

# 2009 Course Dates

<b>Course</b>	<b>Agency</b>	<b>Location</b>	<b>Dates</b>
Weight Training for Police (WT)	MTU #5	Princeton, IL PD	1/20/09
Injury Prevention (IP)	MTU #5	Princeton, IL PD	1/20/09
Specialized Fitness Training (SFT)	NEMRT	Glenview, IL PD	1/21/09
IP	NEMRT	Hoffman Estates, IL PD	1/22/09
IP	US Forest Service Police	TBA	2/25/09
IP	NEMRT	Glenview, IL PD	3/3/09
WT	NEMRT	Naperville, IL PD	3/4/09
WT	NEMRT	Tinley Park, IL PD	3/5/09
IP	Champaign County Regional Planning Commission	Urbana, IL Champaign PD	3/30/09
WT	Champaign County Regional Planning Commission	Urbana, IL Champaign PD	3/30/09
ILEETA Iron Cop Competition	ILEETA Conference	Wheeling, IL Westin North Shore Hotel	4/21/09
Debunking the Myths: Popular Police Fitness Programs	ILEETA Conference	Wheeling, IL Westin North Shore Hotel	4/22-25/09
Tactical Police Performance Instructor (TPPI)	NEMRT	Naperville, IL PD	5/4-6/09
SFT	<a href="#">NEMRT</a>	Riverdale, IL PD	9/29/09
WT	<a href="#">NEMRT</a>	Glenview, IL PD	9/30/09
IP/WT	MTU #13	Mattoon, IL	10/20/09
Olympic Weightlifting for Police	<a href="#">PKCO</a>	Charleston, IL	10/23-24/09
IP/WT	MTU #10	Springfield, IL	11/20/09