

Training Name: Firearms

Course Name: Women only Tactical Firearms course

Dates: 05/15/2025 - 05/16/2025

Venue: Tyler Police Gun Range
Tyler, TX 75702

Price: \$200

Instructors: TTPOA Cadre

Course Description:

This two day course is designed for female shooters to practice their marksmanship and weapons handling. It is designed to highlight the importance of being mentally and physically prepared to address a threat of serious bodily injury or death and react properly during a high-stress situation. The students will demonstrate their ability to effectively and accurately shoot a target while static, moving, and employing techniques of cover and concealment. They will also demonstrate their ability to accurately engage a target with elevated heart rate. Our goal is for every student to finish this class with the confidence to engage targets quickly and accurately under stress.

The Instructor for this course is Sgt. Lydia Thedford.

Lydia Thedford is a US Coast Guard veteran who has over 10 years of Law Enforcement experience. Lydia joined the Tyler Police Department in 2013. She was assigned to Patrol from 2013 to 2019 where she was a Police Training Officer. She was then assigned to Investigations where she Investigated Financial Crimes, assisting the US Secret Service on the North Texas Cyber Fraud Task Force. In 2022, Lydia promoted to Patrol Sergeant. Lydia has been a Firearms Instructor for Tyler PD since 2018. She has attended several advanced tactical pistol and rifle courses and has helped develop tactical pistol courses for her agency. Lydia enjoys competition shooting that incorporates physical fitness.

Required equipment: 300 rounds handgun (rifle with 200 rounds OPTIONAL)

Body armor is required on this range. There will be some available if needed. Please bring normal range gear.

Training Description:

TTPOA believes in bringing in some of the best instructors in the country to share their knowledge and experience. If you have requests for a specific instructor or course, contact your [Regional Director](#).