

Training Name: Specialty

Course Name: Performance Foundations for Officer Readiness

Dates: 09/29/2026 - 09/29/2026

Venue: Tyler Police Department Training Facility
Tyler, Texas 75702

Price: \$200

Instructors: Rebecca Rouse

Course Description:

The law enforcement profession requires officers to perform physically and cognitively-demanding tasks around the clock. The way you train, fuel, recover, and breathe, and how you treat your mind and body when off shift, will directly impact your job performance, career longevity, and health outcomes. This course is designed to empower you to take control of your fitness and readiness so that you can be an asset to your teammates, to your family members, and to the people you serve and protect.

Topics to be covered include:

- Fitness & movement: train in the gym in a way that carries over to the demands of the job
- Why and how to train for different fitness adaptations: strength, power, agility, conditioning
- Mobility and flexibility training: how to improve joint mobility, soft tissue health, range of motion, and movement quality
- Nutrition: when, how much, and what the heck should I eat in order to feel and perform my best?
- Hydration and its critical role in physical and cognitive performance
- Supplementation: which supplements are safe, effective, and provide actual benefits for first responders?
- Importance of sleep for health, performance, and longevity; and how to improve it
- Short and long-term impacts of sleep deprivation
- Other ways to improve recovery, mind/body restoration, and wellness
- Using breathwork to regulate the nervous system - on the job, at home, or when transitioning from one to the other

Equipment Needed:

- Fitness attire that you can move in
- Hydration source
- Training shoes
- Notepad or device for note taking

Bio :

Rebecca Rouse is a tactical strength and conditioning coach, competitive athlete, entrepreneur, speaker, and wife of a retired United States Marine. A nationally ranked competitive weightlifter, she is also a sought-after voice in the tactical community. Rebecca currently travels across the country educating and empowering individuals, teams, and military and first responder units to take ownership of their fitness, nutrition, sleep, recovery, and overall wellness, supporting long-term career performance and lifelong health for those who serve.

Registration/Payment Instructions:

Cost for the course is \$200.00. You must register as a member for any TTPOA course (\$30 for one year individual membership)

Credit card payment is strongly recommended. Payment is due by Sept 10th or you could be removed from the class if there are students on the waitlist.

Inquiries regarding the course, payment or other questions can be directed to Mike.saxion@tpoa.org

Mail checks to:

TTPOA

Att: Tactical Fitness Reg 8 (Tyler)

PO Box 304

Burnet, TX 78611

***Please make checks payable to "TTPOA"**

NO MEALS PROVIDED

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](#).