



INTERN WITH PURPOSE

GAIN EXPERIENCE. BUILD SKILLS. MAKE AN IMPACT.

The Henrico Police Athletic League (HPAL) provides college students and emerging professionals with hands-on experience working alongside youth, community leaders, educators, law enforcement professionals, and program coordinators.

FIND YOUR PASSION. BUILD YOUR RESUME. CHANGE A LIFE.

INTERNSHIP TRACKS

EDUCATION

- Homework Assistance
- Literacy Activities
- STEM Instruction
- Classroom Management

SOCIAL WORK / PSYCHOLOGY

- Mentoring Youth
- Social-Emotional Learning
- Behavioral Support
- Program Observation
- Group Facilitation

SPORTS MANAGEMENT

- Youth Leagues
- Event Planning
- Registration Management
- Sports Administration

CRIMINAL JUSTICE

- PAL Officer Engagement
- Youth Leadership
- Community Policing

PUBLIC HEALTH

- Substance Awareness Programming
- Prevention Education
- Wellness Initiatives

PROGRAM OPPORTUNITIES

SPORTS & RECREATION

YOUTH BASKETBALL LEAGUE
FLAG FOOTBALL
OPEN GYM
SUMMER CAMP ATHLETICS

ARTS & ENTERTAINMENT

MUSIC ACADEMY
DANCE PROGRAMS
SPECIAL EVENTS & SHOWCASES

ACADEMIC & LEADERSHIP

CHESS PROGRAM
STEM PROGRAMS
YOUTH LEADERSHIP COUNCIL
AFTER-SCHOOL ENRICHMENT

COMMUNITY ENGAGEMENT

COMMUNITY EVENTS
FAMILY PROGRAMS
SERVICE PROJECTS
YOUTH DEVELOPMENT INITIATIVES

WHAT YOU'LL GAIN

PROFESSIONAL EXPERIENCE

Build real-world skills in your field of interest.

SERVICE-LEARNING HOURS

Earn hours while making a positive impact.

RESUME BUILDING

Strengthen your resume with meaningful experience.

PROFESSIONAL REFERENCES

Receive letters of recommendation to support your future.

NETWORKING & MENTORSHIP

Connect with professionals and program leaders.

LEADERSHIP DEVELOPMENT

Grow as a leader. Inspire others. Create change.

FIND YOUR FIT

MUSIC MAJOR?

Volunteer with our Music Academy and share your passion.

EDUCATION MAJOR?

Support learning through homework help, STEM programs, and literacy activities.

SPORTS MANAGEMENT MAJOR?

Help run youth leagues, events, and athletic programs.

PSYCHOLOGY MAJOR?

Mentor youth and support social-emotional learning and behavior programs.

CRIMINAL JUSTICE MAJOR?

Work alongside officers and engage in community policing initiatives.

PUBLIC HEALTH MAJOR?

Lead prevention and wellness programs that make a difference.

BE THE DIFFERENCE IN A YOUNG PERSON'S LIFE.

EARN SERVICE HOURS • BUILD YOUR RESUME • RECEIVE PROFESSIONAL REFERENCES

Possible Employment opportunities available based on performance !!!

TO APPLY CONTACT
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