

COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

June 2019

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See our website for more

Information: post.nv.gov

And Facebook at

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

POST Professional Certificates Awarded

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

Clark Co Dept of Juvenile Justice Svcs

Richardson, Matthew D.; Intermediate

Williamson, Kevin D.; Advanced

Clark Co Park Police

Newcomb, Travis E.; Supervisor

Clark Co School District PD

Ciarciaglini, Daniel; Intermediate

Riley, Connor P.; Intermediate & Advanced

Fallon PD

Riley, John C.; Advanced

Henderson PD

Gitz, Michelle M.; Advanced

Machado, Julio C.; Intermediate

Shields, Camille M.; Advanced

Willard, Garrett T.; Intermediate

LV Metro Detention Center

Bernardino, Lorenia; Intermediate & Advanced

Dockendorf, Consuelo; Intermediate & Advanced

Emil, Brian C.; Intermediate & Advanced

Ferry, Joshua D.; Intermediate, Advanced & Supervisor

Gonzalez, Alexander; Intermediate & Advanced

Healea, Joanne; Advanced

Iverson, Cindy; Intermediate & Advanced

Kaczmarek, Michael E.; Intermediate & Advanced

Lee, Tanya S.; Intermediate & Advanced

McCleery, Karla I.; Intermediate & Advanced

Munoz, Gabriel; Intermediate & Advanced

Peralta, Marie A.; Intermediate & Advanced

Reid, Thomas J.; Intermediate & Advanced

Taylor, Larry G.; Intermediate, Advanced & Supervisor

White, LaTrenda Y.; Intermediate & Advanced

Wiley, Gill D.; Intermediate & Advanced

LV Metro PD

Bates, Everett W.; Intermediate & Advanced

Bonkavich, James C.; Intermediate & Advanced

Burke, Kristian K.; Intermediate & Advanced

Burns, Zachary R.; Intermediate, Advanced & Supervisor

Callen, David J.; Intermediate

Crocker, Marylou; Intermediate & Advanced

Fasulo, Cynthia M.; Intermediate & Advanced

Folkins, Kevin J.; Advanced

Garrett, Steven M.; Intermediate & Advanced

Giblin, William A.; Supervisor

Jenkins, Tom A.; Intermediate & Advanced

Jotz, Collin J.; Intermediate & Advanced

Kennoy Jr, Mark F.; Intermediate & Advanced

Law, Landon V.; Advanced

Lif, Ashley M.; Intermediate

Lopez, Kyle J.; Intermediate & Advanced

Penny, Blake T.; Intermediate & Advanced

Rubio, James; Intermediate

Scott, Antonio M.; Intermediate & Advanced

Staheli, Cory A.; Intermediate

Washington, Jasper J.; Intermediate & Advanced

Williams, Anthony J.; Intermediate & Advanced

NV Dept of Corrections

Malm, Kaytlyn B.; Intermediate

NV Dept. of Public Safety

Congdon, Candice E.; Intermediate

Davis, Clifton D.; Intermediate

Glenn, Daniel B.; Intermediate

Stuenkel, Chelsea L.; Supervisor

Tenhet, Jeremiah D.; Intermediate & Advanced

NV Gaming Control Board

Hardy, Alexandra; Intermediate

NV Transportation Authority

Brown, Jason E.; Intermediate

North LV PD

Bishop, Kristen M.; Advanced

Dolan, William R.; Intermediate

Feldman, Jarrett D.; Intermediate

Ferrell, Benjamin F.; Intermediate

Harris, Nicholas L.; Supervisor

Neal III, James B.; Intermediate

Ryan, Justin E.; Advanced

Sanderson, Paul; Intermediate

Wine, Bradley A.; Intermediate

Reno PD

Bassett, Stephen A.; Intermediate & Advanced

Washoe County SO

Burfield, Jacqueline A.; Advanced

Burgarello, Micheon C.; Advanced

Collins, Andrew R.; Intermediate

Washoe Tribal PD

Mustafa, Vanessa L.; Advanced

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>

SNALET/NALET Meetings

The July 2019 **SNALET** meeting will be held on July 10, 2019 at 9:30 A.M. located at Gaming Control Board, 555 E. Washington Ave. - Las Vegas

The July 2019 **NALET** meeting will be held on July 18, 2019 at 9:30 A.M. located at POST - 5587 Wa Pai Shone Avenue - Carson City

Thank you, Nevada Attorney General

The Commission on POST would like to sincerely thank the NV Attorney General's office for their generous donation of a staff vehicle. This vehicle will be used as a staff vehicle, as well as in training new cadets. As most agencies know, donations to our organization are vital. From vehicles and gear, to time given by instructors, we could not function without help from agencies all over the state. So again, thank you for your donations.

If your agency would like to donate a vehicle to POST, please contact Adam Houle at ahoule@post.state.nv.us, or call at (775) 687-3314

Congratulations to the Graduates of POST Academy 2019-01

The Nevada Commission on Peace Officer Standards and Training (POST) is pleased to announce the graduation of POST Academy Class 2019-01 which occurred on Wednesday, May 22, 2019. Twenty one Category I Officers and three Category II Officers, representing fourteen agencies from around the state took the oath of office. The following cadets were awarded special recognition for superior achievement:

- **Officer Arsenio B. Reyes** from Lyon County Juvenile Probation - Superior Marksmanship
- **Officer Abram R. Minnitte** from Nevada Youth Parole Bureau - Physical Fitness
- **Deputy Jeremy R. Cunningham** from Douglas County Sheriff's Office - Academic Achievement
- **Deputy Jose A. Gutierrez Miranda** from Douglas County Sheriff's Office - Outstanding Graduate

NRA Law Enforcement Firearms Instructor Course

Nevada POST is looking into sponsoring an NRA Law Enforcement firearms instructor course at the academy. The requirement for the NRA to sponsor an event is 20 participants minimum so we are currently just asking for input from the agencies to see if there would be enough participation to host this event. If someone at your agency is interested in sending someone to this course or if you have any questions about it please contact T.O. Dean Paris at dparis@post.state.nv.us or call 775-687-3304.

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Reserve Program

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

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

POST Academy 2019-02 Enrollment Deadline Approaching

The POST Academy 2019-02 begins July 22, 2019. The deadline for the submission of completed enrollment packets is July 1, 2019.

POST no longer accepts names or reservations for spots in the Basic Academy. Spots are received on a first come first served basis of completed enrollment packet submissions. For further information on the POST Basic Academy Enrollment Policy, please see the third page of the [Enrollment Packet](#).

If you have any questions, feel free to contact the Training Division Administrative Assistant, Amanda Socha at 775-687-3310 or at asocha@post.state.nv.us

LEGISLATIVE UPDATES

We are currently working on addressing AB478 and the mandatory training it requires. Our goal is to ensure there is no undo impact or redundancy for the agency. Keep an eye on our website and newsletter for updates.

Work For Warriors

Work for Warriors is an organization through the Nevada National Guard that assists veterans that want to gain employment in law enforcement. They are putting together a large job fair that may be of interest to our rural and smaller agencies. We will have more information regarding this program soon. Watch future newsletters for information.

POST Online Training: nvelearn.nv.gov

Did you know POST offers online professional training courses for law enforcement? These courses are available 24x7, 365 days a year, and from any computer with internet access! **To begin your classes today, click [HERE](#)**

Would you like to assist the POST academy in instructing, training and mentoring Nevada's future peace officers? We are looking to expand our instructor pool, and can use your expertise and experience. If you are interested in becoming an instructor for the POST academy, please contact Training Officer Randy Misch at rmsich@post.state.nv.us or call 775-687-3350.

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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/

NAC 289.110

Minimum standards for appointment

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

How can one ever have time if one does not ever take time?

T.O Schinzing

As a peace officer, spare time is limited. Sometimes we put off exercise thinking we don't have enough time needed to get in a good workout. But if we don't take time, how can we ever have any time? Could you give 7 minutes using just a chair or a bench? Try this physical training in 7 minutes, 30 seconds of work followed by 10 seconds of rest, for just 7 minutes. It is a strenuous workout, but after 7 minutes your done.

1. Jumping Jacks
2. Wall Sit
3. Push Up
4. Plank
5. Step up onto a chair
6. Squat
7. Triceps dips on a chair
8. Plank
9. High Knees running in place
10. Lunge
11. Side Plank right
12. Side Plank left

A 2014 [article in the May-June issue of the American College of Sports Medicine's Health & Fitness Journal](#) does just that. In 12 exercises deploying only body weight, a chair and a wall, it fulfills the latest mandates for high-intensity effort, which essentially combines a long run and a visit to the weight room into about seven minutes of steady discomfort — all of it based on science.

"There's very good evidence" that high-intensity interval training provides "many of the fitness benefits of prolonged endurance training but in much less time," says Chris Jordan, the director of exercise physiology at the Human Performance Institute in Orlando, Fla., and co-author of the new article.

Work by scientists at McMaster University in Hamilton, Ontario, and other institutions shows, for instance, that even a few minutes of training at an intensity approaching your maximum capacity produces molecular changes within muscles comparable to those of several hours of running or bike riding.

Interval training requires intervals; the extremely intense activity must be intermingled with brief periods of recovery. In the program outlined by Mr. Jordan and his colleagues, this recovery is provided in part by a 10-second rest between exercises. But even more, he says, it's accomplished by alternating an exercise that emphasizes the large muscles in the upper body with those in the lower body. During the intermezzo, the unexercised muscles have a moment to, metaphorically, catch their breath, which makes the order of the exercises important.

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