
The Illinois Tactical Officers Association continues to provide training opportunities for the State's law enforcement agencies, taskforces, and officers. Here are some upcoming events:

**EXCITED DELIRIUM RESPONSE
TRAIN-THE-TRAINER**

Tues, Feb 14th, 2012
KLM Lodge, Hinsdale, IL

RIFLE FTXs

Wed, May 16th, 2012
Wed, Aug 15th, 2012
Marseilles, IL

25th ANNUAL CONFERENCE

Sun-Tues, Nov 18-20th
Suburban Chicagoland



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Officers Association**

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INTRODUCTION TO CROSSFIT FOR LAW ENFORCEMENT OFFICERS

Saturday, Jan 21st, 2012

9:00am – 3:00pm

CrossFit Darien, 8102 Lemont Rd, Suite 900, Woodridge, IL

CrossFit is a unique strength and conditioning program, followed by many in law enforcement, the military, and firefighting careers. The CrossFit methodology, much like real life challenges, blends power, strength, stamina, endurance, coordination, and many other aspects of “athleticism.”

This seminar begins with an overview of the CrossFit philosophy, the exercises, nutrition, and the design, programming, and scheduling of daily workouts. The bulk of the day will be spent doing interactive, hands-on learning of the exercises with certified coaches and trainers.

Any attendee will be able to immediately adopt CrossFit as a physical fitness lifestyle.

Scheduled presenters/trainers:

Police Officer Eric Gustafson ([CrossFit TriCities](#), [CrossFit LGN](#))

Sergeant Bob Harris ([CrossFit Resurgence](#))

Sheriff's Police Sergeant Patrick Donovan ([ITOA Physical Skills](#))

Firefighter Brian Rupsis ([CrossFit Darien](#))

Police K9 Handler Daina Caraskaus ([See Me Get Fit](#))

Police Officer Lou Hayes ([Trinity Training Group](#), [ITOA Physical Skills](#))

and others.

Students should wear workout clothing/shoes and bring: a towel, lunch, drinks, and a chair.

The registration fee for this event is \$25 for ITOA members; \$65 for non-members (which includes a one-year memberships). This is an unprecedented value for professional CrossFit training. Please call the ITOA office at 708.922.1280 to register, or with questions or concerns.

