



# Academy Notes

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- Capt. Eric Noble, Dep. Director
- Steve Hall, Basic Training Mgr.
- Bob Brendel, In-Service Mgr.
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## Inside this Issue

Memorial Dedication.....	1
Budget .....	2
Session 119 Graduates.....	3
Physical Fitness Corner .....	4
Use of Force Issues.....	5
In Service Training .....	6

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## Fallen Heroes Dedication Ceremony

The Academy held a rededication of the Fallen Heroes Memorial on November 13, 2008. The ceremony marked the addition of four names to the sixteen that were originally engraved in 2004 when the Academy established the memorial to honor those alumni who have made the ultimate sacrifice in service to their communities.

In the March 2008 edition of Academy Notes we reported that under a newly formalized policy four officers had been identified who would be added to the memorial. Ray Hubbard a graduate of the 37th session, Jim Kennedy, also a graduate of the 37th session, Tommy Bernal, a graduate of the 12th session and Mike Garbarino, a graduate of the 54th session.

A cold rain forced the ceremony inside but did not deter the spirit of the participants. The ceremony was opened with a presentation of the colors by a joint detail of the Alexandria City Police Department Honor Guard and the Fairfax County Police Department Honor Guard. In attendance were the members of the 119th Basic Law Enforcement School and numerous representatives of our member agencies. The Director, Mr. O'Toole introduced Chief Baker, City of Alexandria Police Department and Chief

Rohrer, Fairfax County Police Department who each spoke. Honored guests included Mrs. Bernal, Mrs. Garbarino accompanied by her two daughters and Mr. Vince Canales, President of the Prince Georges County, Maryland FOP in recognition of Raymond Hubbard.

The sixteen original names were recited as members of the recruit class placed sixteen roses at the base of the memorial. Family members and friends were then escorted to the memorial by Academy staff to place roses in honor of the four who were recently added.

The memorial stands at the front entrance of the academy. As you pass by take a moment to recognize the twenty officers and deputies who are remembered there.



Recruit Andre Barnes prepares to uncover the name of Officer Ray Hubbard as Vince Canales places a rose in his memory. Also pictured, Chief David Baker, Recruit Mark Childs, Officer Matt Harbison and Deputy Easton McDonald (saluting).

In valor there is hope  
 - Tacitus

## Academy Faces Difficult Budget

By Tom Fitzpatrick, Deputy Director NVCJTA

Along with virtually every other training academy, police department, and sheriff's office in the country, our Academy is being affected by the current economic situation. This recession we find ourselves in is a national, state and local problem brought on by a number of factors that will be debated for years to come, I'm sure. While we should study the reasons for our situation so that we avoid a repetition of it, it's even more critical to find ways to deal with our situation right now. I have a firm belief that the leaders of the seventeen agencies that comprise this Academy are working hard to make good, sound financial decisions to deal with the dilemma in which we find ourselves. Many analysts are indicating that this recession will bottom out sometime in 2009 but that we may not find our way out of this fix for anywhere from 2-7 years. Coping with our situation and dealing with it while the recovery takes hold are key.

What you can do now:

Individually, look for ways to save money – double side when you photocopy, turn off unnecessary lighting, and open the classroom shades to let light in during the day to cut down on heating costs (in the winter), and do the reverse in the summertime. These things may seem minor in nature, but if everyone participates, we will realize some substantial savings.

What we can do as an Academy, collectively:

We will continue to look at ways to cut costs - using more efficient lighting, more effectively regulating thermostats, moving to a four day workweek in February of this year to conserve fuel (both personally and departmentally) and cut utility costs, delaying some training programs or courses for another year, reviewing our various contracts (landscaping, repair and maintenance for example) in order to decrease the number of visits, etc. There are even more things we are giving thought to, and we will continue to explore other avenues to save money.

In preparing for FY 10, Budget Analyst Nick Tucci and I have cut virtually every operational and admin-

istrative account that we have, and we are cutting costs in the current fiscal year in hopes of having an overage that we can use to defray costs for the next fiscal year. The budget for the basic curriculum took some cuts but not to the extent where we will see any degradation in the training program. We made some relatively minor cuts here and there that should prove to be manageable.

The In-Service Training Section account took the largest cut, percentage-wise. While we are certain that all necessary training will still be delivered, many of the "nice-to-have" classes have been cut. Some promising new classes had to be cut out of our future plans, and even classes provided by long-time consultants like Dr. George Flanagan and JoAnn Valdes had to be reduced in number. Obviously, we will still provide the legal and diversity classes and sufficient optional classes to satisfy every officer's and deputy sheriff's MIR, but we made significant cuts in those training classes where we would have to pay a consultant. The In-Service staff has been very good recently at creating new classes with the help of agency personnel with detail time as the only price tag, and we will continue to head in that direction.

I'm sure, if we work together, that we can weather this economic storm and come out of it in good shape. Mr. O'Toole, Captain Noble, and I may be asking each of you to make some sacrifices during the coming years but when we do, know that any such request will be made with the interests of the Academy at heart. This Academy will continue to be a great place to work, and we will continue to provide top-notch training to agency personnel.

## NVCJTA Going to 4-10 Schedule

The NVCJTA is moving to a 4/10 schedule. The Basic Training staff and students have already begun, with the start of Session 120 on January 2. The Basic Training schedule is now Tuesday—Friday, 0600 – 1630.

All other academy operations will shift to the 4/10 schedule beginning February 3, 2009. Academy offices will be closed on Mondays. Most in-service classes will continue to run 0700-1530, with some exceptions. Attendees should check for hours adjustments on the Academy in-service website.

## Session 119 Graduates

Graduation for Session 119 was held Thursday December 18, 2008 at the Center for Performing Arts, George Mason University in Fairfax. Twenty nine new deputies and fifty eight new officers received their certificate of graduation from the Northern Virginia Criminal Justice Training Academy.

The keynote speaker for the graduation was J. Thomas Manger, Chief of the Montgomery County, Maryland Police Department. A graduate of the Academy's 32nd Session, Chief Manger served with the Fairfax County Police Department, rising to the rank of Chief before retiring and taking the position of Chief in Montgomery County.

The Thomas Shaw award was presented by Captain Thom Shaw Loudoun County Sheriff's Office and son of Director Emeritus Thomas Shaw. This award, recognizing dedication, professionalism, and leadership was given to Officer Patrick Raffert, Metropolitan Washington Airports Authority Police. The recipient for this award is selected by the class.



Officer Patrick Raffert is congratulated on receiving the Thomas Shaw Award.

The Class President, Officer Andre Barnes, Metro Transit PD, congratulated his classmates and thanked the Academy staff. He was then joined on the stage by the class vice presidents: David Hill, Loudoun County Sheriff's Office, Michael Laird, Arlington County Police Department and Aaron Kozikowski, Loudoun County Sheriff's Office. The class officers then led the graduating class in the Law Enforcement Oath of honor.



Chief J. Thomas Manger, Montgomery County MD Police Department

The following additional awards were presented: Director's Award for Academic Excellence; Deputy David Hill, Loudoun County SO (Combined School), Officer Luke Roloff, Arlington County PD (Basic Law Enforcement School).

Award for Firearms Proficiency: Officer Brett Groth, Metro Transit PD;

Award for Emergency Vehicle Operations Proficiency: Deputy Aaron Kozikowski, Loudoun County SO; Physical Fitness Award: Officer Cara Hurrin, Alexandria PD

The Session 119 graduate numbers from our member agencies are as follows:

Alexandria City Police Department: 8  
 Alexandria City Sheriff's Office: 4  
 Arlington County Police Department: 10  
 Arlington County Sheriff's Office: 11  
 Fairfax City Police Department: 3  
 George Mason University Police: 3  
 Leesburg Police Department: 2  
 Loudoun County Sheriff's Office: 14  
 Manassas City Police Department: 5  
 Metro Transit Police Department: 14  
 Metro Washington Airports Authority Police: 12  
 Northern Virginia Community College Police: 1

## Physical Fitness Corner

by Robert Hammes, M.S., CSCS

## Balance Your Training with Proper Form



I hope you all had a nice Christmas holiday and have gotten off to a healthy 2009! What's that... you haven't set foot in a weight room yet this year? Let's get with it! As for myself, I had a much needed

two week break from the Academy following the Session 119 graduation. I did not, however, take a break from my workouts. But rather than traveling to the Academy's Fitness Center during my time off, I got my workouts in at the neighborhood Gold's Gym. Not only did this give me the opportunity to make a clean break from the Academy for a couple of weeks, but it also gave me the chance to witness some interesting activities that Gold's fitness staff puts together for its clients. It seems balance training is all the rage these days, at least at Gold's. Dumbbell training from various positions on one leg, calisthenics utilizing various exercise balls, and coordinated plyometric stepping are all popular routines. Not that there's anything wrong with this type of training. In fact, quite the contrary.

Varying one's routine and challenging the muscles to perform outside the box on unfamiliar terrain can be very worthwhile. I'm all for it! This is especially the case for the more mature among us, who find balance an increasing deficiency. What worries me, however, is that form and safety may be compromised in a misguided effort to improve balance. During my brief sabbatical, I often witnessed fitness trainers concentrating so heavily on proper balance during an exercise sequence that they failed to identify or correct improper lifting technique. Although trainers generally positioned their clients properly to begin with, once the client began pressing the weight for several repetitions, I began seeing neck strain, back arching, and excessive hip involvement. This is worrisome because incorrect form can, at the very least, hamper strength development and, at the very worst, lead to injuries and postural deficiencies.

If you lack balance while performing an exercise, your body will seek it – one way or another. Al-

though it's important to improve balance and challenge your musculature in ways it's not used to, if not done correctly, you run the risk of not targeting the muscle group you're intending to work, as well as recruiting areas of the body that may leave you vulnerable, such as the neck and lower back. You may also inadvertently cheat during an exercise, in an attempt to maintain balance, by employing momentum and straying from proper body mechanics. An example of this would be a one-legged standing dumbbell lateral raise. The tendency here is to dip forward on the negative, and then swing your trunk upward as you raise the dumbbell away from your body. In this case, the lower back may be unnecessarily stressed.

Whether you are a weight training fundamentalist or you like to perform trendy balance routines at Gold's, please cut down on the weight, slow down, and be sure to focus on your lifting form. Correct body position and excellent posture should be first and foremost in your mind regardless of your training regimen. Understand that balance training, as I see it, is a more advanced method of weight training, which requires a disciplined and systematic approach. And if you sacrifice the system, you risk not only short-term progress, but also injury, structural integrity, and long-term fitness. So what are you waiting for? Get in there and get started... the right way!

## Use of Force Issues      One of the Safest Years Ever for Law Enforcement Officers

Brian Patterson



By many standards, the year 2008 was one of the safest years for law enforcement officers in decades! The number of officers who died in the line of duty for 2008 was 140, compared to 181 in 2007. This is a 23% drop in overall deaths. But of the 140 deaths, only 41 were murdered by firearms. This is the lowest

number since 1956 when 35 died by gunfire **over 50 years ago!** The population of the United States in 1956 was 169 million compared to 305 million in 2008. When studying these stats, we should first explain that each year the total number of officers who died in the line of duty can be divided into 2 basic categories - those that are the result of felonious acts and those that are the result of accidental circumstances. For 2008, only 38% of the officers killed were as a result of felonious acts and 62% were the result of accidental circumstances, mostly traffic related incidents. This is the eleventh year in a row that the number of officers who died from traffic related incidents was greater than any other cause of death and it seems to me that most of these types of deaths are all so preventable! Even though this percentage is high at 62 %, it is down 14% from the year before. It is believed that this reduction from 2007 is attributed to better EVOG training, police vehicles with better safety equipment such as side-air bags and a substance installed near the gas tank to suppress fire when the vehicle is struck.

Please don't get me wrong, even one death is one too many! But our mission to protect and serve often places us in harm's way. When you think that throughout the 1970's the average number of officers murdered by gunfire was 126 and in 1974 a total of 280 officers died in the line of duty, we have really made great strides in the area of officer safety. Jennifer Thacker, National President of "Concerns of Police Survivors" (C.O.P.S.) is pleased to see the reduction in officer deaths for 2008 and hopes this is a trend we will see year after year. "But we also know that for each of the surviving families and co-workers, their one officer is one too many" and assures us that C.O.P.S. will continue its efforts to provide life rebuild-

ing support and resources.

According to Craig W. Floyd, Chairman and CEO of the National Law Enforcement Officers Memorial Fund (NLEOMF), "2007 was a wake-up call for law enforcement in our country, and law enforcement executives, officers, associations and trainers clearly heeded the call, with a renewed emphasis on officer safety training, equipment and procedures. The reduction in firearms-related deaths is especially stunning, given the tremendous firepower possessed by so many criminals today. The fact that law enforcement has been able to drive down the crime rate, and to do so with increased efficiency and safety, is a testament to the hard work and professionalism of our officers"

Mr. Floyd cited a number of reasons for the sharp decline in officer fatalities this year: 1) better training and equipment, plus a realization among officers that "every assignment is potentially life-threatening, no matter how routine or benign it might seem"; 2) increased use of less-lethal weaponry, including TASER stun guns, which allows officers to apprehend resisting violent offenders with less chance of assault or injury; 3) more officers wearing bullet-resistant vests over the past 20 years. Vests have saved more than 3,000 law enforcement lives; 4) a downturn in violent crime- the Department of Justice reported that violent crime is at its lowest level since 1973; and 5) a tougher criminal justice system, with a record 2.3 million offenders in correctional facilities nationwide.

Yet Ed Nowicki, executive director of the International Law Enforcement Educators and Trainers Association (ILEETA) says that he fears a tight economy and shrinking police budgets will force departments to cut back on training. "You need cars, you need firearms, you need uniforms. Training is an abstract. The number of deaths in 2008 is nothing compared to the deaths in the late 1960s and 1970s. It was much higher then. Better training and equipment have made a difference."

I am writing this on January 5<sup>th</sup>, 2009 and so far not one officer has died in the line of duty! Let's keep it that way...one day at a time, one call at a time and let's make this year the safest one ever!

## UPCOMING IN-SERVICE TRAINING

### NOTICE

**The Academy will begin a 4/10 schedule on February 3, 2009. All academy operations will be closed on Mondays. In-service class hours remain 0700-1530 with some exceptions. Check the schedule at [www.nvcja.org/in-service-training.php](http://www.nvcja.org/in-service-training.php)**

### January

Date	Course	Instructor	Location
1	<i>New Year's Day—Academy Closed</i>		
2	<i>New Year's Day Holiday—Academy closed</i>		
5-16	<i>Basic Dispatcher School</i>	<i>Keaton/Gaymon</i>	<i>Academy</i>
15	<i>Legal Updates and Cultural Diversity</i>	<i>Bryk/Pillai</i>	<i>Academy</i>
19	<i>Martin Luther King Jr.—Academy closed</i>		
20	<i>Presidential Inauguration — Academy closed</i>		
23	<i>General Instructor Recert</i>	<i>Oberoi</i>	<i>GMU</i>
23	<i>Terrorism and Fraudulent Documents</i>	<i>Bryk</i>	<i>Academy</i>
27	<i>VCIN Operator Recert</i>	<i>Redifer</i>	<i>Academy</i>
27-28	<i>Terrorism Awareness Hidden in Plain Sight</i>	<i>Purdy</i>	<i>Academy</i>
28-30	<i>VCIN Level A &amp; B Operator</i>	<i>Redifer</i>	<i>Academy</i>
29	<i>The Enemy Within: Understanding Police Suicide</i>	<i>Douglas</i>	<i>Academy</i>
29	<i>EVOG Refresher</i>	<i>EVOG Staff</i>	<i>ODS</i>

### February

Date	Course	Instructor	Location
2	<i>Legal Updates/Cultural Diversity</i>	<i>Porter/Pillai</i>	<i>Arl PD &amp; Arl SO</i>
3-4	<i>Basic Financial Crimes</i>	<i>O'Connor</i>	<i>Academy</i>
3-5	<i>General Instructor Re-cert/Media Training</i>	<i>Valdes</i>	<i>Academy</i>
4	<i>Crises Negotiations for Dispatchers</i>	<i>Ruiz</i>	<i>Academy</i>
5	<i>Radar Operator Re-Certification</i>	<i>Rudolph</i>	<i>Academy</i>
9	<i>EVOG Refresher</i>	<i>EVOG Staff</i>	<i>ODS</i>
10	<i>Special Services Van &amp; Wagon</i>	<i>EVOG Staff</i>	<i>ODS</i>
11-13	<i>General Instructor Apprenticeship Compliance</i>	<i>Multiple</i>	<i>Academy</i>
16	<i>Presidents Day - Academy Closed</i>		
17	<i>Law Enforcement and the Deaf Community</i>	<i>Fultz</i>	<i>Academy</i>
17	<i>EVOG Refresher</i>	<i>EVOG Staff</i>	<i>ODS</i>
18-19	<i>Advanced FTO</i>	<i>Moser</i>	<i>Academy</i>
24-26	<i>Basic Ground Defense Survival</i>	<i>DT Staff</i>	<i>Academy</i>
24-27	<i>General Instructor Development</i>	<i>Valdes</i>	<i>Academy</i>
25-26	<i>Critical Skills for Jail Officers</i>	<i>Cornelius/Manley</i>	<i>Academy</i>