



**NEWS RELEASE
FOR IMMEDIATE RELEASE**

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Sheriff's Regional Training Division Offers "Academy Challenge" Physical Fitness Course

MODESTO, CA-Stanislaus County Sheriff's Regional Training Division is pleased to announce a second course offering of the "Academy Challenge" physical fitness program. The "Academy Challenge" is an intense, 5 week, physical fitness program designed for future academy recruits or for members of the public interested in a fitness challenge and seeing the physical fitness design for law enforcement officers.

The "Academy Challenge" will begin January 6th 2009 and end February 5th, 2009. The course runs 3 days per week (Tuesday through Thursday), in 2-hour increments from 6:00 P.M. to 8:00 P.M. Students will be exposed to the same physical training delivered in the police academy through an intense and rigorous program. "We are pleased the first course offering went as well as it did, and we look forward to continued success with these types of programs" said Sheriff Adam Christianson.

"The Academy Challenge provided an opportunity for students to work on physical fitness, and it also gave us an opportunity to expose the public to a small portion of the rigorous types of training their law enforcement officers must endure during their time with us" said Lt. Jim Gordon, Director of the Training Division. "We are very proud of the 30 students who made it through our first offering, and we look forward to seeing many more who wish to take the challenge".

The registration deadline for this course is December 22nd, 2008. For registration information please contact Teresa Pedro at (209) 525-4701 or visit our website at www.sheriffstraining.org for electronic registration.

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