and scheduling Wellness Days for her Division.

Barry Greenberg Award

Steve Getzoff



Given to an individual, sworn or civilian, in recognition of outstanding service, dedication and support of the LAPRAAC athletic program.

Steve has been a supporter of LAPRAAC and the LAPD Centurion Football Team for the better part of 17 years. He currently sits on the Board of Directors for the football team and has multiple responsibilities. He is responsible for keeping the financial records for the team, maintaining the team's 501(c)(3) status as a charitable organization, helping to raise donations and services for the football team and for the team's designated charity - The Blind Children's Center, the victims of the 9-11 tragedy, the Ronald McDonald House, the American Red Cross and other charitable entities in need of money and support for their missions. In addition, Steve has given several thousand dollars of his own money to support the team and its efforts on the field, as well as given money in support of the Centurion Golf tournament. The LAPD Centurions would not have been able to operate without his help this past year, and his continued support of the team. He is an invaluable asset and has clearly demonstrated himself to be an ardent supporter of the Centurions and of LAPRAAC.

In addition to his dedication to the Centurions, Steve is also a board member with the Police Unity Tour, is a reserve officer assigned to the Employee Assistance Unit and helps employees in difficult times, and is a reserve specialist as part of the LAPD Financial Counseling Team. In addition, Steve has volunteered for many years with the LAPD with forensic accounting for cases involving fraud and theft. His dedication and commitment are without question and he is truly deserving of this prestigious award.

Chief's Award

2014 LAPD Centurions Baseball Team

This award is given to an individual or team who has given their time and effort to represent the LAPD to the public and/or news media in a favorable light and/or has attained an outstanding athletic feat or victory in their sport.

2014 Team Roster:

Manager: Michael Scott #42,

Coach: Juan Soriano #11,

Players: Avila, Rene #5-C, IF,

Bocanegra, Oscar #22-P, Chacon,

Jaime #32-1B, Corona, Cesar #24-P,

Corralejo, Paul #29-OF, Dunn, Merrill

#17-P, OF, Figueroa, Robert #10-IF,

Gallo, Oscar #15-OF, 1B, Garcia,

Jose #25-OF, P, Hernandez, Ernesto

#21-IF, P, Hunt, Jeremy #12-OF,

Jolicoeur, James #35-P, Lewis, Cody

#2-OF, Macias, Steven #4-OF, Martin,

William #38-P, Magpoc, Noel #3-IF,

Maynard, Jacob #27-1B, Mojarro,

Martin #31-P, Mota, Luis #23-IF, P,

Ortiz, Vincent #43-IF, P, Pagliassotto,

Bryan #14-IF, OF, Poole, Jeffrey #13-IF, OF, Reuser, Chad #20-IF, OF, Rios, Daniel #34-OF, Salazar, Javier #33-C, Santiago, Christopher #30-P,

Thomas, Justin #28-P, Tumbeiro, Jimmy #8-IF



The LAPD Centurions Baseball Team has had a very successful 2014 season that was highlighted this year when they put on their LAPD Baseball Swing-A-Thon Event. This event brought the team together with youth groups from across the City for a day of free baseball and community activities. Former Dodger great Manny Mota joined the Centurions in putting on a free baseball clinic for kids. The event also included a free soccer clinic, interactive games, public safety displays, face painting booths, digital photo ID booth, free food and drinks, and giveaways for all the kids and their family members. The event ended with a 127 year rivalry baseball game, which put the LAPD Baseball Team vs. The L.A. Sheriffs Baseball Team. The event made the evening ABC7 Eyewitness newscast, the Daily-News and San Fernando Sun newspapers highlighted the event with full page articles. This annual event was just one way for the Centurions to give back to their community and help make a difference in the lives of our Los Angeles youth.

LAPRAAC Trophy

Brendy Ponce

The Los Angeles Police Revolver and Athletic Club Trophy is awarded to a team or individual that displays teamwork, camaraderie, desire, and ability in a given sport, and generates sportsmanship and goodwill in the process.

Over the past three to four years Brendy Ponce has shown a dramatic improvement in his boxing class of 175 lbs. His perfect 3-0 record while competing in the City of Hope Cancer Research Fundraiser boxing match, is a small glimpse of what makes him a great boxer. His dedication in and outside the ring exemplifies his achievement as one of LAPD boxing teams great boxers. While maintaining his duties as a Newton Gang Detective, Brendy still finds time to train with the team and always gives his full dedication to training. When asked to assist in supporting the team for boxing fundraisers he never hesitates to provide any assistance that he can offer.



The professionalism he exhibits when competing against other opponents is also never short of pride for the team and great sportsmanship. For his outstanding achievements, Brendy Ponce is the LAPRAAC Trophy Award Winner.

Nancy Dyer Sportsperson of the Year

Natalie Plascensia & Harry Davis

Presented to the most outstanding LAPRAAC athlete, coach, or sportsperson displaying athletic excellence, dignity, leadership, professionalism, values, and a superior dedication to others.

Natalie Plascensia

Natalie has participated in LAPD/LAPRAAC Sports for the past 15 years. She has medaled in the Toughest Competitor Alive in both the team and individual category for the past five years. She has participated in the Baker to Vegas Race, Memorial Run, Randy Simmons Run, and the Fitness Challenge. She has competed in the Triathlon, Cross Country, Track and field, Co-ed Softball at the United States Police and Fire Games.



Detective Plascensia is also a great leader. She has organized her Division into a regular morning workout program as well as participating in the Dirty Girl Mud Run this year. She honored fallen Officer Kathleen Talbot (Rampart) by participating with other Officers at the 2014 US Bank 75 foot stair climb.

Recently, Detective Plascensia became involved in Cross Fit. She embraced the culture and the benefits to her health and well being. She organized a LAPRAAC sponsored Cross Fit Team for the 2014 United States and had over 20 LAPD/LAPRAAC members compete. It was a huge undertaking, recruiting athletes, obtaining sponsorships for uniforms, and facilitating logistics is difficult. Doing it as a new team captain for a new event with 20 athletes, many who have never competed in the Olympics, is a monumental achievement.

In recognition of her outstanding dedication, participation and success, Natalie Plascensia is awarded the Nancy Dyer Sportsperson of the Year Award-Female.

Harry Davis

Harry Davis, 70 years young, has been a legend with the LAPD Trap & Skeet Team for several decades. He started shooting with the team in 1972 (42 years ago!) and served as the team captain during the late 1970's and early 1980's. He has amassed a box car full of medals and trophies for LAPD and LAPRAAC. His outstanding abilities with a shotgun were quite evident again this year in the Nevada and U.S. Championships when he assisted the team in capturing 70% of the team gold medals for LAPD.



Harry is the premier shooter of the team, continuously racking up the Top Gun and/or HOA (High Overall) awards in whatever competition he's in. He is well-known for his customary perfect games in skeet shooting (100x100) and no one from any other law enforcement agency can consistently compete with him. He was inducted into the LAPRAAC Hall of Fame in 2002 and without question, is the finest shotgun shooter that LAPD has ever had. A TRUE LIVING LEGEND!

His life-long tenacity and perseverance as a top gun shooter within LAPD has elevated him to this legendary status and it is only fitting that he be recognized for his dedication to the Department and to the shooting sports by awarding him with the Nancy Dyer Sportsperson of the Year Award-Male.

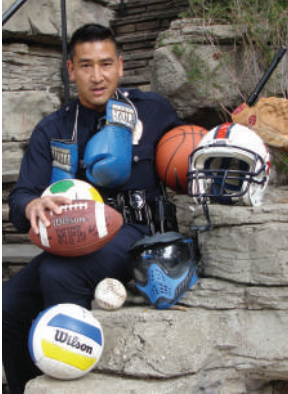
Bob Burke Trophy

Southeast Area

Given annually to the Area/Division that accumulates the most points during the year in athletic competition among Los Angeles Police Officers.

Intra-Departmental Coach & Player of the Year

Scott Burkett



This award is given to the **coach** who, above all others, commits his team to excellence, leads with enthusiasm, and sets the example of sportsmanship and fair play.

Scott plays in multiple sports representing Southeast Division as well as on LAPRAAC sponsored teams. Scott is the co-Captain of the back-to-back champions in the Basketball's "C" League, Flag Football Champions, and the Red Davis Softball Champions. He co-Captained the 2nd Place Elite bracket shooting team in the 2013 *Top Gun Competition* for a second straight year. Scott plays with the LAPRAAC Paintball team and helped bring home a gold medal from the games in San Diego. Scott consistently helps with the LAPRAAC Bench Press as a spotter and helps set-up the equipment for the competition. Scott without a doubt commits himself to helping all his teams win.

Grand Master Athlete of the Year (age 50+)

Andrew Castro & Brenda Crump

Male and/or Female athlete who has excelled in his or her sport over the past year.

Male - Andrew Castro



Andy is a 26 year veteran who has competed in the B2V Race for over 25 years. He anchored the Wilshire Team in 2013 and ran his leg, #20, in under 7.0 minutes a mile and finished 35th place overall at the age of 50

Castro also participated in the 2nd Annual Pump and Run competition. He is the FIRST person to complete the maximum 30 reps at his bodyweight. That coupled with a 4th overall finish pushed Andy into a first place medal in the 50+ age group. But it should be noted that Sgt. Castro also finished 1st overall in the age weighted scoring by over two minutes! Additionally, Andy recruited several of his young officers to compete in this event. With his leadership and example, Wilshire won the team event for most overall finishers.

Sgt. Castro competed in the U.S. Police & Fire Championships in 2014. He won Gold, 1st overall, in the demanding Toughest Competitor Alive Competition. he also recruited and participated in this event with his son, Matthew Castor-Hollenbeck Area. Matthew won the Silver in his age group and together they won a Silver in the 2-person team event. This was the first time a father/son has ever competed in this event! With 1 Gold and 3 Silvers they represent the reasons why athletics is more than competition. Andrew's leadership, participation and never give up attitude has reflected positively on his family, Department and Division. He is **MOST** deserving of the Grandmaster Male Athlete of the Year!

Female - Brenda Crump



Captain Brenda Crump is a prime example of a team member/coach and tremendous supporter of LAPRAAC programs throughout the last year and her career.

Brenda played on the Women's Soccer Team and Women's Basketball team. She won 2 silver medals in the Nevada Police and Fire Games this year in 3/3 and 5/5. She always demonstrated teamwork, leadership, sportsmanship, effort, optimism, and participation in every event. She agrees to do what is best for the team, shares the time on the field with other team members in order for everyone to have the opportunity to play, and offers opinions and motivation to help in the teams' improvement. Captain Crump does her best to participate in every game, encourages others to participate in tournaments and additional activities concerning the athletic teams.

She continues to lead by example by her commitment to her physical conditioning and skill. Captain Crump also remained supportive of all the officers that worked with and for her. Captain Crump retired this year, but continues to support the LAPRAAC Intradepartmental and athletic programs.

Daryl F. Gates Master Athlete of the Year Male (age 40-49)***William Sexton & Heather Kowalczyk***

Male and/or Female athlete who has excelled in his or her sport over the past year.

Male - William Sexton

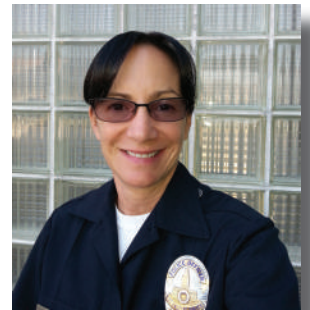
William, aka "Bill", has proven himself many times over on the field as well as off the field. He doesn't shy away from taking a leadership role within the team. During competition, he's not afraid to get into the action and stir things up. Because of his ability to move, shoot and communicate; the Paintball Team has been successful. As a result, he took GOLD at the 2013 games in San Diego and took SILVER in the 2014 San Diego games. As an example of his athletic ability, Bill ran to his bunker while shooting at the start of the game. He did not sit and wait, he moved to a forward bunker, then another and another. By the time the opposition stopped his rampage, Bill had made it to their 40-yard line. He caused the opposing players to concentrate on him. The rest of the team took advantage of Bills success and eliminated the opposition to win the game. Because of Bills field leadership, his team moved into the advanced category and the finals each year.



For his outstanding performance, Bill Sexton is the "Daryl F. Gates" Master Athlete of the Year.

Female - Heather Kowalczyk

Heather has been a member of the Department's Bowling Team since 2005. She has participated in numerous bowling tournaments and bowling events. She is a phenomenal bowler who carries a 197 bowling average. During her tenure with the Department's bowling team, she has represented the team at the World Games in Australia, the U.S. Police & Fire Championships at several locations including Ontario, Santa Clarita, & San Diego, and the Nevada Police & Fire Games in Las Vegas. She serves as the bowling team's "anchor bowler" for the Women's Team. Heather has assisted the team in winning several Gold and Silver medals and has won several individual gold medals for the "all events" category. In this year's Nevada Police and Fire Games, she won gold medals in singles, Doubles, Team, and the All Event categories. She is often tasked with competing with male counterparts because of her high average and oftentimes "out bowls" them. Heather has also represented the Department in several United States Bowling congress (USBC) Women's Championships where she has competed with thousands of women and has earned to honors in her division. She ranks in the top 20 places annually in the singles event. She taught her three children to bowl as junior bowlers. One son, who is currently a firefighter for San Jose, competes in the police and fire games, often times opposing Heather.

**Senior Athlete of the Year (age 30-39)*****Miguel Barragan & Dee Braxton***

Male and/or Female athlete who has excelled in his or her sport over the past year.

Male - Miguel Barragan

Mike began competing in triathlons five years ago after watching athletes in the swim-bike-run sport. Mike continually improved in performance and soon became a member of LAPRAAC's triathlon team. Since then he has competed in various triathlons throughout California, and made the United States Police and Fire Championships (USPFC) his priority race. Since competing in the USPFC, Mike has been on the podium several times receiving Gold, Silver, and Bronze medals. Mike's passion and dedication for the sport makes him one of the most valued team members due to his competitiveness and participation.

In the past years, Mike was selected to represent the LAPRAAC Triathlon Team at the prestigious Hansen Dam Agency Challenge Triathlon as one of three team members to compete as a relay team in the swim-bike-run event, which he gladly accepted.

Mike also competes in various individual cycling and running races and has proven to be a most valuable asset as he promotes team concepts through participation and encouragement among other team members.



Female - Dee Braxton



Dee Braxton had an amazing year of competing on two Intradepartmental Basketball Teams this year (Legal Affairs and CTD), has been a big presence on the Women's Basketball Team, and also competed on the Women's Softball Team and Bench Press Team at the United States Police and Fire Games (USPFG) and Nevada Police & Fire Games (NPFG).

In the USPFG, Dee won the gold medal playing on the Women's basketball team - five on five, won the gold medal in the bench press, and competed on the Women's Softball Team. In the NPFG, Dee won the silver medal in the bench press, silver medal on the Women's Basketball Teams -three on three and five on five, and the bronze medal playing of the Women's Softball Team. Dee has a great attitude and has a strong desire to work hard and win. Although not always easy, all the teams can depend on Dee to be there and to play a major role in their victories. For her accomplishments and team play, Dee

is awarded the Female Senior Athlete of the Year!

Open Athlete of the Year Male (age 29 & under)

Bryan Pagliassotto & Heather Herrera

Male and/or Female athlete who has excelled in his or her sport over the past year.

Male - Bryan Pagliassotto



Out of 30 Centurion Baseball players who signed up to play during the season, Bryan Pagliassotto came out and dominated the league. Pagliassotto is a rookie with the Centurions, but lead the team this season in RBI's, Batting Average (.463), base hits, singles, doubles, triples, and slugging percentage (.648). These numbers helped the Centurions win the 2014 Los Angeles City League Championship.

Pagliassotto is an outstanding athlete with speed and power. Starting season at the bottom of the Centurion's line-up, the Centurions quickly realized that Bryan was a lead off guy with the ability to turn a single into a double and steal bases without drawing a throw from a catcher at times.

For his commitment to excellence Bryan Pagliassotto is awarded the *Male Open Athlete of the Year, age 29 & under.*

Female - Heather Herrera



Heather Herrera has been the assisting captain of the LAPD/LAPRAAC Strikers Women's Soccer Team since the day the team was approved by LAPRAAC. She has been a tremendous help with the management of the team, a great leader who is dedicated to the team. Her contributions to the success of the team has been recruiting great players, assisting with organizing the team for games, obtaining uniforms for the team, and building bridges with other LAPRAAC athletic teams to participate with team in events within the LAPD communities. Heather has not only had an important role with the logistics of the management of the team, but she is also a dedicated and motivated player. Heather is one of the players who attends games excited and prepared to represent LAPRAAC. She has great soccer skills and is willing to pass her knowledge onto others when it is needed and without being asked. She always maintains a professional sportsmanship attitude on and off the field with her teammates as well as with opposing team players & coaches.

In addition to playing soccer for the LAPRAAC team, Heather maintains her excellent soccer skills and physical shape by running Baker to Vegas, participating in local community soccer teams, playing softball on the LAPD Force co-ed softball team, and running marathons to represent the Los Angeles Police Women.

The *Female Open Athlete of the Year, age 29 & under*, is awarded to Heather Herrera for all her hard work, athleticism, physical abilities, great soccer skills and dedication to the team.

**LAPRAAC Larry Moore
"B" Flight Softball Champions**

Pacific Area



**LAPRAAC Red Davis
"A" Flight Softball Champions**

Southeast Area



Intra-Departmental Flag Football Champions

Southwest



**LAPRAAC
Spring Pump & Run Champions**

Wilshire Area



LAPRAAC
ATHLETICS

**Intra-Departmental Danny Roberts
“D” League Basketball Champions**

Wilshire Area (Perry Jones)



**Intra-Departmental Anita Ortega
“C North” League Basketball Champions**

Southeast (Ruben Gonzales)



**Intra-Departmental Sterling Gordon
“C South” League Basketball Champions**

Devonshire/Mission



**Intra-Departmental Bill Ellis
“B” League Basketball Champions**

Southwest Area (Abraham Garcia)



**Intra-Departmental Al Nelson
“A” League Basketball Champions**

Training Division (Jelani Janisse)



LAPRAAC Golf - Wayne Otis Champions

***Club Champion
Trevor Schultz***



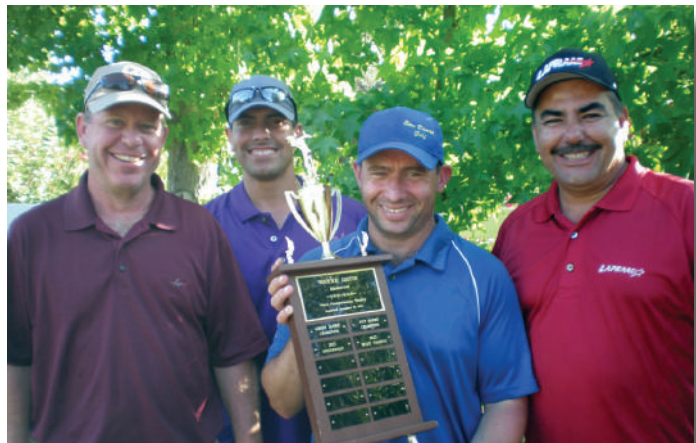
***"A" Flight Champion
Mike Hal***



***"B" Flight Champion
Vikram Walia***



***"D" Flight Champion
Jim Sanchez***



***Gross Score Winner - Van Nuys
(Tom Holzer, Armando Monarrez, Trevor Schultz)***



***Net Flight Champions - Foothill
(Leroy Alley, Steve Gomez, Tim Walia, Jesse Ojeda)***

OPEN

MONDAY THRU FRIDAY

7:30 AM TO 5:00PM

323-221-5222 Firearms X-208

Gift shop X-231



LAPRAAC

1855 NORTH ACADEMY DRIVE

Los Angeles, CA 90012

LOCATED INSIDE THE ELYSIAN

PARK TRAINING FACILITY

LAPD Journal
(UPC ST4123)

\$ 10.99



LAPD Cobalt Blue Mug

\$ 11.99



LAPD Car Charger
(UPC CPP3078)

\$ 3.50

LAPD Badge Keychain
(UPC 40000000148)

\$ 6.99



Plush Bear
(UPC)PBx01

\$ 12.95



LAPD Patrol Toy Car
(UPC 830715954226)

\$ 11.95



Makes a Perfect Gift!



Chocolate Ammo
(UPC 180657001008)

\$ 11.99



**LAPD Key Lanyard
w/ hook**
(UPC 40000000169)

\$ 4.95



LAPD Stylus Pen
(UPC G1239)

\$ 3.95

NEBO TOOLS

\$ 10.99

Larry Light 2 (UPC 645397929222)



LAPD Chocolate Badge
(UPC LAPDCHOCBG)

\$ 2.95



STREAMLIGHT

Stylist Pro
(UPC 080926661349)

\$ 49.99



Retail Stores (Gun Shop, Gift Shop & Uniform Shop) Are Open During Construction
Tailor On-site

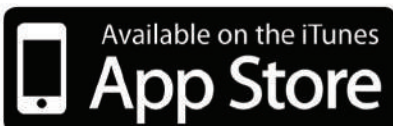
LOW PRICE GUARANTEE FOR LAPRAAC MEMBERS*



SIMPLY BETTER MOBILE

Stay in Control of Your Finances This Holiday Season with the LAPFCU app!

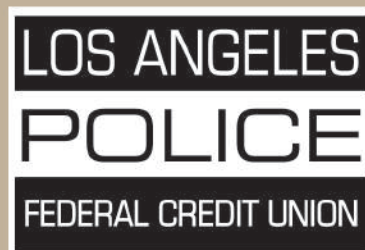
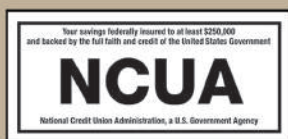
- Check your balances on your smartphone or tablet*
- ***Send money to anyone*****
- ***Deposit checks*** with your phone***
- Find the nearest branch or ATM
- Get alerts to monitor balances and more*



Download the LAPFCU App to your phone or tablet from the Apple Store, Google Play, or Kindle Fire.

Stay on top of your accounts and have a holiday season full of cheer! To learn more, visit **lapfcu.org** or call **877-MY-LAPFCU** (877-695-2732).

*Standard text message or data usage charges may apply. Check with your mobile service carrier for details. **Restrictions apply, ask for complete details. ***Member must be in good standing, 18 years of age or over, have an LAPFCU checking account and have had an account with us for 30 days or more. 1014-28





LAPRAAC News

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