



POST News

September 2017

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ADMINISTRATION

Mike Sherlock

Executive Director

Tim Bunting

Deputy Director

Kathy Floyd

Executive Assistant

Shirley Micallef

Business Process Analyst

Adam Houle

Facilities Supervisor

STANDARDS

Scott Johnston

Chief

Warren Turner

Training Specialist

Cindy Lee

Program Officer

Kayla Parsley

Admin

TRAINING

Boe Turner

Chief

Brian Mehrer

Academy Commander

Andy Borkowski

Training Specialist

Eric Schinzing

Training Specialist

Cameron Carmichael

Training Specialist

Amanda Socha

Admin

775-687-7678

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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, NAPA Rooms A & B, 9777 Las Vegas Blvd S, Las Vegas, NV.

POST Academy 2018-01 Registration is Open

Registration is currently open for the POST Academy Class 2018-01. The enrollment packet is available on the [Training](#) section of our website. The deadline for the submission of completed packets to be received by POST is 5:00 PM on December 28, 2017. If you have questions, contact Amanda Socha at asocha@post.state.nv.us.

Promotion

Congratulations to Kayla for moving to the AAIII position in the Standards division! In addition to assisting Standards with the normal day to day tasks, she will be scheduling all state certification exams so if you have any questions or need assistance scheduling the tests, please call her at 775-687-3331.



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>



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By T.O Schinzing

As a peace officer time is often limited. Sometimes we put off exercise thinking we don't have the time needed to get in a good workout. But if we don't take time, how can we ever have any time? Think you're too busy to exercise and have limited time? Try these for seven minutes:

1. Jumping Jacks 2. Wall Sit 3. Push Up 4. Abdominal Crunch 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

An [article in the 2014 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, FL., and co-author of the new article.

Work by scientists at McMaster University in Hamilton, Ontario, and other institutions show, 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, though, 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.

The exercises should be performed in rapid succession, allowing 30 seconds for each, while the intensity hovers at about an 8 on a discomfort scale of 1 to 10, Mr. Jordan says. Those seven minutes should be, in a word, unpleasant. The upside is, after seven minutes, you're done.

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Basic Investigators Course FULL

The Office of the Attorney General in conjunction with POST will be hosting a Basic Investigator Course. This course is designed for the new assignment of an Investigator. Unfortunately, the upcoming course is full. Please submit a Professional Development Registration form to Amanda Socha at asocha@post.state.nv.us to be put on the waiting list.



Check out our website

Looking for additional training for you or your officers? Check out the Training Opportunities section of the POST website by clicking [here](#). There are links for upcoming and ongoing training, online training, websites for training providers and more. We add training providers periodically so keep checking the location for new providers!





POST Professional Certificates Awarded

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

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Clark CO Park Police

Chambers, Nicholas R.; Intermediate

Singleton, Phillip V.; Advanced

Elko CO SO

Bribiesca, Ana L.; Advanced

Henderson PD

Bozarth, John V.; Advanced

DeLoach, Gary A.; Advanced

Marshall, Kevin A.; Intermediate

Milligan, Victor J.; Intermediate

Perkins, Kevin J.; Intermediate and Advanced

Vanis, Martin V.; Advanced

LV Metro Detention Center

Kutsunai, Rocky K.; Intermediate and Advanced

Lozano, Richard; Intermediate and Advanced

LV Metro PD

Chamberlin, Jeffrey H.; Intermediate and Advanced

Jackson, Brian R.; Intermediate and Advanced

LeBlanc, Christopher M.; Advanced

Leaman, Virgil E.; Intermediate and Advanced

O'Brien, Dennis R.; Management

Schmitt, Russel W.; Intermediate and Advanced

Mesquite PD

McOmie, Ian K.; Advanced

NV Attorney General's Office

Ross, Mathews N.; Advanced

NV Dept. of Corrections

Hill Sr., Perry R.; Intermediate and Advanced

NV Dept. of Public Safety

Bunker, Jeremy B.; Advanced

Crawford, Brandon E.; Advanced

Dong, Chao Y.; Intermediate

Flury, Quinton P.; Intermediate

Gonzalez, Stephanie A.; Intermediate

Liwanag, Jake T.; Intermediate

Lund, Wylie M.; Supervisor

Scott, Sean O.; Intermediate and Advanced

Nye CO SO

Means, Harry L.; Intermediate

Reno PD

Santiago, Santiago A.; Intermediate

Sparks PD

Lewallen, James L.; Intermediate

UNR PD

Miron, Jennifer; Intermediate

Washoe CO SO

Aninao, Asa Joseph; Intermediate

Figuroa, Emmanuel; Advanced

Karlowicz, Ryan J.; Intermediate

Leyva, Ana K.; Intermediate

Lyford, Cody D.; Intermediate

Sewell, Peter A.; Advanced

Tone, Nicholas G.; Advanced

White Pine CO SO

Shady, Luke L.; Advanced