

911 News

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Core Values: What Do They Matter?

When is the last time you read the core value statements? When is the last time you looked at yourself objectively and truly like the cop you have become?

For much of the time, there is no separating the symbiotic relationship between officer of the law and average Joe. Both in and out of uniform we, as law enforcement officers, are placed in a special category by lawmakers and civilians.

For most of us in the law enforcement family, the core which makes up our personality, reflects those highlighted by our work environment. We recognize that as a class, we remain in an elevated status of conduct expected from the citizens we protect. These core values represent the very foundation of which we, as law enforcement personnel depend upon. Your relationship with your peers, your community and your family depend upon the foundation you chose to abide by when you first swore the oath.

The core values adopted by the Leon County Sheriff's Office serve as a checklist, a guide and a reminder to the steps we must take every single day to serve. Much like the promise we try to keep to our loved ones when we tell them that we'll be safe, this values statement serves as a commitment that you make to the community around you and perhaps even more importantly, YOURSELF.

Honesty and Integrity

The employees of the Leon County Sheriff's Office will be truthful and trustworthy at all

times, and in all places. Our commitment is to the highest level of standards as measured by the policing profession, the Law Enforcement Canon of Ethics, and standing up for one's belief.

Accountability

Each employee will be responsible for his or her actions. Not only to our fellow employees, but to the community we serve. We must realize that the community is our customer. As such, it is the community that will define our quality of service.

Teamwork

A group organized to work together. We are committed to a spirit of cooperation with each other and our community. We will form a partnership with the community and listen to them. We will never willingly let a member of our team fail.

Trust and Respect

May every activity we engage in serve to further enhance the public's trust and respect for the Sheriff's Office. We will strive to safeguard that trust, and keep our promises. We pledge to protect the rights of all citizens we serve.

Commitment to Excellence

Sheriff's Office employees are dedicated to achieving the vision, mission and goals of the agency. We will always seek to do our best and improve what we do. We are willing to examine what we do and make changes to achieve our goals.

LCSO Achievers

Employee of the Month

December 2008



Deputy Jerry Shuler was selected as the December Employee of the Month for the Main Office. Jerry is assigned to the Warrants Unit.



In February, Lieutenant Steve Harrelson was elected as the First Vice President of the Florida Police Accreditation Coalition (FLA-PAC) during the accreditation conference in Tampa. The first Vice President is the right hand of the President of FLA-PAC and is charged with running

the PAC in the place of the president when necessary. As a board member, you are charged with representing all agencies that are or are interested in seeking accreditation either through the state or national commissions. This position places LCSO once again in the spotlight as a leading agency throughout our state. Congratulations, Lt. Harrelson!

Correctional Tech Michael Buettner was selected as the December Employee of the Month for the Jail. Michael is assigned to the Case Management Unit.



January 2009



C.O. Michael Crego was selected as the January Employee of the Month for the Jail. Michael is currently assigned to Uniform Patrol.

Liz Black was selected as the January Employee of the Month for the Main Office. Liz is assigned to the Records Department.



February 2009



Deputy Charrone Reed was selected as the February Employee of the Month for the Main Office. Charrone is assigned to the School Resource Unit.

C.O. Marvin Evans was selected as the February Employee of the Month for the Jail. Martin is assigned to the Housing Unit.



Did You Know?

There are 73 NCCHC standards specifically for **jail** health care services?

This past November, our jail medical department was re-accredited through the National Commission on Correctional Health Care. Written in separate volumes for prisons, jails and juvenile confinement facilities, the Standards cover the general areas of care and treatment, health records, administration, personnel and medical-legal issues. Congratulations to everyone who helped realize this professional and accredited relationship between LCSO and Prison Health Services.

Cup Runneth Over

In 2006, the Florida Sheriff's Youth Ranch started recognizing the individual Sheriff's Office that donated the most money to the Youth Ranches via payroll deduction. That first year the LCSO brought home the state cup. This award meant our members showed the entire state how much they cared about the the children at the Youth Ranches. Our total annual giving had increased to over \$43,000 beating out large Sheriff's Offices like Pinellas Co. S.O. and Hillsborough Co. S.O.

In 2007, LCSO remained the trend setter and brought home the cup again. During 2008, Pinellas Co. S.O. tried for a comeback but they were no match for our members. This year's payroll deduction drive rose to over \$50,000 and in February 2009, the third trophy cup was presented to our Sheriff at the FSA Winter Conference in Destin, FL.

Profiles...

Correctional Officer Of The Year 2008

Who is Jared Lee? Simply stated, Jared Lee is a father, husband, son and 2008's Florida Sheriff's Association Correctional Officer of the Year.

Officer Lee began his career in corrections in 1994 at Liberty Correctional Institution. In February, 2003 Officer Lee was hired by the Leon County Sheriff's Office. He has been assigned to Housing, Property and was assigned to the Case Management Unit where he managed the classification high risk and special needs inmates. According to his supervisors, Jared possesses an uncanny ability to recognize and identify changes in inmates behavior which has resulted in preventing several inmates from severely harming themselves.

Officer Lee has gained a reputation for his professional demeanor, natural leadership and enthusiasm toward his work assignments. This has earned him respect from the inmates, his peers and supervisors. He enjoys his work at the Sheriff's Office and it shows with a positive "can do attitude" and attention to detail on any project or task he is assigned. He was nominated and received the Leon County Sheriff's Office Employee of the Month designation twice.

Officer Lee recently completed training at the Pat Thomas Law Enforcement Academy and earned his Law



Enforcement Officer Certification. He was interviewed and selected by the Uniform Patrol Division and was transferred on 20 January 2009 to that division as a Uniform Patrol Deputy.

Away from work, Jared is involved in several charitable organizations and events to include the Annual John G Riley House Rock-A-Thon, the jail family's adoption of a family for Christmas, Mother's in Crisis Thanksgiving efforts and United Way. Officer Lee and his wife Deandrea, who works as an Occupational Therapist with special needs children, adopt a child she works with each year at

Christmas and purchase the child's Christmas gifts.

He has been married for three years and has three children. He graduated from Duncan U. Fletcher Sr. High School in Neptune Beach, Florida in 1991. He is the son of John and Alma Lee. Officer Lee attends his father's church, Miracle Temple Church in Gadsden County, Florida where he enjoys teaching bible studies. Officer Lee attended the Baptist College of Florida where he completed 45 semester hours. He is currently working on completing his A.A. Degree at Tallahassee Community College and plans to attend Florida State University and pursue a Bachelors Degree in Criminology.

Congratulations to Deputy Lee for a job well done!

Florida Pro-Patria Award Winner

LCSO has once again won the Pro-Patria Award for the entire State of Florida. Translated from Latin, Pro Patria means "for the country". This prestigious recognition is awarded to one employer in the entire state who demonstrates exceptional support for our national defense of adopting personnel policies that make it easier for employees to participate in the National Guard and

Reserve. Currently, LCSO has approximately 12 employees who serve in the Reserves or in the National Guard. As a Marine himself (once a marine, always a marine), Sheriff Campbell realizes the importance of supporting the men and women who dedicate their lives to answering the dutiful call of service for their country in times of need.

Something New, Something Borrowed

This year our Training Unit had the opportunity to customize a lesson plan to address the defensive tactics needs for employees at the jail. Traditionally, defensive tactics training involved brining all employees, regardless of their classification, training and job environment, together to receive the same training. While the spirit of family was strong, the training was often described as being a “near miss”. In a joint effort to bridge the gaping needs of those persons who work in the jail environment, training staff and jail administration staff came together and formed an

inaugural lesson plan designed specifically for their needs.

Throughout the month of February, training staff sergeant Charlie Strickland stripped off his toys and braved the locked doors, bringing the training to the people. His theory that employees will learn



Sgt. Strickland observing a cell extraction scenario



DT Instructor Amos Hill

better in the environment they work, with material pertinent to the working objective of their immediate needs, certainly seemed to pay off. Much to the delight of trainers, employees and administration, the training went better than anticipated and was very well received. This year’s lesson plan addressed several communication issues, real exercises verbal judo, a new lesson plan in cell extraction, the annual handcuffing review and classes even had a fun lesson in the evaluation of subject matter experts.

Capital City Law Enforcement Torch Run Benefiting Special Olympics Florida

Come see first hand who your donations help and meet some of the amazing athletes

April 14, 2009

Run begins @11:15AM Capital Courtyard area

Don't forget to wear your Torch Run shirts!



Head Over Heels

When she was four years old, Amanda Osborn was jumping off the furniture earning trips to the doctor's office. Five years later, this ball of energy is still jumping, running, flipping, tumbling and soaring into the winner's category of gymnastics throughout Florida. Last year, Amanda wrapped up her competition year by placing 8th overall in Florida's level 5 class of young gymnasts.

Five days a week for 3 hours each session, Amanda practices hard, honing her skills with her dedicated coaches Olga and Alexander Babakhin, former coaches of the Soviet and Russian Olympic gymnastic team. Along the sidelines and heavily involved in their daughter's training, are Amanda's parents, David and Jennie Osborn. Far from just acting as parental cheerleaders, the Osborn family is also active in the gymnastic booster club. This club is parent driven in actively soliciting donations into a competing fund which allows children to compete all over Florida.

Amanda is currently one leap closer to achieving her dreams of making the Jr. Olympics Team in 2009-2010.

Her 2008 season ended on a high note in placement scores, something she can't help but beam ear to ear about. She also acknowledges that her dreams wouldn't have

been possible without the help of the kindness shown to her and her family through the Sheriff's Office.

Recently, Amanda presented Sheriff Campbell with a plaque, complete with a photo of her during her competition in appreciation of the generous "Silver" level donation made to the boosters so she could represent Tallahassee's talent in the gymnastic arena. Congratulations Amanda and good luck in your quest for gold in the Jr. Olympics!



LCSO Shoots And Scores!



February 17th, 2009 law enforcement titans LCSO and TPD battled on the basketball courts of Maclay School and then again at the Civic Center during halftime of the FSU Women's basketball game. This tournament was held in order to raise money for the Law Enforcement Memorial Unity Tour. Every spring, hundreds of bicycle riders leave from Virginia Beach and ride the three hundred plus miles, ending at Washington, D.C. at the Law Enforcement Memorial. All proceeds raised

are donated enmass by the teams in order to honor those who died in the line of duty.

This year's team roster proved victorious in their thirst for green glory. Says team member Cedric Tryman, "It was only fitting that the Tallahassee Police Department and

LCSO were the final two left standing. Although we prevailed in the championship, TPD fought hard throughout the game. The tournament itself was held for charitable reasons, but it was awesome being recognized as the tournament's winners among a crowd of a few thousand. We represented LCSO well with integrity, professionalism and of course with the competitive spirits that drives us all."

This sort of sportsmanship really exemplifies the true spirit of LCSO's family values. Good job team!

2009's Team LCSO Roster

Craig Henry
Robert Waller
Michael Cozzie
Nathaniel Maxwell

Richard Ash
Deric Mordica
Robert Speights
Cedric Tryman

Avoiding Virtual Pitfalls

by: Richard Harris

The internet has opened up a whole new world for everyone young and old. Unfortunately some disturbing things have come along with this technology that makes seemingly normal people do crazy things. For instance, how many of you know someone who has a Myspace or Facebook account? Heck, you or your child may even have an account. It's just to keep in touch with friends, share photos or a way to express yourself. The next thing you know, you and your friends are sharing photos of yourselves or even your family members. You know, those funny and sometimes inappropriate ones, but heck it's all in fun right? Then you start answering the questions...just to let people know what you're all about. Some of the questions you answer truthfully and some you have a little fun with. Hey, why not, who's it going to hurt? Well the fact of the matter is it could just be you who gets hurt.

Ever wonder why you didn't get that perfect job you thought you had all the right credentials for?

The internet is an almost bottomless pit of information good and bad. Many companies (including the Sheriff's Office) search these websites and others just to see if their potential applicant may be on them and what information can be found. All that information you freely provided can be viewed by anyone with internet access. In saying this, you would be surprised at how much personal information can be easily obtained on an individual just by searching these sites. Now granted, you do get those individuals who think they're being smart by putting a private blocker on them, but that is only a temporary set back. Also let's not forget about your friends. Yes, that person who you call your FRIEND is always nice enough to put pictures of you in their photo album. You know, the photos mom wasn't suppose to ever see? This is where the fun stops. Companies are thoroughly checking these websites which have become a large provider of information.

Many folks start an account then forget about it as life marches on without a second thought. The thing is, while some of these websites have been inactive for a year or more, the information hasn't been deleted.

The applicant has usually forgotten all about the internet page until the detective uncovers it. By then it's too late and the damage has been done. That job is being filled by someone else and you're left scratching your head.

Many work agencies, public and private, do periodic checks on their employees. And like many other agencies the SO has had to adjust and create policy addressing the internet and member use.

General Orders 26.1 states:

"(044) Unauthorized Practices Utilizing Public Mediums: Members shall not depict themselves or another agency member through any public medium, to include but not limited to video web cams, personal web sites, interactive networks i.e. Myspace and Facebook, and/or blogs, in a way that identifies the member as being employed and/or affiliated with the agency and which displays or represents photos, wording or content which is unethical, slanderous, derogatory or is likely to adversely effect the discipline, good order, or reputation of the agency, or that tends to compromise the integrity of the member (Level Two Violation).

044-A) Unauthorized Practices Utilizing Public Mediums - Gross Violation: Members shall not depict themselves or another agency member through any public medium, to include but not limited to video web cams, personal web sites, interactive networks i.e. Myspace and Facebook, and/or blogs, in a way that identifies the member as being employed and/or affiliated with the agency and which displays or represents photos, wording or content which is grossly unethical, slanderous, criminal, pornographic by societal standards, derogatory or is likely to severely effect the discipline, good order, public faith and trust, or reputation of the agency, or that tends to compromise the integrity of the member (Level Five Violation)."

In closing, watch what you say and do on the internet, because it just might come back and haunt you. You might even want to take the time to review the sites you're currently using or have used in the past. If time allows, you should even try to Google your name. You might be surprised how much information is found just by using Google. So again, be careful and think about the information you're putting out there for the world to see. You never know who might be watching.

Running High

On February first, five of our own, proudly laced up their shoes and competed in the 35th Annual 2009 Tallahassee Half Marathon. The Tallahassee Marathon is classified as a “small” event, capping the number of runners to only a thousand. Though small, Tallahassee’s marathon has created a wonderful atmosphere for the participants and manages to keep drawing back the crowds year after year due to the weather, course and second-to-none star treatment of all the participants and the volunteers. Both the marathon and the half-marathon are USATF (USA Track and Field) certified. This course may also be used as a qualifier for entry participation to the Boston Marathon.

This half marathon was a first for many, including our very own Major Mike Wood. When Mike jokes about finishing an event of this magnitude, he jokes, “I managed



to edge out a couple of escapees from the local nursing home”. Maybe, maybe not, but congratulations all the same to all of those who participated

The Best Of Motors Challenged

This year’s Capital City Challenge proved to be an annual staple in LCSO’s fundraising capabilities. Despite the participation being down due to budget cuts, we still managed to have 39 riders participate, about 30 civilian bike show entrants and several hundred spectators showed up to watch the events daily.



True to form, the masterminds behind this rider’s challenge triumphed in creating an extremely tough but fun course for all the riders. All the rider participants were eager to show their skills to peers and the public.

On Friday night, events were kicked off with the first ever civilian bike show and night ride. The night ride was exceptionally challenging due to the exaggerated shadows from the flashing emergency lights, wreaking havoc on the most skillful riders and their depth perception.

This year, local departments performed very well:
Top 3 in the Individual Mr. Rodeo competition:
 1-Darren Harris from Jacksonville Sheriff’s Office

2-Tim Clark From the Tallahassee Police Department
 3-Justin Maloy from the FSU Police Department

Top 3 teams:

1-Jacksonville Sheriff’s Office
 2-FSU Police Department
 3-Leon County SO Team 1.

Team Slow Ride:

First Place-FSUPD Team
 Second Place-Jacksonville Sheriff’s Office

Third Place-TPD/LCSO team Tim Clark (TPD)/Allen Morris (TPD)/John Pretti (TPD)/ Andy Dawson (LCSO)
 Thank you and congratulations to all who came out to watch, support or compete in this year’s event!

Mark Your Calendars!

This year’s Special Olympics are taking place on March 21, 2009 at Leon High School. If you are interested in being a part of this special team for special athletes, we need your help!

Please contact Tommy Pinson at pinson@leoncountyfl.gov.

Briefs

New Hires

December

Blackburn, Sarah	Crime Scene/Clerk Specialist PT
Bragg, Adam	Jail/Correctional Officer TEA
Bryant, Javaris	Jail/Correctional Technician
Cohen, David	School Crossing Guard
Fortune, Kenneth	Jail/Correctional Officer TEA
Gowan, Amanda	UP/Communications Officer
Knight, Sylvester	School Crossing Guard
McCully, Terry	School Crossing Guard
Murphy, Monica	Jail/Correctional Officer TEA
Pacchioli, Paul	Jail/Correctional Officer
Shivar, Linda	School Crossing Guard
Whatley, Chad	Jail/Correctional Officer TEA

January

Bodiford, Karen	Records Manager
Colson, Allison	Records Clerk
Dyess, Dakeena	Jail/Correctional Officer
Figgers, Michael	Jail/Correctional Officer-TEA
McCarthy, Ted	UP/Deputy Sheriff
McHugh, Sarah	CIB/Victim Advocate
Parks, Latravia	Jail/Correctional Officer-TEA
Rainey, Tonya	Jail/Correctional Officer-TEA
Smith, Christopher	UP/Deputy Sheriff

February

Hamlin, Henry	JS/Bailiff Deputy
Thomas, Elboya	Jail/Correctional Officer

Changes In The Troops

Major Carl Bennett was transferred from the Corrections Division to the Special Services Division.

Major Hayward Walker was transferred from the Special Services Division to the Law Enforcement Division.

Major Mike Wood was transferred from the Law Enforcement Division to the Corrections Division.

C.O. Adams West was transferred from the Jail to Uniform Patrol.

C.O. Michael Crego was transferred from the Jail to Uniform Patrol.

C.O. Jared Lee was transferred from the Jail to Uniform Patrol..

C.O. Stephon Williams was transferred from the Jail to Uniform Patrol.

C.O. Sheila West was transferred from the Housing Bureau to the Support Services Bureau Warehouse Unit.

Deputy Lee Fuller was transferred from C.I.B. to Uniform Patrol.

Kathryn Hertz was transferred from _____ to the Jail as a Correctional Technician.

Volunteers Needed

The Relay for Life is only two months away and it's time to step up our involvement. The organization is not asking for money (though donations would be welcome), just help. The American Cancer Society's Relay for Life, is mainly run on a volunteer basis. It is a time for friends to come together to remember those that are currently fighting for their life or have valiantly lost their battle with the fight against cancer. Team Sheriff, both I and II, are looking for someone to organize the Luminaria sales. If you are interested in organizing and directing the Luminaria sales at the Main Office, Jail, and Courthouse please get with Deputy Giordano via E-mail giordanaj@leoncountyfl.gov and he will provide you with all your needed materials.



This is your last chance reminder for you to submit your nominations for Deputy Of The Year. Please don't hesitate to get in your nominations – we are down to the last little bit of time to help be a part of this special award being given to someone who truly deserves the recognition. Much like our in-house Employee of the Month, we need your input!

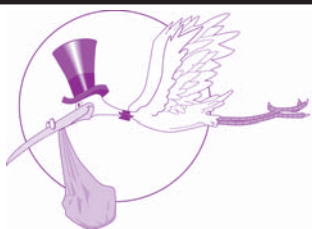
With Our Deepest Sympathies

Sheriff Larry Campbell and the entire LCSO organization extend deepest sympathies to the following employees on the recent loss of their loved ones:

- Gene Revell - brother*
- Mike Wood - stepmother*
- John Vought - father*
- Pat Lyons - father*
- Pat Lyons - grandmother-in-law*
- Billy Fair - father-in-law*
- Ronnie Ragans - mother*
- Debra Dickey - mother-in-law*
- Nathaniel Maxwell - nephew*
- Tiffany Hires - grandmother*

LCSO Baby Department

Wiley and Beth Meggs - girl



Tip a Cop @ Red Lobster



Friday March 20, 2009
Lunch 11:00 am til 2:00 pm
Dinner 5:00 am til 10:30

Length Of Service

30 years

Allie, Laurel
Pararo, William
Wilder, Betty

25 years

Howe, Richard
Poppell, Howard

20 years

Barnes, Arthur
Chase, Chris
Gay, Rebecca
Graves, Marc
Halligan, Michael
Harrelson, Steven
Marsh, Karen L.
McQuaig, James
NeSmith, Robert
Parker, Curtis
Pinson, Elzy T.
Reeves, Michael
Reeves, Ronnie
Ruth, Timothy
Springer, Margaret
Sullivan, Damon S.
Warmack, Ted
Wierenga, Anna Liese
Williams, Bernard

15 years

Austin, Cassandra

Batson, Mason
Bland, Brian
Brown, David A.
Burns, Nancy
Frohock, James
Hudson, Donald
Rivers, Tina T.
Sellars, Gregory
Sheffield, Diane

10 years

Crump, Michael
Jackson, Quinika
Lyons, Patrick
Moran, Gary
Nagy, Jennifer
Strickland, Donna
Strickland, Thomas
Wilkinson, Adam
Williams, Dan
Wilson, Lanarda
Wysocki, Morgan

5 years

Armbrecht, William
Benedict, Benjamin
Connell, Cody
Gilley, Michael
Gordon, Shakita
Tadder, Jason
Thomas, Randolph

911 News

Please submit all articles, photos and suggestions to Georgia Northway in the Crime Prevention Unit at 922-0128. All submissions should be forwarded in a timely manner and will be published according to availability of space.



OFFICER SAFETY

At the jail, courthouse or out on the road, always be cautious and safe, others care about you!

Law Enforcement Officers and Cardiovascular Disease

In light of recent attention given to “younger” officers in their 30’s and 40’s experiencing heart attacks during, or shortly after strenuous physical activity on the job... a struggle with a juvenile at a high school basketball game, or a foot pursuit through back yards and alleys... it might be valuable to revisit some alarming statistics:

1. We as police officers live an average of *15 years less* than the average American.
2. Nearly 50% of us will die from heart disease within five years of retirement.
3. Statistically, we are 25 times more likely to die from cardiovascular disease (CVD) than from the action of a suspect.

There are many more stats relative to CVD and police work, but just these three should sound alarm within our ranks – *especially* when CVD is by and large preventable through the lifestyle choices that we make every single day.

The seven major risk factors for cardiovascular disease include genetics, sedentary lifestyle, obesity, high cholesterol, high blood pressure, smoking, and diabetes. We have quite a bit of control over each and every one of these, *but it takes time and effort*, especially with age as our metabolism slows. Poor diet and lack of exercise are the root causes of many risk factors, as a sedentary lifestyle (police work is primarily sedentary) slowly but eventually leads to being overweight and then obese. Diabetes, heart attacks, strokes, high blood pressure and high cholesterol are just some of the conditions that arise from obesity, though anyone can have any one of these without being overweight or obese.

Unfortunately in today’s world of technology, physical activity is on the decline add the stress of police work, limited restaurant choices while on duty, overtime and rotating shift work, and disrupted sleep patterns – and we have a recipe for physiological disaster!

Fortunately, we have two choices: Take control of our destiny, or be controlled by it. We have the power to decide to exercise every day, and to choose something we enjoy - so that we are apt to continue. Just 30 minutes

each day (cumulative), can result in significant health-related improvements.

If weight loss is a goal, we must accept the fact that we will be hungry at times. The bottom line to weight loss is that the calories that we consume should be less than the calories that we require. When this deficit is created, we will be hungry. One way to minimize these hunger pangs is by packing our daily intake with fruits and vegetables: they are nutrient rich but low in calories, so we basically get more food in comparison to caloric-dense foods such as hamburgers and French fries.

A great strategy that will help those of us who work the street, is to pack our own lunch and keep it with us in our patrol car. This way, healthy snacks are always available to nibble on when we get stuck on a traffic point or the like. Why would this be important? When our blood sugar is low we run the risk of making poor food choices, but having a pre-packed snack on hand could mean the difference between a healthy piece of fruit, or a super-sized fast food meal after we clear the call and rush to the first and fastest source of food we see. One fast food meal can pack as many as 1800-2000 calories *in just one sitting!* For many of us, this exceeds our *entire daily allotment for calories, saturated fat and cholesterol!*

More importantly as police officers, keeping a constant blood sugar level will help our minds and bodies perform better at a moment’s notice, when the “fight or flight” response is induced.

As an officer working the street, or as a detective dealing with violent criminals, we may spend our *entire career* preparing for *that one incident*. How we have chosen to prepare for that *one incident* in our career may determine the outcome; whether we outlast the suspect and win the encounter, whether we win the encounter but suffer a heart attack during recovery, or whether the suspect is able to gain control of our weapon and use it against us and others. It’s our choice to take control of that crystal ball and determine our own destiny.

Source: Policeone.com- by Kathy Vonk

Staying Fit for Law Enforcement

There is nothing routine about police work, so why do we train our bodies to adapt to a traditional routine? We should train for short, intense encounters where our very survival may depend on quickly controlling/editing a confrontation. Workouts should be brief, but intense (anaerobic). Anaerobic training not only improves power, speed, and strength, but improves cardiovascular endurance as well.

Components of fitness

Let's broaden our thinking on fitness. We must shy away from thinking fitness is only strength, power, or endurance. Crossfit, developed by Mr. Greg Glassman, not only includes strength, power, and endurance as components of fitness, but also includes flexibility, speed, coordination, stamina, agility, balance, and accuracy. Lacking development in any one of these areas is not only unfit, but may be life-threatening for officers.

We must train not to specialize in one area, but train randomly. We must condition the body to adapt and perform well under many different and unknown conditions, keeping in mind the fitness components noted above.

It is extremely unfortunate that, for most officers, the only physical training required is that which takes place in the academy. Maintaining a training program is vital for a number of reasons, not the least of which is, on average, officers die at the age of 66. We have higher incidences of obesity/diabetes, elevated blood pressure, LDL cholesterol, and stress levels that build over the years. Physical training helps reduce/prevent these risk factors. We owe it to our families to live a long, functional life. And we owe it to our fellow officers, who may rely on us being in good physical shape to protect them.

How to train

Any fitness regimen should include training our bodies to perform well in as many of the ten-listed Crossfit components mentioned above. Keep in mind the criminals we face don't age, only we do. For the most part, the criminals we encounter are in their late teens-late twenties and in peak condition.

We must train to survive that one incident that may injure us, or be life-threatening. The best resource I've found is the workouts/lifestyle promoted on www.crossfit.com. To date, I have found no better way to train for overall fitness that directly correlates to police work.

We are beginning to incorporate Crossfit-type workouts in our Academy training. Remember, our country has more gyms/spas than any country in the world, yet we remain the fattest country on earth. Our populations' incidences of diabetes, obesity, and congestive heart failure are skyrocketing, especially for police. We must train — not more frequently, but smarter, and in ways that directly correlate to the type of work we do.

'We train hard to understand why, how and when use of force is applied, but we do not take into consideration the other factor on use of force — YOU!'

There may come a time when you know what to do, but you might not have the physical stamina, strength or endurance to actually do it.

Sample exercises: Squats, deadlifts, standing presses. 1/4mile, 1/2 mile runs; 500m-2000m rowing; cycling. Bodyweight exercises (pull-ups, situps, pushups, bodyweight squats).

Sample workouts:

DAY 1: (1/4mi run/10 pullups/15 situps/20squats) 4 sets

DAY 2: deadlifts (as heavy as possible, but with strict form) - 7sets/3

DAY 3: As many sets in 20 minutes as possible of: 5 pullups/10 pushups/15 squats)

DAY 4: REST

Combine the above exercises into as many different variations as possible because routine is the enemy. We are only as strong and fit as our weakest component.

Source: PoliceOne.com-Sgt. Paul Zagaria

"I'm Going To A Lecture..."

After staying out late with his buddies, a business man realized he was in no shape to drive, so he wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman.

"What are you doing out here at 2 A.M.?" said the officer.

"I'm going to a lecture." the man said.

"And who is going to give a lecture at this hour?" the cop asked.

"My wife," said the man.