

SAMPLE PRE-ACADEMY PREPARATION PROGRAM SCHEDULE



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7:00 TO 7:50	PHYSICAL TRAINING Stretch 15-20 mins. Intro to Calisthenics	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. NO PT			
8:00 TO 8:50	FIREARMS DEPARTMENTAL POLICY & CARE AND MAINTANENCE	FIREARMS TRAINING GRIP/STANCE/SIGHT PICTURE/SIGHT ALIGNMENT/TRIGGER PRESS	FIREARMS TRAINING HOLSTER DRILLS/DRY FIRE DRILLS	FIREARMS TRAINING HOLSTER DRILLS/DRY FIRE DRILLS/RELOADS	FIREARMS TRAINING HOLSTER DRILLS/DRY FIRE DRILLS/RELOADS/ MALFUNCTION DRILLS			
9:00 TO 9:50	POLICY AND PROCEDURES							
10:00 TO 10:50	USE OF DEADLY FORCE REPORT WRITING CHAIN OF COMMAND					POLICY AND PROCEDURES	POLICY AND PROCEDURES	POLICY AND PROCEDURES
11:00 TO 11:50						TRAFFIC STOPS OFFICER SAFETY WARRANT SERVICE	COURT APPEARANCES DISPATCH OPERATIONS EVIDENCE CHAIN OF CUSTODY	ACTIVE SHOOTER RESPONSE VEHICLE MAINTENANCE CODE RESPONSE
12:00 TO 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
1:00 TO 1:50	POLICY AND PROCEDURES CONTINUED.....	POLICY AND PROCEDURES CONTINUED.....	POLICY AND PROCEDURES CONTINUED.....	POLICY AND PROCEDURE CONTINUED.....	POLICY AND PROCEDURES CONTINUED.....			
2:00 TO 2:50		COMMUNITY POLICING	COMMUNITY POLICING	COMMUNITY POLICING	COMMUNITY POLICING			
3:00 TO 3:50	COMMUNITY POLICING							

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7:00 TO 7:50	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics HIIT	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. NO PT
8:00 TO 8:50	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS
9:00 TO 9:50	DEPARTMENTAL TRAINING TRAFFIC STOPS	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING
10:00 TO 10:50					
11:00 TO 11:50					
12:00 TO 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 TO 1:50	ACADIS PORTAL SET UP FOR ONLINE CLASSES	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....
2:00 TO 2:50		RACIAL PROFILING ONLINE COURSE	ONLINE COURSE TRAINING THROUGH ACADIS PORTAL	ONLINE COURSE TRAINING THROUGH ACADIS PORTAL	ONLINE COURSE TRAINING THROUGH ACADIS PORTAL
3:00 TO 3:50					

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7:00 TO 7:50	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics HIIT	PHYSICAL TRAINING Stretch 15-20 mins. Calisthenics Run/Walk	PHYSICAL TRAINING Stretch 15-20 mins. NO PT		
8:00 TO 8:50	FIREARMS DEPARTMENTAL LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING LIVE FIRE DRILLS	FIREARMS TRAINING HANDGUN QUALIFICATION		
9:00 TO 9:50	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING		
10:00 TO 10:50						UNIFORM REGS. BOOT PREPARATION / POLISHING / MAINTENANCE	INTRODUCTION TO DRILL AND CEREMONY (FUNDAMENTALS OF MARCHING/FACING MOVEMENTS).
11:00 TO 11:50							
12:00 TO 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1:00 TO 1:50	ICS TRAINING ONLINE	TIMS / NIMS TRAINING ONLINE	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....	ONLINE COURSE THROUGH ACADIS PORTAL		
2:00 TO 2:50				ONLINE NUTRITION CLASS			
3:00 TO 3:50	COMMUNITY SERVICE				COMMUNITY SERVICE		

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8:00 TO 8:50	FIREARMS REMEDIAL (IF NEEDED) OR TACTICAL SHOOTING (MOVING AND SHOOTING)	FIREARMS TRAINING INTRO TO SHOTGUN AND RIFLE	FIREARMS TRAINING SHOTGUN / RIFLE / HANDGUN LIVE FIRE DRILLS	FIREARMS TRAINING REQUALIFICATION WITH HANDGUN	FIREARMS TRAINING HANDGUN MAINTENANCE AND CLEANING
9:00 TO 9:50					-
10:00 TO 10:50		DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING	DEPARTMENTAL TRAINING
11:00 TO 11:50	DEPARTMENTAL TRAINING				
12:00 TO 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 TO 1:50	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....	ACADIS PORTAL REVIEW OF BASIC TRAINING SUPPLY LIST	DEPARTMENTAL TRAINING CONTINUED.....	DEPARTMENTAL TRAINING CONTINUED.....
2:00 TO 2:50		REPORT WRITING REVIEW			
3:00 TO 3:50	COMMUNITY SERVICE			COMMUNITY SERVICE	