

To: LawFit Workshop Participants
From: Dr. David L. Bever
Re: LawFit Fitness Leadership Workshop Materials and Training Gear
Date: 30 June – 2 July 2020

1. LawFit Workshop participants will meet at the North Mississippi Law Enforcement Training Center, 1 Finney Lane, Tupelo, MS 38804 for each day's classes.
2. Throughout each day participants will need to wear workout apparel (shorts, warm-up suits, sweatpants, t-shirts, and running shoes). **No street clothes please.** Because of the vigorous activity schedule, it is suggested that each officer bring two sets of workout gear: (one for the morning sessions and one for the afternoon sessions). **During work performance testing it is suggested that participants wear BDU's, an agency t-shirt or sweatshirt, and their personal protective vests.**
3. All participants will need to bring a combination lock for storage of valuables during the activity sessions. They will also need to bring two towels for post-workout showers.
4. Participants should bring several pens, No. 2 pencils, a **calculator,** and a notebook to each workshop session.
5. If you have any questions about the LawFit Workshop, Dr. Bever can be reached at: (703)-591-1759 or (703)-424-6154.

**** Officers should be in fitness gear at 0800 the first day of the Workshop.**

***** During workshop sessions cell phones must be turned off and stored away. Messages can be checked during assigned breaks.**