

P.O.W.E.R. TEST PART-TIME PROGRAM

DATE: Saturday, June 05, 2010

REGISTRATION & FEE DUE DATE: Friday, May 28, 2010

DATE: Saturday, September 18, 2010

REGISTRATION & FEE DUE DATE: Friday, September 10, 2010

DATE: Saturday, December 04, 2010

REGISTRATION & FEE DUE DATE: Wed., November 24, 2010

WHERE: YMCA of McDonough County,
400 East Calhoun Street, Macomb IL 61455

TIME: 8:00 a.m.

INSTRUCTOR: Mike Inman, Illinois State Police

All officers participating in the Part-time Officer Program must take and pass the Peace Officer Wellness Evaluation Report (POWER) test consisting of the following:

Sit and Reach

1 Repetition Maximum Bench Press

1 Minute Sit Up Test

1.5 Mile Run

Contact Western Illinois Police Training Unit at 309-344-3366 for a part-time officer POWER Test enrollment packet. POWER Test fee \$30.00 per student. **All registration forms and fees must be completed by one week prior to the POWER Test date.**

If you have any questions contact John Levingston, Part-time Officer Training Program Coordinator at 309-547-2988 or 309-338-9729.