

FD PREP

PREPARATORY PHYSICAL TRAINING

– FIRE DEPT



Classes are held Monday evenings 1900-2300

Fairfield Regional Fire School, 205 One Rod Highway, Fairfield, CT 06820

\$450* new student tuition/\$225 returning student tuition

*new students will receive a tactical training kit valued at \$100

Spring/Summer 2019

June 10, 17, 24

July 1, 8, 15, 22, 29

August 5, 12

Fall/Winter 2019

October 14, 21, 28

November 4, 11, 18, 25

December 2, 9, 16

GOAL Provide firefighters, academy candidates, first responders, and tactical athletes the tools needed to excel at the academy and stay *safe* on the job.

If your goal is to become a firefighter or a tactical professional, working hard is a given. This program will teach **you** to work **safe** and **smart**! **If you have been accepted for employment and will be attending the CT Fire Academy in 2019, this is a must attend program!** If you are in the selection process and seeking employment as a first responder, attending this program will demonstrate your level of commitment, dedication, and preparation.

Injury Prevention – Prehab and Rehab – learn how to take care of your physical machine, fix what is broken and provide the preventive maintenance for the long haul.

Technical running - Learn how to run correctly to reduce impact load on your ankles, knees, and hips, improve running efficiency, and enhance performance.

Hard Style Kettlebell Training – bullet proof your hips and shoulders, harden your core, increase tactical strength, endurance and aerobic capacity. Taught by certified SFG kettlebell instructors and PFTs who specialize in adapting KB training to tactical athletes.

Fire Academy PT Prep – do what you will be doing at the academy and get a leg up on the training process – arrive physically ready and primed for success!

SCBA Training – learn, practice and train with self-contained breathing apparatus.

Designed by **Chief George Gomola PFT**, Human Performance Director, Fairfield Fire Department, in cooperation with **Sara Beckert CPT- MS**, Fitness Coordinator for the Westport and Stratford Fire Depts., and **Capt. Bill DeFord**, Physical Training Director, CT Fire Academy. Delivered by firefighter peer fitness trainers, professional strength and conditioning coaches, and subject matter experts who specialize in working with the tactical population. **Candidates who successfully complete our program and secure recommended scores will earn a certificate of completion and a letter of recommendation from the program director.**

SPACE IS LIMITED!

For information contact AC George Gomola ggomola@fairfieldct.org – (203) 650-7233

To register visit <http://www.fairfieldfireschool.com/courses.html>