Ohio State Patrol Recruiting News

January 2008

FITNESS READINESS

Physical fitness readiness is critical to your success at the Ohio State Highway Patrol Training Academy. The 149th Class will be made up of the best and brightest candidates available. Recruits must be in good physical condition to effectively participate in training programs such as Defensive Tactics, Arrest Techniques and High Intensity Training. The rigorous physical fitness training is necessary to prepare recruits for the duties and responsibilities of an Ohio State Trooper. Being prepared for the physical fitness testing is a vital element for entering the training. Candidates should ensure they are executing each exercise properly while preparing for testing. Push ups must be completed by starting in the plank push-up position, lowering the body so the chest is within 4 inches of the floor, then extending the body back to plank position. An easy measurement of 4 inches is a standard roll of toilet paper. The bent knee sit-up requires your arms crossed over the chest. One sit-up begins from the floor, pulling the body up so elbows travel to or beyond the knees with the body returning back to the floor so the shoulder blades touch.

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A Message from Colonel Richard H. Collins

This newsletter has been created to keep you informed and connected with the Ohio State Highway Patrol. While there are over 600 men and women currently eligible to be called for processing, you are more than a number to us. We value each person who has taken the time to complete our exam and achieve a passing grade. The Highway Patrol projects Academy Class start dates by first trying to project the number of officers retiring. When the projection numbers show between 50 to 100 open positions, a start date for an Academy Class is determined. Another factor in projecting a class is funding. Currently, the number of actual retirements has not reached the number projected. This, coupled with budget issues within the State of Ohio, has forced the delay of the 149th Academy Class. November 15, 2008 will mark the 75th Anniversary of the beginning of the Ohio State Highway Patrol. Should the openings and funding be available, this significant mark in history would make a favorable start date for the 149th Academy Class. We appreciate your commitment to becoming Ohio State Troopers and admire your patience with the process. Please visit our website at http://statepatrol.ohio.gov/ to stay informed and connected about new and exciting changes within the Ohio State Highway Patrol.

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