

PRESENTS: FIT RESPONDER TRAIN THE TRAINER

LAW ENFORCEMENT

INJURY PREVENTION & FITNESS TRAINING

THIS 6-HOUR PROGRAM IS A PHYSICAL FITNESS TRAIN THE TRAINER SESSION SPECIFICALLY DESIGNED FOR TRAINING OFFICERS, FIELD TRAINING OFFICERS, ACADEMY INSTRUCTORS AND ADMINISTRATORS.



THURSDAY, JANUARY 19, 2012

CLASS BEGINS @ 9:00 A.M.

125 EAST COLONIAL DRIVE, ORLANDO, FL 32801



WITH INJURY RATES CLIMBING AND LOST TIME CLAIMS MOUNTING, THIS COURSE EXPLORES SIMPLE STEPS TO IDENTIFY AND CORRECT UNSAFE BODY MECHANICS AND/OR REPETITIVE MOTIONS, WHICH CONTRIBUTE TO INJURY AND RE-INJURY. AS BUDGETS SHRINK AND UTILIZATION HOURS INCREASE, THIS COURSE WILL HELP KEEP YOUR PERSONNEL HEALTHY AND FIT.

Participants Will Learn:

- ✿ Cutting edge tactical fitness techniques designed to drastically improve performance, while radically reducing injury. This course teaches the fundamentals of **Corrective Exercise**, which allows the body to move freely at its full force producing potential;
- ✿ Self Massage and Myofascial Release techniques to keep your body at optimum performance throughout the participant's career and integrate spine stiffening techniques to reduce lower back injury; and
- ✿ How to apply active, passive and functional stretching individually or as a team to enhance performance.

**IF YOU WOULD LIKE TO PREVIEW AN INSTRUCTOR DEMO,
PLEASE VISIT: [HTTP://WWW.THEFITRESPONDER.COM/](http://www.thefitresponder.com/) AND CLICK "PRESENTATIONS."**

Who Should Attend?

Training Officers, Field Training Officers, Academy Instructors, Administrators, as well as Risk Managers, Wellness Coordinators, and Physical Therapy/Sports Medicine Professionals.

Participants should wear a tee shirt, shorts, and athletic-type shoes. Each participant will receive a Training Manual and Massage Ball at the completion of the course, as well as continued assistance through email or phone.



To Enroll, Please Contact:

Anita Wick, RMPE, Administrative Assistant, Florida League of Cities

E-Mail: AWick@flcities.com or Toll-Free Phone: 1-800-445-6248, Extension 1734

Enroll Today!!!

FMIT Members: \$150.00 per person
FMASH Members: \$175.00 per person
FLC Members: \$200.00 per person
ALL Others: \$250.00 per person

Course Instructor: Bryan Fass, ATCL, CSCS, EMT-P

Bryan Fass is the President of Fass Consulting LLC, which specializes in Public Safety/Health Care Fitness, Injury Prevention, Wellness, Human Performance Enhancement and Fitness Testing. Mr. Fass holds a Bachelors Degree in Sports Medicine, is Nationally Certified and Licensed as an Athletic Trainer (ATC), a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (CSCS), a Paramedic, and he has numerous certifications in manual therapeutics and soft tissue techniques. Recognized as an expert in corrective exercise and functional movement analysis and training with a specialty in spine stabilization, Mr. Fass is regularly sought out to treat painful conditions at [Precision Fitness](http://www.precisionfitness.com) where he has been the training director for over 9 years. For more information about Bryan Fass or to preview an instructor demo, please visit: <http://www.thefitresponder.com/>.



REGISTRATION AND PAYMENT INFORMATION

PLEASE COMPLETE AND FORWARD WITH CHECK OR CREDIT CARD PAYMENT TO:

Florida League of Cities, Inc., Attention: Anita Wick, P.O. Box 538135, Orlando, FL 32853-8135

Email: AWick@flcities.com, Fax: 407-425-9378

NAME OF PUBLIC ENTITY			
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ADDRESS	CITY	STATE	ZIP CODE
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CONTACT PERSON

EMAIL ADDRESS OF CONTACT PERSON

PHONE

**LAW ENFORCEMENT INJURY PREVENTION & FITNESS TRAINING
THURSDAY, JANUARY 19, 2012 * 9:00 AM**

PLEASE LIST NAME(S) OF PERSON(S) ATTENDING
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Amount to be charged to credit card: \$_____

Credit Card Payments: Circle One: **VISA** **MASTERCARD**

Credit Card Number: _____ Expiration Date: _____

Four Digit Security Code (listed on back of card) _____

Name As It Appears on the Credit Card: _____

Complete Billing Address: _____

Cardholder Signature: _____

Note: The charge on your credit card statement will read: Florida League of Cities

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FMASH Member: \$175.00 per person
FLC Members: \$200.00 per person
ALL OTHERS: \$250.00 per person