



# POST News

August 2017

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## **ADMINISTRATION**

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*Executive Director*

**Tim Bunting**

*Deputy Director*

**Kathy Floyd**

*Executive Assistant*

**Kayla Parsley**

*Admin*

**Shirley Micallef**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

## **STANDARDS**

**Scott Johnston**

*Chief*

**Warren Turner**

*Training Specialist*

**Cindy Lee**

*Program Officer*

## **TRAINING**

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**Brian Mehrer**

*Academy Commander*

**Andy Borkowski**

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**Cameron Carmichael**

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**Amanda Socha**

*Admin*

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Join us in welcoming our newest employee Adam Houle! Adam will be our new Facilities and Fleet Supervisor. He is going to be a great asset to our team!

## **POST Academy**

Academy 2018-01 enrollment paperwork deadline is December 28, 2017. You can get the 2018-01 enrollment packet from the Training section of our website or by clicking [here](#).

If there are any questions please contact Amanda Socha at 775-687-3310, or at [asocha@post.state.nv.us](mailto:asocha@post.state.nv.us).

## **POST Commission Meeting**

The next commission meeting will be held on October 16th, 2017 at 4:00 PM. It will be held at the South Point Hotel, Casino and Spa, NA-PA Rooms A & B, 9777 Las Vegas Blvd S, Las Vegas, NV.



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By T.O Schinzing

**Gain Strength and Size with the Right Combination of Sets and Repetition's**

Keep your muscles off balance, when they get used to lifting a certain amount of weight or accustomed to a certain fitness routine. A training program that never changes also creates strength imbalances, which can be unproductive and dangerous. This does not mean you have to master a new exercise or a different workout. Just do your usual exercises, but use different combinations of sets and repetitions.

*Straight Sets* are a number of repetitions followed by a rest period, then by one or more sets of the same exercises. The rest periods and narrow focus of *Straight Sets* help add mass and build maximal strength. As long as you rest enough between sets. How to use *Straight Sets*; the start of you work out is the best time to use straight sets. Your energy and focus is typically high at the start of a workout, so it's the best time to execute difficult lifts, presses or pushes.

*Supersets* are a set of each of two different exercises performed back to back without rest. Supersets are useful to save time and burn fat. You can multitask your muscles- for instance, working your chest and back in one Superset. Then legs and shoulders in another Superset. Lifting heavy weights in a short time period increases the rate at which your body breaks down and rebuilds muscle. The metabolism boost last for hours after your workout.

*Trisets* are three different exercises performed one after the other without any rest in between. Trisets save time and raise metabolism. A single Triset can be a total-body workout in itself. Trisets are good for at home or in an empty gym, because all you need to monopolize the equipment. Do basic exercises which hit different body parts, like bench presses, squats and pull ups. Use weight approximately 50% of the weight you usually use and rest 1 to 3 minutes after each Triset.

*Drop Sets* are three or four sets of one exercises performed without rest, using a lighter weight for each successive set. Drop Sets are great for a quick workout, fatiguing your muscles in a short time, getting your heart going, and giving you an impressive post workout to fill your muscles with nutrition rich blood. Try Drop Sets no more than two or three times a week otherwise you'll get so tired you will not accomplish much. Start your first set with a warm up weight. After warmup lift the heaviest weight you would use for eight repetitions. Drop the weight 10 to 20 percent and go again. Continue to reduce weight and complete the same number of repetitions (even though you won't) until your muscles fail.

*Circuit Sets* are a series of exercises (usually six) which you complete one after another without rest. Circuit Sets are useful for a total body workout and can utilize cardiovascular fitness in with weight training. Because Circuit Sets can stress the entire body, it's more effective than a jog which primes only your lower body. A Circuit Set is most effective at home or in an empty gym. You will most likely monopolize many pieces of equipment and a lot of space. If using a Circuit Set as a warmup, you need only your body weight or a barbell/ dumbbells.



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## P.O.S.T. Simunition Shoot House

NV POST now has available for agency use a Simunition Shoot House which can be utilized for various training and tactical techniques. The shoot house is fully customizable with movable walls to configure many types of building or room layouts. The training is able to be watched live via a video surveillance system or recorded and saved via flash drive for later training use.

Special features for use by law enforcement:

- Various lighting conditions (daytime and nighttime use)
- 1800 sq. ft. Non-ballistic shoot house (SIMS house) which utilizes movable walls allowing for the creation of a variety of training environments.
- The shoot house can be used for a variety of trainings, including but not limited to:
  - New officer training
  - Tactical training
  - K9 scenario training
  - Crime Scene Processing
- Camera surveillance system allows for shoot house participants to be watched live remotely, on sight or to be saved for future training.
- Classroom Annex with two classrooms available ONLY to law enforcement with a reservation.

**If you are a law enforcement agency and would like to schedule an agency training and/or have additional questions regarding the shoot house, please email Brian Mehrer at [bmehrer@post.state.nv.us](mailto:bmehrer@post.state.nv.us) or call (775) 687-3359 Monday – Thursday.**



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**Agencies!**

Please make sure we have your most up to date contact information. You can visit the link below to update your agency head or agency contacts.

<http://post.nv.gov/uploadedFiles/postnvgov/content/Forms/Agency-Contacts-Update.pdf>



**Professional Development Course**

Management Module I: September 11th– September 22nd, 2017

Please visit the link below to access the registration form!

[http://post.nv.gov/uploadedFiles/postnvgov/content/Forms/ProfessionalDevelopmentCourseRegistration\(2\).pdf](http://post.nv.gov/uploadedFiles/postnvgov/content/Forms/ProfessionalDevelopmentCourseRegistration(2).pdf)

Registration is on a first come first serve basis. Please contact Amanda Socha if you have any questions at [asocha@post.state.nv.us](mailto:asocha@post.state.nv.us)





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**NAC 289.110 Standards of Appointment - Why is this so important?**

Negligent hiring is a claim made by an injured party against an employer based on the theory that the employer knew or should have known about the employee's background which, if known, indicates a dangerous or untrustworthy character. This is very relevant to law enforcement. Thorough pre-employment backgrounds investigations are essential and required in order to hire a person whose conduct and character measures up to the community and agency's expectations.

When a Nevada agency hires a person into a sworn capacity, the agency submits to POST a Personnel Action Report form (PAR) to report that they have hired this person. One part of this form involves the agency indicating they have hired this person. One part of this form involves the agency affirming they complied with all of the standards of appointment requirements in NAC 289.110.

Occasionally, information comes to the attention of POST staff that a peace officer recently hired was not eligible to be a peace officer. Some of the common reasons that POST sees is; the officer was terminated based on a sustained investigation related to dishonesty, a criminal conviction prohibited them from being a peace officer, or a past history of violent behavior to name a few. Based on those examples, it is clear that an agency background as required. The question now is, how can agencies prepare themselves to conduct proper background investigations? To assist agencies, the POST web site has some valuable information:

- 1.The "Nevada POST Administrative Manual" or PAM is a wealth of information to assist agencies in all aspects of working with POST. Chapter 2 of this manual deals with the Peace Officer Selection including background investigations.
- 2.The list of agencies who have Polygraph/CVS resources for background investigations.
- 3.The website has a section titled Training Material for Peace Officers. This page has the Background Investigation Guide. This guide is the step by step process of background investigations. This manual can be downloaded at no cost.
- 4.Training opportunities such as background investigators course.
- 5.The POST staff are always available to assist with any POST related questions.



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**POST Professional Certificates Awarded**

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

**Carson City SO**

Cook, Kevin C.; Advanced

**Clark CO Park Police**

McDowell, LeQawn J.; Advanced

**Douglas CO SO**

Schlanger, Matthew R.; Intermediate

**Elko CO SO**

Bribiesca, Ana L.; Intermediate

Nunez, Luiz C.; Advanced

**Elko PD**

Gustafson, Michael P.; Intermediate

**Henderson PD**

Bair, Brandon L.; Supervisor

Hughes, Glen L.; Advanced and Intermediate

Slattery, Kyle J.; Supervisor

**LV Metro Detention Center**

Young, Tierra N.; Advanced

**LV Metro PD**

Lee, Aaron K.; Supervisor

Lefebvre, Noel J.; Intermediate

Rundell, Richard D.; Advanced

Souder, Michael R.; Advanced, Intermediate, and Supervisor

Uslak, Mark A.; Intermediate and Advanced

Vigil, Cody T.; Advanced

**Lyon CO SO**

Lynch, Daniel J.; Management

**NV Dept. of Corrections**

Shultz, Brian T.; Advanced and Intermediate

**NV Dept. of Public Safety**

Bahr, Ashlee M.; Intermediate

Buratzuk, Jason J.; Intermediate

Crawford, Brandon E.; Intermediate

Crowe, Robert M.; Intermediate

Czajkowski, Theodore A.; Supervisor

Delaney, Mark L.; Intermediate

Digesti, Heather G.; Advanced and Intermediate

Gagne, Ronald J.; Advanced

Geoffroy, Jeremy A.; Intermediate

Koski, Joshua R.; Advanced and Intermediate

Kulkin, Asa S.; Advanced

Madrigan, Meghan W.; Advanced

Morgan, Daryl M.; Intermediate

O'Connell, Kyle W.; Supervisor

O'Connor, Nicholas K.; Advanced

Remmers, Wendy R.; Advanced

Smaka, Travis A.; Intermediate

**NV Gaming Control Board**

Garcia, Sonny F.; Intermediate

**Nye CO SO**

Eisenloffel, Michael; Supervisor

Gibbs, Logan; Intermediate

Klenczar, Thomas D.; Supervisor

Locascio, Shawn M.; Supervisor

Murphy, Eric G.; Supervisor

**Reno PD**

Payne, David N.; Intermediate

**Sparks PD**

Atkins, Eric M.; Intermediate

**Washoe CO DA**

Florez Jr., Emetrio; Advanced and Intermediate

Reynolds, Joel C.; Intermediate

**Washoe CO SO**

Daniels, Jason C.; Intermediate

Nauman, Greg D.; Supervisor

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