

See the LA Heat in action



The Los Angeles Heat football team and coaching staff.

The Heat Is On!

■ **City's LA Heat football team begins season with training camp in Santa Barbara.**

Story by Bev Haro, Club Counselor/Photos by Sammy Lam, Club Tech Guru

SAFETY OFFICERS — The LA Heat began its 2006 campaign with a rigorous and fun training camp Jan. 27-29 at Santa Barbara City College.

Team members are dedicated safety officers (Fire, Police, General Services, Airport) and others from the area playing football for a good cause.

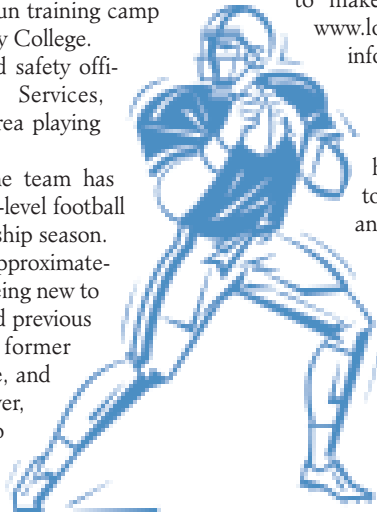
For the past 14 seasons, the team has wanted to play competitive, top-level football while preparing for a championship season.

This year's team consists of approximately 50 players, with 30 of them being new to the team. Most players have had previous football experience and are former members of high school, college, and even professional teams. However, two former rugby players also joined the team. The team maximized the weekend by getting to know each other and establishing a sound foundation for the new season. From film studies to a scrimmage, the team took a huge step in the preparation of obtaining the 2006 NPSFL National Championship.

The LA Heat is part of the National Public Safety Football League (NPSFL), made up of law enforcement and firefighter teams from across the country. Each NPSFL player must be a full-time law enforcement officer or a full-time firefighter/ firefighter paramedic. The NPSFL teams play full-contact football. They follow NCAA rules, and each team participates in a four-game league schedule each season. Each team plays for one or a collection of charities and strives to adhere to the same honor and integrity-

on the field, as they do when they are on the job.

LA Heat plays for the Alisa Ann Ruch Burn Foundation, which derived its name and inspiration from an eight-year-old child, Alisa Ann, who was fatally burned in a common backyard barbecue accident. Founded in 1971, the foundation works in partnership with firefighters, educators and burn care professionals to develop innovative programs and services. If you would like to make a donation you can visit www.losangelesheat.com for more information.



The Los Angeles Heat players would like to extend their deepest appreciation and heartfelt thanks for those who took the time and effort to plan and participate in this weekend.

This includes those who planned events and itineraries, barbecue lunches, and Head Trainer Nick O'Neil and his crew from Chapman University who kept players healthy. Trainers volunteer their time, and to show their appreciation for the trainers, the team pitches in to pay for trainer's travel expenses for away games.

The Heat organization would like to thank all those in Santa Barbara who made this great weekend possible. These include, but are not limited to: Santa Barbara City College, especially the Assistant Director and SBCC Head Coach Reggie Bolton; the Oceana Hotel; Sharkeez; James Joyce; and Tonic. Furthermore, Team President Ray Mayo would like to express his gratitude to Defensive Coordinator Alfredo Martinez, Coach Anthony Cruz, and Head Coach Jim Costello, who were instrumental in securing the sponsors and facilities for the Camp weekend.



The team is lead by Coach Jim Costello, a 33-year veteran of the Santa Ana Fire Department. President and Assistant Coach Mayo recruits heavily for the team and uses the LA Heat Website to spread the word. To participate in the team you have to be a sworn full-time paid officer or firefighter. If you are interested in being part of the team you should visit www.losangelesheat.com and contact President Ray Mayo. You can also find him at Fire Station 64. Teammates range in ages from age 24 to age 50 (50-year-old Firefighter Ernie Navarro will be 51 at the end of the season). Players meet every Saturday for three hours to practice, and on game weeks an additional practice is scheduled.

Dues are \$325 a year for each player. Team members are also responsible for the cost of football gear, including two game uniforms. The team is nonprofit and provides an atmosphere where people can develop life-long friendships. It also provides camaraderie among law enforcement and fire personnel. The LA Heat is a family-oriented team, and players' families typically travel with team, usually with a group of about 200 people. LA Heat has had an outstanding reputation with host cities, and this year the team will be traveling to Boston.

The City Employees Club wishes LA Heat a safe and successful season, and we would like to show our appreciation to President Ray Mayo and everyone who made us feel welcome during Training Camp weekend.



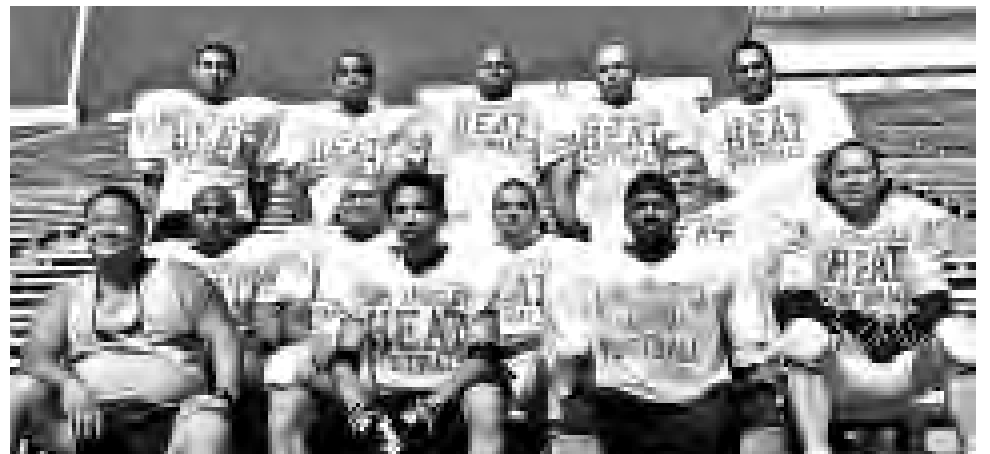
From left: Coach Jim Costello; Bev Haro, Club Counselor, and Ray Mayo, Team President.



Coach Jim Costello introduces the video highlights of historical games to the team.



Airport Police Dept. team members.



The Los Angeles Heat players who are City employees.



Linebackers.



The coaching staff.



Los Angeles County Employee team members.



Los Angeles County Sheriffs team members.



Defensive team "chalk talk."



Los Angeles County Probation Dept. team members.

See the LA Heat in action



Santa Ana Fire Department team members.



The team stretches after lunch.



California Highway Patrol (CHP) team members.



Santa Monica Fire Dept. team members.



The kicker is from Santa Ana.



Culver City Fire Dept. team members.



Los Angeles General Service Police team members.



Gil Vizcarra, General Services Police, 14 years.



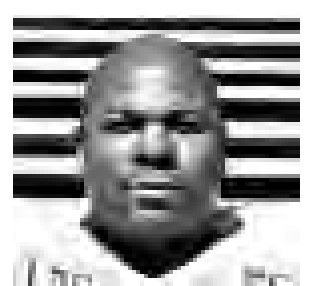
Nicolas Avila, LAFD, 4 years, FS 64B.



Ventura County Federal Fire Dept Chief Bell.



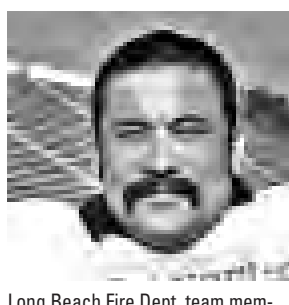
Lawrence Bonner, LAFD, 7 years, FS 94B.



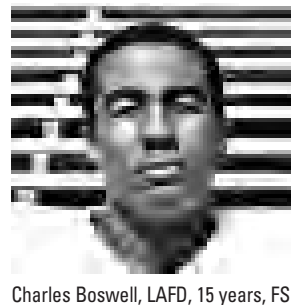
John Davis, LAFD, 12 years, FS 92A.



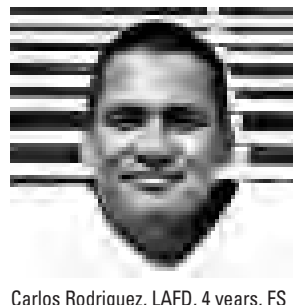
From left: AJ, LA County Fire; and Ray Mayo, Team President.



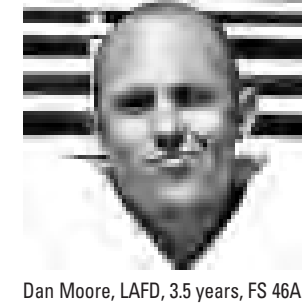
Long Beach Fire Dept. team members.



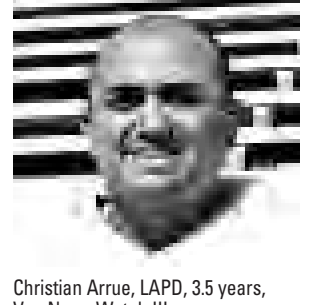
Charles Boswell, LAFD, 15 years, FS 59A.



Carlos Rodriguez, LAFD, 4 years, FS 34B.



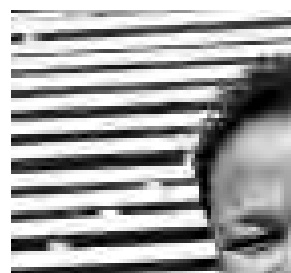
Dan Moore, LAFD, 3.5 years, FS 46A.



Christian Arrue, LAPD, 3.5 years, Van Nuys, Watch III.



Sean Jeannings, LAFD, 6 years, FS 85A.



President and Assistant Coach Ray Mayo, LAFD, FS 64B.



Ernie Navarro, 23 years, FS 12B.



Walter Husband, Airport Police, 17 years



Havon McLeod, Airport Police, 10 hours.