

Training Name: Specialty

Course Name: Performance Foundations for Officer Readiness

Dates: 01/25/2027 - 01/26/2027

Venue: El Paso County Sheriff's Office Region VIII Academy
El Paso, TX 79938

Price: \$300

Instructors: Rebecca Rouse

Course Description:

COURSE OVERVIEW

This two-day seminar is built specifically to keep law enforcement officers operating at the highest level - on the job, under pressure, and long after the badge comes off. Through a combination of classroom instruction and hands-on training, this course gives you the tools to move better, fuel smarter, recover faster, and regulate stress under pressure; with the ultimate goal of being an asset to your team and coming home to your family every night.

Every component is tailored to the realities of tactical work: heavy gear, unpredictable threats, long hours, high stress, and the expectation to perform at 100%, every time. It is designed to help you stay mission-ready and protect the two assets you can't replace: your body and your mind.

Topics Covered

1) MOVE: Strength, Conditioning & Mobility

- Tactical strength and conditioning foundations
- Mobility protocols to support gear-loaded movement
- Injury reduction strategies for joints (back, hips, shoulders, ankles, etc.)
- Enhancing speed, power, agility, stability, and endurance for operational demands

2) FUEL: Nutrition, Hydration & Supplementation

- Fueling strategies for optimal health, long operations, and high-intensity bursts
- Hydration protocols for optimal performance in varied environments
- Supplementation guidelines: what actually works and what to avoid
- Building sustainable nutrition habits that support performance and long-term health

3) RECOVER: Sleep & Recovery Tactics

- Sleep optimization strategies for shift work and irregular schedules
- Sleep hygiene practices
- Tools for reducing fatigue and preventing long-term burnout
- Non-sleep recovery methods to increase recovery and performance

4) REGULATE: Stress Management & Breathwork

- Nervous system regulation for high-pressure decision-making
- Breathwork for calm, clarity, and physiological control

- Performance breathing techniques to sustain focus
- Stress mitigation strategies to support mental resilience and family life

Hands-On Training Sessions

- Full-body joint mobility session built for tactical athletes
- Strength & conditioning workouts tailored to law enforcement demands
- Integrated breathwork during and after training sessions

EQUIPMENT LIST

Participants should bring:

Required:

- Workout clothing suitable for athletic training and full range of motion
- Training shoes
- Hydration source
- Notepad or device for taking notes

Recommended:

- Heart-rate monitor or wearable (if available)
- Personal snacks for sustained energy
- Towel
- Change of clothes for post-training sessions

INSTRUCTOR BIO

Rebecca Rouse is a tactical strength & conditioning coach (TSAC-F), a nationally ranked weightlifter, and an educator in the tactical space. She and her husband, a retired Marine-turned deputy sheriff for Rockwall County, co-founded READI Performance Solutions - a training platform that helps tactical athletes across the country improve their physical fitness and performance.

Rebecca currently travels around the country educating and empowering individuals, teams, and military/first responder units to take ownership of their fitness, nutrition, sleep, recovery, and health outcomes.

Credit card payment is strongly recommended.

If paying by check, mail checks to:

TTPOA

PO Box 304

Burnet, TX 78611

Payable to TTPOA and reference " Performance Foundations/Readiness, Region 4

*Refunds for cancellations will not be offered after 12/25/27

No meals are provided for this course.

Inquiries regarding the course, payment, or other questions can be directed to Ken Law ken.law@ttpoa.org 915-637-6338

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](#).