

Mississippi Law Enforcement Officers Training Academy LawFit Workshop

(1-3 August 2023)

The Mississippi Law Enforcement Officers Training Academy in partnership with LawFit/FireFit, LLC is pleased to announce a three-day LawFit Fitness Leadership Workshop (1-3 August 2023) in Pearl, Mississippi. Sessions will be held (0800-1700 Hours) at the Academy, 3791 Hwy 468 West, Pearl, MS 39208.

The comprehensive three-day LawFit Training Workshop is a hands-on, experiential approach that motivates fitness leaders in the LawFit Program to lead by example and reinforces the fact that any successful fitness program must have the active support of senior management. The workshop is open to all law enforcement personnel. To enhance instruction, the three-day workshop consists of 10 two-part Sessions (Activity and Lecture/Discussion).

Course prerequisites: Participant is fit for full duty as a law enforcement officer and is physically able to participate in the LawFit Fitness Leadership Workshop activities. The workshop's physical activities include, but are not limited to, a one-repetition maximum bench press, maximum repetition push-up test, 60-second sit-up test, sit & reach flexibility test, maximum repetition pull-up test, a weighted pull-down test, 1.5-mile run, and 154-yard suspect pursuit and apprehension. This training may have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

Officers must attend the entire three-day course (0800 - 1600 Hours) to receive Fitness Leader Certification. LAWFIT CERTIFICATION is good for three years (August 2023 – August 2026).

Fitness Leadership Workshop Registration Fee: \$600.00 per person. For registration information go to the LawFit Website: www.lawfit.org or contact: (dbever@lawfit.org) (Ph:703-424-6154) or MLEOTA Director Tony Carleton (tcarleton@dps.ms.gov) (Ph: 601-933-2128).

For housing accommodations at the Academy please contact Ms. Barbara Loyd, MLEOTA administrative assistant. bloyd@dps.ms.gov (Ph: 601-933-2101)

Thank you for your interest in Law Enforcement Health and Fitness.

Be Safe,

**Dr. David L. Bever
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