

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

August 2020

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Academy Commander

Richard Moore

Training Specialist

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Training Specialist

Dean Paris

Training Specialist

Vacant

Admin

775-687-7678

See our website for more

Information: post.nv.gov

And Facebook at

[Facebook.com/NVPOST](https://www.facebook.com/NVPOST)

POST Executive Assistant

We would like to congratulate Amanda Socha on her promotion to the Executive Assistant here at POST.

Amanda joined POST in 2015 after serving 11 years in the private and corporate industries as an administrative assistant, e-commerce purchasing and logistics manager, and account manager. She holds a Bachelors Degree in Business Administration and brings a wealth of marketing and business experience. Though the Training Division will miss her, Administration is excited to have her.

Please join us in congratulating Amanda on her new position.

Academy Instructors

Nevada POST is currently establishing a list of qualified/certified instructors who are interested in teaching at the Basic Academy. We are particularly interested in establishing a cadre of instructors in the following disciplines:

ASP Baton

Taser

O.C.

E.V.O.C.

ALERTT/Active

Assailant

SFST

ARIDE

If you are certified instructor in any of the above disciplines and interested in instructing for the POST Basic Academy, please contact Academy Commander Greg Bennallack at 775-687-3359 or email: gbennallack@post.state.nv.us

SNALET/NALET Meetings

The **SNALET** and **NALET** meetings will be **CANCELLED** until further notice

POST 2020 Professional Development Course Calendar

POST is offering the following courses in 2020:

POST First-Line Supervisor Program: September 21st-25th & September 28-October 2, 2020

Management Module 6: October 5th-9th, 2020

The tuition for these courses will be free. Check out our website for more info coming soon!

<http://post.nv.gov/>

These classes will be held using the current CDC pandemic recommendations

Agency Compliance

NAC 289.230 requires that all agencies ensure that each officer complies with all required training each calendar year. The agencies are required to report the compliance to POST by December 31 of the reporting year. Below is a list of agencies for reporting year 2019 who have not reported compliance to POST:

Carlin Police Department

Ely Shoshone Tribal PD

Laughlin Constables Office

All agencies listed above should immediately report their 2019 trainings to the POST standards division

Hand Held Radios

Nevada POST has (24) Motorola HT750 Hand held radios with lapel Mic's, (4) base charges and (24) single chargers that we would like to donate. If your agency is interested contact Dean Paris at dparis@post.state.nv.us or 775-687-3304 for more details.

This communication is intended for all of Nevada Law Enforcement. Please forward this document or make it available to anyone for which the material may be of interest. This document is also available from the Home page of <http://post.nv.gov>

**NRS/NAC & POST
Regulations**

[NRS 289.550](#)

Certification from POST requirements.

www.leg.state.nv.us/NRS/NRS-289.html

[Reciprocity Eligibility Requirements](#)

[NRS 289.460 Category I](#)

[NRS 289.470 Category II](#)

Peace Officer Definitions by Category.

[www.http://post.nv.gov/Training/Reciprocity/](http://www.post.nv.gov/Training/Reciprocity/)

[NAC 289.110](#)

Minimum standards for appointment

www.leg.state.nv.us/NAC/NAC-289.html#NAC289Sec110

The “3-Minute Workout”

By Training Officer Richard Moore

One can see references to a “3-Minute Workout” all over social media and the World Wide Web. Last month in the article about High-Intensity Interval Training (HIIT) I mentioned that you can benefit from exercising for only 3 to 5 minutes. Is there really any truth to this? The short answer is, yes!

To be clear, short exercise routines may not be a complete substitute for more lengthy sessions. Multiple sources have adopted US Department of Health and Human Services guidelines for adults which say that 150 to 300 minutes of moderate intensity exercise or 75 to 150 minutes of high-intensity exercise spread out throughout each week are needed for “substantial health benefits”; also, most goals for muscle growth, athletic performance and/or weight loss will require longer sessions than just a few short minutes at a time to accomplish. But short workouts of just a few minutes can provide a positive health benefit compared to no exercise at all!

An ideal short exercise regimen challenges many parts of your musculoskeletal system in a variety of ways to promote strength and balance, while also challenging “cardio.” In my opinion, short “3-minute” workouts should do this by:

Raising your heart rate to at least 70-80% of your maximum heart rate (220 beats per minute minus your age in years);

Incorporating muscle strengthening and balance training elements;

Maintaining variety through different exercises in different sessions to challenge different muscle groups;

Using HIIT strategies by keeping the working intervals intense (8-9 out of 10 on the effort scale) with short rest (or slower recovery) periods in-between.

My favorite quick routine incorporates all four of those elements using a circuit-style HIIT workout that requires little or no equipment and only a small amount of floor space. I vary the actual exercises each time but always include at least one that focuses on core strength.

At this link is an example of this type of workout: https://www.youtube.com/watch?v=ZNTFT_SU4sU

Here’s another video showing a less-intense five-minute example targeted at beginners: <https://www.youtube.com/watch?v=zwSRF3QkG7Q>

No matter how much time you have, any time spent exercising is time well spent!

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Reserve Program

The Reserve program has been updated! For enrollment packets, please see the Forms Tab on the POST web-site.

If you have any questions or need assistance with this program, please call or email Amanda at (775) 687-3310 or

asocha@post.state.nv.us

Reciprocity Reminder

As a reminder per the Commission meeting in September of 2018 all POST Physical Fitness Tests for Reciprocity will be administered by a POST staff member.

For all Southern Nevada tests please contact Warren Turner at 775-687-3348 or

wturner@post.state.nv.us

For all Northern Nevada tests please contact Randy Misch at 775-687-3350 or

rmisch@post.state.nv.us

POST Professional Certificates Awarded

POST is proud to list the following officers that have been awarded Professional Certificates during the month of July

Boulder City PD

Liedkie, Guy E.; Intermediate

Carson City SO

Olson, Steven; Supervisor

City of LV Dept of Public Safety

Belcher, Jeffery B.; Intermediate

Clark Co DA

Lowrey-Knepp, Elaine G.; Intermediate

Rafalovich, Marco J.; Intermediate

Elko PD

Bogdon, Joshua C.; Intermediate

Henderson PD

Hakim, Zachary P.; Intermediate

Naparty, Steven M.; Advanced

Humboldt Co SO

Avila, Rodolfo; Intermediate

Grieve, Preston L.; Intermediate

Murillo, Mario R.; Advanced

Patchen, Joseph A.; Advanced

LV Metro Detention Center

Chambers, Michael D.; Intermediate, Advanced & Supervisor

Faller, Danielle L.; Intermediate

LV Metro PD

Burke, Kristian K.; Management

De Palma, Philip H.; Intermediate & Advanced

Gretka, Jerome J.; Intermediate & Advanced

Kallas, Evan A.; Intermediate & Advanced

Long, Kristen M.; Intermediate & Advanced

Torres, David E.; Intermediate & Advanced

NV Dept of Corrections

Ledingham, Kristopher R.; Advanced

NV Dept. of Public Safety

Barbieri Jr, Joseph M.; Intermediate

Boge, Derek J.; Advanced

Day, Steven E.; Intermediate & Advanced

Duncan, Tara; Intermediate

Hixson, Loy D.; Supervisor

Kelly, David R.; Advanced

Moore, Zachary S.; Advanced

Nivarel, Robert L.; Intermediate

Pangilinan, Rylan K.; Intermediate & Advanced

Smithen, Timothy J.; Intermediate

NV Gaming Control Board

Pasciak, Phillip A.; Intermediate

Weinberg, Loren A.; Intermediate

North LV PD

Cavaricci, Michael D.; Intermediate

Nardi-Davis, Daniel J.; Advanced

Nye Co SO

Pike, Henry C.; Intermediate

Reno PD

Lopez, Francisco J.; Advanced

Maddox, Vanessa M.; Advanced

UNR PD

Maxwell, Jennifer M.; Advanced

McElroy, Apryl P.; Intermediate

Wasser, Robyn L.; Advanced

Washoe Co SO

Almaraz, Michael R.; Advanced

Brokaw, Cole M.; Intermediate

Cameron, Kenneth J.; Advanced

Irby, Ami L.; Intermediate

Koski, Gordon H.; Intermediate

Lorman, John L.; Advanced

Washoe Co School Dist PD

Diamond, Eric C.; Advanced