Training Name: Specialty

Course Name: Tactical Performance Lab by In Extremis - Region 1

Dates: 06/17/2024 - 06/18/2024

Venue: Georgetown Police Department
Georgetown, TX 78628

Price: $600

Instructors:

Course Description:

The Tactical Performance Lab, is a course meant to objectively assess officers physical and shooting capabilities. This will NOT be a smoke session, but will have job specific tests to identify weaknesses, and highlight proficiencies. The class will teach officers how to train with purpose, similar to a professional athlete, while focusing on the specific job requirements of a SWAT operator, both shooting and fitness related. Check out the inextremis website to get a closer look at what they offer!

Your instructors will be Aaron Dugger with InExtremis and Aaron White with Georgtown PD/CTRS.

Aaron Dugger - Director of Human Performance

A Native of Texas, Dugger works both Hands-on and Remotely with all of the Federal, State, and Local LE Special Operations Teams. With just under a decade of experience in Division 1 (Oklahoma State and Memphis) and Division 2 (Southeastern Oklahoma State) collegiate football Strength and Conditioning, Dugger has a wide range of experience working with high performers in highly-dynamic environments. He has accumulated a depth of knowledge experience through both educational and practical experience throughout his career. Aside from holding Masters in Applied Exercise Science from Oklahoma State University, he also is certified through the CSCCa and NSCA, as well as the completion of TTPOA Basic SWAT through Region 7. Dugger is in the constant pursuit to better the LE Special Operations through all aspects of Human Performance and the understanding that Duty and Service come first and foremost.

LT Aaron White - Georgetown PD/CTRS

Aaron has worked for the Georgetown Police Department since 2007. During that time, he has been a patrol officer, school resource officer (2012-2013), patrol sergeant (2013-2018), and patrol lieutenant (2018-current). Currently, he supervises 14 patrol officers and 4 sergeants. From 2010-2015, White was a member of the Georgetown Emergency Response Team before it was disbanded and replaced with the Central Texas Regional SWAT (CTRS) team. Since 2015, he has been in leadership both as an Assistant Team Leader and the Team Leader with CTRS. Aaron is also the head pistol instructor for the department and a senior firearm instructor for CTRS. Prior to Law Enforcement, White graduated from Texas State with both a Bachelor's and Master's in Exercise and Sports Science in 2003. He taught at Texas State as a Graduate Assistant from 2003-2004, and as an Adjunct Lecturer in 2005. He uses his education as a fitness instructor for Georgetown Police Department and has also designed one of the two department gym facilities.

S C H E D U L E O V E R V I EW:

Day 1:
0800-1100: Human Performance for the SWAT/Police Officer
1100-1200: Fitness Testing
1200-1330: Strength and Conditioning Concepts For LE
1330-1430: Lunch
1430-1700: Range Testing

Day 2:
0800-1200: Dynamic Shooting Fundamentals
1200-1300: Lunch
1300-1700: Human Performance and Tactical Application

E Q U I P M E N T N E E D E D :

Day 1
PT/Workout Attire (Morning)

Pen/Paper
Water Bottle
Lunch
Range Attire
Belt w/ Holster and Mag Pouches
Pistol and Rifle (50 Rounds ea.)
Plate Carrier (No Helmet)

Day 2
Range Attire
Belt w/ Holster and Mag Pouches
Pistol and Rifle (250 Rounds ea.)
Water Bottle
Lunch

LOCATION:

Georgetown Police Department

3500 D B Wood Rd, Georgetown, TX 78628

PRICE:

$600 MEMBER

$630 NON MEMBER

For questions regarding this class contact TTPOA Region 1 Director AJ Rivera (281) 796-1889 or aj.rivera@ttpoa.org

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.