



LAPRAAC

CLUB NEWS

SPRING 2019
www.lapraac.com

LAPD WOMEN B2V TEAM 1ST PLACE CHAMPIONS



See pages 6-8 for 2019 B2V highlights.



The Los Angeles Police Revolver and Athletic Club is a private club established more than 80 years ago by Los Angeles Police Officers as a training facility. LAPRAAC, is located at the Los Angeles Police Academy in Elysian Park and is full of Los Angeles Police Department history. It is the social outlet and fitness arm of the LAPD. LAPRAAC is governed by a Board of Directors comprised of sworn police officers elected by the membership.

LAPRAAC BOARD OF DIRECTORS

Rick Santos, President.....714.313.0048
 Martee Miyakawa, Vice President..... 323.561.3321
 Kathy Meek, Treasurer 213.804.9369
 Ivan Ramos, Secretary 213.305.4682
 Jeff Bert 213.804.3861
 Tim Colomey 213.305.4528
 Ruben Gonzalez 424.219.2326
 Ruben Holguin 323.221.5222 ext. 202
 Raymond Maltez..... 213.9245824
 Vic Su'apa'ia.....805.368.6659
 Chris Yamate.....626.624.3444
 Ruben Crane, General Manager 323.221.5222 x204

LAPRAAC operates the LAPRAAC Stores (Westchester and Elysian Park) including the Gift Shop, Gun Shop, and Uniform Shop; Café and Catering Service; and, Rock Garden & Lounge. Its athletic and recreational workout facilities are open 24-hours a day and include: weight room, swimming pool, locker rooms and showers, steam bath, tennis court, racquetball and handball courts, gymnasium and athletic field. LAPRAAC participates in 52 different sports throughout the year, including the Annual United States Police & Fire Championships and the bi-yearly World Police & Fire Games, and sponsors two major annual athletic events; Baker to Vegas Challenge Cup Relay; and the Police Memorial Relay Race.

LAPRAAC Club News is published by the Los Angeles Police Revolver and Athletic Club. All rights reserved.

E-mail Addresses:

General Manager: rcrane@lapraac.com
 Retail Operations Manager: drhoades@lapraac.com
 Gun Store Manager: aduenas@lapraac.com
 Athletic Director: abarragan@lapraac.com
 Member Services Coordinator: bginn@lapraac.com
 Food Service Director: quezada-michael@aramark.com
 Catering Manager: kirokian-maida@aramark.com

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LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

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MEMBERSHIP/MARKETING

Chris Yamate, Chair

FINANCE & AUDIT

Kathy Meek, Chair

ATHLETICS

Jeff Bert, Chair

SHOOTING ACTIVITIES

Chris Yamate, Chair

PROJECTS

Jeff Bert, Chair

LEGAL

Kathy Meek, Chair

BY-LAWS

Vic Su'apa'ia, Chair

FIREARMS AUDIT & COMPLIANCE

Tim Colomey, Chair

BAKER TO VEGAS

Ruben Gonzalez, Chair

ELECTION

Raymond Maltez, Chair

MEMORIAL RUN

Ivan Ramos, Chair

GENERAL INFORMATION

Los Angeles Police Revolver & Athletic Club, Inc.
 P.O. Box 861148, Los Angeles, CA 90086-1148

Hours

Gun Shop Mon-Fri 7:30 am - 5:00 pm
 Gift & Uniform Shop..... Mon-Fri 7:30 am - 5:00 pm
 Admin Office..... Mon-Fri 8:00 am - 4:00 pm
 LAPRAAC West Mon-Thu - 8:00 am - 3:30 pm
 Fri 7:30 am - 12:00 noon
 Cafe & Coffee Bar..... Mon-Fri 6:00 am - 2:00 pm

Important Phone Numbers

LAPRAAC (Main)323.221.5222
 Gun ShopExt. 206
 Uniform & Gift Shop.....Ext. 231
 AthleticsExt. 219 or 228
 Academy CafeExt. 224
 Academy Catering.....Ext. 226
 Cafe Office.....Ext. 227
 LAPRAAC Westchester (ARTC)310.649.5459



MESSAGE FROM THE PRESIDENT

By Rick Santos

Greetings LAPRAAC members,

The crack of the bat, the smell of fresh cut grass, and the roar of the crowd from our neighbors can only mean one thing, "Baker to Vegas" has come and gone. Yes, ladies and gentlemen it is spring time and our 35th Annual Baker to Vegas - Challenge Cup Relay was a great success. This year we had over 280 teams participate in our race. This was a spe-

cial year because not only was it our last year at The Westgate Hotel but it was Chuck Foote's last year as Race Coordinator. Thank you for everything Chuck, you are going to be missed.

Since we last spoke our interdepartmental basketball league has concluded. As usual it was another exciting season, just ask Ruben Gonzalez who hit the game winning shot for Southeast in their D-League Championship game. Oh, wait a minute, Ruben has probably already told you that story! In all seriousness great job by all the teams. Every league was extremely competitive.

Speaking of interdepartmental sports, Softball is underway. For all of you who can swing the bat and play the field like Cody Bellinger, reach out to your Divisional Team Captain

and join your divisional team.

This year LAPRAAC joined forces with Run to Remember-Los Angeles to pay tribute to our own fallen officers. The LAPRAAC Memorial Run/Run to Remember took place on April 7th. It was great to see several of our Officer's out on the race course. Not only was Command Staff on the course in uniform but our recruits were out there in platoon formation showing how bright the future of our Department is. The route went through the Fox Studios where a Memorial was on display of not only our officer's but all first responder's who lost their lives in the line of duty.

Spring time for LAPRAAC means it's election time. This is the time of the year, you as LAPRAAC members have an opportunity to make a differ-

ence in your Club. Make sure your voice is heard, vote for the candidate of your choice.

Lastly, I would like to thank all of you for allowing me to serve as your President this past year. My term as President comes to an end in June. Of course, there are hopes of once again having the opportunity to serve all of you but in case it does not happen, I want you to know what a pleasure it was. I took great pride in representing LAPRAAC at meetings and events. My goal was to always showcase what a great Club we have.

Thanks to all of you for your hard work, sportsmanship and professionalism, our club was easy to showcase. Thank you!



MESSAGE FROM THE GENERAL MANAGER

By Ruben Crane

Board of Directors Elections

Very soon you should be receiving your ballot for the 2019/2020 Board of Directors Elections. Please take the time to complete your ballot selections and submit them by the due date in the self addressed

stamped envelope provided. If you do not receive your ballot by the end of May, please contact LAPRAAC's Executive Assistant to the General Manager, Barbara Ginn at 323-221-5222 x202.

Catering at the Academy

Want to book an event in the lounge or need catering? Please contact our Food and Beverage Team to lock in your date. Space is always being booked so don't hesitate and lose your date. Contact Maida Kirokian at 323-221-5222 x226. She can handle all your needs from A to Z and provide you with a top notch event.

Pool

As the days get longer and warmer the use of the pool increases. Reservation of the pool is not allowed, only reservation of the BBQ grills. Please remember that if you want to use one of the BBQ grills you need to reserve it with Barbara Ginn at 323-221-5222 x202. Each grill can accommodate 10 people max and we allow you to reserve up to two grills. No outside catering or glass is allowed in the pool area. Lastly, we ask that you do not prop the gates open. Not only does it damage the springs that shut the gates, it is also a safety issue as

anyone, including kids, can walk in or out of the pool area.

continued on pg 2

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General Manager Message (continued)

United States Police and Fire Championships (USPFC)

The USPFC will again be hosted in San Diego this year. The event takes place from June 22 – 29, 2019. If you are a LAPRAAC Team member attending the games and looking to be reimbursed, please follow the below policy to ensure timely payment.

1. Ensure your team captain has approved your trip in advance
2. Maintain original receipts for all reimbursable items
3. All receipts must be dated no later than June 30, 2019
4. Complete the proper reimbursement form
download at <http://lapraac.org/wp-content/uploads/2018/07/Athletic-Reimbursement-Form.pdf>
5. Obtain your team captains signature on your reimbursement form. If you are the team captain you will need two additional signatures from team members
6. Attach original receipts to your reimbursement form
7. If the receipt does not have your name printed on it you will need to provide a copy of your credit card with all but the last four digits redacted.
8. If you pay cash you will need a receipt showing payment in full from the entity you purchased it from.
9. All expenses must show that they are paid in full, no quotes, or unpaid invoices will be accepted for reimbursement.
10. Submit your reimbursement package prior to July 8th.

If you have any questions, please contact the Athletic office before you go to the games. Alex can be reached at 323-221-5222 x228.

World Games – The 2019 World games will be held in Chengdu China this year. The games are set for August 8 – 18, 2019. If you have any questions about the World Games, please contact the CPAF at <http://www.cpaaf.org/5/>.



Michael Quezada
Food Service Director

We want to thank all of our customers and clients for their business and support. We appreciate and are so grateful for all of you, and will continue to enhance our menus and service so you can have an amazing experience at the Academy Café.

With the California Poppy

MESSAGE FROM OUR CAFE & CATERING

flowers and Peonies in full bloom, Spring is in full swing and the hot temperature will be steamy giving it a good time to plan your wedding, family gatherings, or any events outside at the Rock Garden. Please take advantage of the weather and call our fabulous Catering Event Coordinator Maida Kirokian for more information or tour around any of our 3 different venues.

If you are curious of that sweet BBQ smell in the cafe, it is one of our talented Chef's Teodoro Cervantes smoking up Tri Tip in our house smoker. Using our home made spice rub, Teodoro takes great pride in making sure his BBQ is always on point. But wait, BBQ is not the only thing we specialize in, our Pozole is the real deal made with authentic spices and our

Adobo Chicken comes from Teodoro's family recipes. Look out for more BBQ options and Mexican Tacos to come outside the Academy Café.

Calling out all Instructors, we deliver! If you want to have food catered or in individual containers be deliver to your classrooms. Please call one of our managers, Michael Quezada or Maida Kirokian, to have this arranged for you. We will customize a special to go-menu for your classrooms, and be delivered at the time of your request. Our to-go program has been popular and now we are expanding by providing Large Pizza and Salad specials. Please look for this information at the front of the café or call our office 323-221-5222 ext. 227 or ext. 226

Graduations

Weddings

Promotion Parties

Retirements

and more . . .

Contact Maida

for all of your

Event Planning at

323.221.5222

Ext. 226.



MAY 22

LAPRAAC FITNESS

SEMINAR

Officer Wellness/Fitness Seminar

This event will discuss the effects our Law Enforcement careers have had on both our physical and mental health. New strategies to prevent injuries and increase your overall health will be shared by some of the leading professionals in the law enforcement rehabilitation business.



**John Hofman – Law
Enforcement & Its
Effects on You**

**Dr. Michael Fanning –
The Spine**

**Dr. Horrigan –
Tactical Sports
Medicine**

**Injury Prevention for
Law Enforcement**

**Cost: Members \$20
Non-Members \$30**

* Speakers/topics subject to
change

LAPRAAC

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Elysian Park Academy
(323) 221-5222**

www.lapraac.org

May 22 0800 - 1200

MESSAGE FROM THE ATHLETIC DEPARTMENT

By Alex Barragan, Athletic Director



ID Basketball

I would like to thank all the players that participated in their individual division teams in making the season fun and competitive.

This year we had 31 teams in the entire league. During the playoffs we had several overtimes, and in some cases there were double and even sudden death games.

The winners of the 2018/2019 Intradepartment Basketball Season were OCB (A-League Champions), Topanga (B-League Champions), Mission (C-League Champions), and Southeast (D-League Champions).

Two of the championship games had to be decided by "IF" games. I can assure you that none of this championship games were given they,

were earned. A special thanks to all the team captains for showing resilience, adaptability, and flexibility throughout the entire season. None of this would be possible without the help from our referees Vonda Anderson, Jeff Logan and Natalie Alarid. Lets all continue to work collaboratively to maintain momentum and make next year even better.

OCB - A-League Champions



Topanga - B-League Champions



Mission - C-League Champions



Southeast - D-League Champions



41ST ANNUAL MEMORIAL RUN COMBINES WITH THE RUN TO REMEMBER-LA

This year the 41st Annual Memorial Run was in conjunction with the Run to Remember-Los Angeles.

The Los Angeles Police Department was well represented in honoring all of the officers who have given their lives in the line of duty at the event. A lot of the running participants were fresh out of the Baker to Vegas - Challenge Cup Relay and destined for redemption.

Team Captain Scott Lankford from the LAPD Elite Running Team came in first

with a half marathon time of 1:11:07.

He was also followed by team member Tim Colomey that came in overall third with a time of 1:27:04 in the half marathon. Coming in fourth place right behind Tim, in the half marathon was Jeff Bert with a time of 1:28:21. Toughest Cop Alive team captain Rick Santos was the first place winner in the 5k with a time of 23:00.

Thanks to all the LAPRAAC athletes that participated in the race and represented the LAPD.



Clockwise: Tim Colomey, Rick Santos, Jeff Bert, Scott Lankford

SPRING BENCH PRESS CONTEST - EVERY POUND COUNTS

This year we had a record breaking number of entries with 233 participants at the Annual Spring Bench Press Contest.

None of this would've been possible without the help from Patty Braendle, Susanne Grass and the whole Rampart family. Big thanks goes to the LAPD dragon boat racing team (Paddling Pigs) that assisted with spotting on the benches for the entire contest.

Divisions that brought teams were Rampart, Van Nuys, GND, Topanga, Southeast, Southwest, North Hollywood, Metro, Newton, and Foothill.

Once again the fall team champion, Rampart was the heavy favorite coming into the contest.



Tara Cioccia - West LA

GND team captain Anthony Lopez was determined to dethrone the champion by putting up the heaviest lift of the day at 420 lbs and set the momentum for the rest of the team. At the end

GND lifted away with a ten point lead and was awarded the spring bench press contest team championship.

The women were also well represented with 67 participants. First year participant Tara Cioccia (West LA) made a great impression with an attempt of 225 lbs Maricela Corral (Metro) had a strong performance with a final lift of 180 lbs along with Shannon Hale (Southeast) with a 170 lb lift.

SAVE THE DATES

Wellness Expo - EP Academy	May 22, 2019
STI Demo Shoot Day	May 22, 2019
Special Smith & Wesson Sale.....	Month of June
Softball League Championships - Field of Dreams, West Covina.....	June 11 & 12, 2019
US Police & Fire Championships - San Diego, CA	June 22-29, 2019
Elbeco Uniform Sale - EP Academy	July 17 & 18 and July 24 & 25, 2019
Nevada Police and Fire Games.....	July 30-August 4, 2019
World Police and Fire Games - China	August 8-18, 2019
3rd Annual Equipment Expo - EP Academy	August 10, 2018

B2V-Challenge Cup Relay 2019

Spring 2019 LAPRAAC NEWS



Top Left: Teams from the first flight start the 2019 B2V-Challenge Cup Relay.

Top Right: Spectators cheer the teams on.

Left, Right & Below: Runners pass the baton at the Exchange Points.



Left: Chuck Foote flanked by LASD Sheriff Villanueva and LAPD Chief Moore.

Right: Chuck runs the "Glory" leg for his "Ole Blue B2V Team"

*Below: Title Sponsor - LAPFCU
L-R: Carol Martin, Andre Plummer, Angelino Cayanan and Ed Hada.*



B2V-Challenge Cup Relay 2019



Left: Chief Moore speaks to the crowd at the Awards Ceremony.



Right: General Motors displays car at the B2V Vendor Show

Below: 2019 B2V Champions: Belize National Police



LAPRAAC BOARD OF DIRECTORS

Left to Right: Vic Su'apa'ia, Raymond Maltez, Tim Colomey, Rick Santos, Ruben Gonzalez, Jeff Bert, Martee Miyakawa, and Ruben Holguin. (Missing are Kathy Meek, Ivan Ramos, and Chris Yamate)



Chuck Foote gives a few farewell words to the crowd as he ends his 35 Years as Race Director of the B2V-Challenge Cup Relay. - He will be missed.



Left: Tony Adler takes the reigns as the new B2V-Challenge Cup Relay Race Director.

Right: Barbara Ginn receives the Larry Moore Award in recognition of her 35 years of devoted work on the B2V-Challenge Cup Relay.



Photos by Vincent Aguirre

CHALLENGE CUP - B2V RELAY 2019

By Chuck Foote, Race Coordinator



The 35th Annual Baker to Vegas race is now in the books, but where have all those 35 years gone?

As I look back over these years, many people come to

mind that made the race what it is today. When Larry Moore and I first looked at the idea, we quickly realized it would take an army of volunteers with great skill and dedication to make it happen.

Here we are with over 1000 people lending their expertise so that 284 Law Enforcement teams can safely run through the desert and make their way to the Finish Line.

The history of the race would not be complete without mention of my mentor Bob Burke. Bob was the first Athletic Director for the Department. He had a passion for long relay races. That resulted in teams running from one end of the

country to the other, that started in the early 70's and ended in 1976 with a team that ran from Los Angeles CA to Montreal Canada. Bob's best skill was not as a runner but a coordinator. He taught me how to get things done. How to ask total strangers to get involved with a program and make it even better. All of this set the stage for the beginning of the Baker to Vegas Race.

Over these past several years, I have taught my replacement, Tony Adler, all I could on how this puzzle is put together. Now it's time for me to take a step back far enough most will not see me but not completely off the radar screen. Tony Adler has been named

the "new" Race Coordinator. Tony has been working with me on the race for over 25 years. He has been in charge of about every aspect of the race and now he will be the one who will email, call, or send a messenger to get a hold of you.

Former Chief of Police, Daryl Gates once said the race is "an institution" and I concur. I have done all that I could over these years to make it better each year. Now the effort will fall upon new shoulders to carry on this idea.

The race will continue so long as all of you on LAPD show your support and come to the race.

THE "FOOTE" RACE FINISH LINE



A Celebration to thank and honor Chuck Foote for the 35 years of dedication and hard work on the "Challenge Cup Relay (aka B2V)" took place at the Daryl F. Gates Lounge & Dining Center.

Many of the key people who worked with Chuck throughout his 35 years with the race joined him for this *send off*. Just a few are pictured here.

Pictured clockwise: Chuck & Suzie Foote, others pictured with Chuck are: John & Barbara Marnell, Jim Katapodis, Michelle Willis & Margie Hoffman, Sam Zirky, and (minus Chuck) Rick Santos, Gary Koba & Jim Stepan.

Photos by Sam Zirky

IT'S THAT TIME OF THE YEAR AGAIN!



SALE

**LAPRAAC
MEMBERS
ONLY**



Lightweight LS Shirt - ~~\$84.99~~ - \$68.00

Lightweight SS Shirt - ~~\$69.99~~ - \$56.00

Heavyweight LS Shirt - ~~\$92.99~~ - \$75.00

Heavyweight SS Shirt - ~~\$89.99~~ - \$72.00

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WHEN:

July 17th & 18th

&

July 24th & 25th

WHERE:

**LAPRAAC Gift Shop
1880 N. Academy Dr
Los Angeles, CA 90012**



HOURS:

7:30 a.m - 4:30 p.m

**If you have any questions
please call:**

(323) 221-5222 Ext. 231



WELLNESS CORNER -

Quadratus What?.....The QL Muscle

By John Hofman

Back injuries are one of most common injuries in law enforcement, and many suffer from some type of low back pain throughout their career. Over time we often self-diagnose ourselves with “it’s a slip disk” or “I have a sciatic problem”, yet in truth you really do not know until you have been properly evaluated.

Long hours in a patrol car, the duty belt, or body armor could aggravate your low back over time by creating muscular imbalances and your quadratus lumborum (QL) muscle might be the problem. The QL play a prominent role in chronic low back pain cases as well, becoming a key player in the subsequent onset of sciatica symptoms and hip pain complications. Many times these triggers points can have referred pain to the psoas, piriformis, and glutes. The role of the QL muscle is to stabilize your torso in the frontal plane. For example, if you are holding a gym bag in the right hand, the left QL contracts to keep you from leaning to the right. If you had paralysis in the QL muscle it would be impossible to walk.

Another important role the QL muscle plays is in side bending. When you lean to the side, the QL must lengthen and then contract to pull you back up. However, it is not recommended to train that way (aka side bends) because of the stress placed on the disks. According to Dr. Stuart McGill the QL muscle needs endurance strength and should be trained in a static position such as side planks. The overall goal of the QL is to provide lumbar stability.

The QL muscle becomes problematic for many officers and if it is not working correctly will have a detrimental effects on them physically. How? When you are walking with a weight in the right hand the left QL muscle is firing to help maintain posture and your right glute medius is working to maintain proper gait. If those muscles become weak the excessive load can affect other areas of your body such as your knee (patellar tendonitis) because the hips and core cannot stabilize throughout the movement pattern. So how do you know if you have a weak QL Muscle? Easy - perform a side plank and see how long you can hold it, then compare it to the other side. If you perform 60 seconds on the right side plank and 30 seconds on the left side plank we know the left is weak and you need to strengthen it.

The following exercises should be incorporated into your every program to help strengthen the QL:

1. Side Planks
2. Kneeling Lateral Press
3. Bottoms Up Suit Case Walk
4. Single Leg RDL

Quadratus Lumborum Symptoms & Findings

The signs and symptoms associated with active quadratus lumborum trigger points are as follows:

- ☐ Severe, deep, aching low back pain during movement or rest, and in nearly any position, but worse in the upright posture of standing or sitting.
- ☐ A sharp, knifelike pain when moving the hips/pelvis is common.
- ☐ Client’s will attempt to support and stabilize their upper body with their hands. This bracing with the hands occurs during walking and sitting, and is the hallmark sign of active QL trigger points.
- ☐ Coughing and sneezing can create episodes of agonizing pain as the muscle contracts to stabilize the rib cage.

[Continued on page 5](#)

The QL Muscle - continued from page 4

- ☐ The pain from untreated QL trigger points may progress to involve the groin, genitalia, and sciatica symptoms.
- ☐ The low back pain from QL trigger points may also transform into severe hip pain over time that resembles trochanteric bursitis.
- ☐ A common postural distortion with QL trigger points is an elevated hip crest on the painful side

What Causes Quadratus Lumborum Trigger Points?

The following factors may activate or reactivate trigger points in the QL muscle:

- ☐ Any activity that involves bending and twisting at the waist, such as reaching for an object on the floor, can overload the QL muscle.
- ☐ Lifting heavy or awkward objects, especially if it involves twisting at the waist.
- ☐ Bending over to put on pants, especially if their foot becomes entangled in the pants and they lose their balance.
- ☐ Automobile accidents.
- ☐ A genetically short leg that causes a lateral tilt in pelvis, or walking or running on a sloping surface (side of the road or venting on roof prop), may predispose the QL muscles to overload and trigger point activity.
- ☐ A soft bed that sags like a hammock, may activate or reactivate QL trigger points by placing the muscle in a shortened or stretched position for an extended period

A stable core, as well as a strong foundation of muscular balance, is essential in preventing many of the injuries associated with law enforcement. Remember the body works as a whole and when certain body regions are inefficient, the body will find a way to make the movement happen using another muscle or joint in a way that it was not intended.

It is important to have your injury properly diagnosed from the initial meeting. The current standards of care for low back issues have shown to be ineffective leading to prolonged disability and deconditioning. This delay could make things more complicated which increases frustration and makes it more difficult to return to duty or improve on the officers well being. . Here at Southern California University our Tactical Sports Medicine Program places an emphasis on return to work by focusing on the diagnostic accuracy and the ability to include additional medical support within one campus which utilizes a vertical integration care, this model improves outcomes and reduces costs. More important we understand that no one calls 911 on a good day and have experience working with LEO - that is why our motto is "Fit for Duty, Fit for Life."

BIO: Mr. John Hofman holds a Master's degree in kinesiology, is a Certified Tactical Strength and Conditioning Facilitator with Distinction (TSAC*D) and Certified Strength and Conditioning Specialist with Distinction (CSCS*D) both from the National Strength and Conditioning Association (NSCA). He currently serves as the Director of SCU Tactical Strength and Conditioning. He has served as SME for CA POST an develop the current PT for the Academy Instructor Course and was the recipient of the 2018 NSCA TSAC Practitioner of the Year award. He currently serves as the Director of Tactical Strength and Conditioning for Southern California Health Systems.

If you would like to contact Coach Hofman or would like to know more about Southern California University Tactical Sports Medicine Program go to <http://scuhealth.org/tactical-sports-medicine/>
Email: Johnhofman@scuhs.edu



HOURS:
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**BACK THE BLUE
T-SHIRT**

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LAPRAAC BACKS THE BLUE!

To Participate In The LAPRAAC Quarterly Drawing Fill Out This Coupon, Bring It To Any One Of The LAPRAAC Retail Stores (Gun Shop, Gift/Uniform Shop or LAPRAAC West) And Give It To One Of Our Friendly Staff Members.

(Must Be A LAPRAAC Member To Win - One Coupon Per Member)

Name: _____ Phone: _____ Email: _____

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