



**KERN COUNTY STC CORE TRAINING ACADEMY**  
962 Norris Road Bakersfield, CA 93308 Phone: (661) 868-1677 Email: [RTC@kernsheriff.org](mailto:RTC@kernsheriff.org)

## Pre-Academy Fitness Preparation Program

The Pre-Academy Fitness Preparation Program's mission is to safely train and prepare you to meet the tough demands of being a Detentions Deputy. As a new recruit, it is extremely important to attain and maintain the proper fitness level to ensure that you are well prepared for the challenges you will face in the STC Detentions CORE Academy. We will focus on the following activities: Drill & Ceremony, Nutrition, Hydration, Formation and light to moderate Physical Training.

### **\*ACTIVITY DATES\***

Tuesday, March 3, 2020 @ 6:00 p.m.  
Thursday, March 5, 2020 @ 6:00 p.m.  
**Saturday, March 7, 2020 @ 9:00 a.m.**  
Tuesday, March 10, 2020 @ 6:00 p.m.  
Thursday, March 12, 2020 @ 6:00 p.m.  
**Saturday, March 14, 2020 @ 9:00 a.m.**

Tuesday, March 17, 2020 @ 6:00 p.m.  
Thursday, March 19, 2020 @ 6:00 p.m.  
**Saturday, March 21, 2020 @ 9:00 a.m.**  
Tuesday, March 24, 2020 @ 6:00 p.m.  
Thursday, March 26, 2020 @ 6:00 p.m.  
**Saturday, March 28, 2020 @ 9:00 a.m.**

### **Required Attire & Equipment:**

Physical Fitness clothing (t-shirt, sweat pants or shorts, sweater, if needed),  
running shoes and a water bottle.

This is voluntary and is not a requirement for the Academy. However, the Kern County Sheriff's Office ***strongly recommends*** that every recruit attends the Pre-Academy Fitness Preparation Program.

**SEATING IS LIMITED - TO RSVP, OR FOR ADDITIONAL INFORMATION**

### **CONTACT**

Jasmine Francisco 661.868.1677 or [RTC@kernsheriff.org](mailto:RTC@kernsheriff.org)