



# Functional Performance Integration

August 30-31, 2021 / Chehalis, WA  
Hosted by Lewis County Sheriff's Office

## \$350.00

The use of deadly force is often associated with physical exertion. How physical exertion affects marksmanship is paramount to understand and experience. Officers should practice marksmanship skills while incorporating physical exertion that is common with street-related tasks to improve their marksmanship capabilities.

This 2-day / 16-hour instructor development course is designed to provide instructors with information related to functional performance concepts, common and readily available equipment that can be used on the range, and considerations when conducting this type of training. Instructors will see a variety of drills that incorporate various functional activities such as lifting, carrying, pushing, pulling, and other load-bearing work-related movements. In addition, instructors will learn various ways to modify the drills to accommodate the various levels of physical capabilities their shooters may have.

This course is not "CrossFit meets Firearms". This course is focused on firearms training and how to properly integrate small amounts of functional performance tasks into a range training program. Attendees will design and conduct drills safely as an instructor. All physical fitness levels are welcome to attend.

*This course is approved by the NRA LE Division for 16 hours of continuing education credit.*

### **Topics Covered:**

- Firearms safety
- Functional Performance concepts
- Equipment selection
- Instructor considerations
- Avoiding injuries
- Keep the drills firearms oriented
- Types of exercises to avoid
- Dealing with organizational concerns
- Consulting with physical fitness experts
- Developing and conducting functional performance drills

### **Required Equipment:**

- Pistol with magazines
- OWB or duty holster & magazine pouches
- Rifle with magazines and tactical sling
- 300 rounds for each weapon system
- Good load-bearing backpack / sling bag
- Hat with a brim
- Eye & ear protection
- Knee & elbow pads
- Black marker
- Weather appropriate gear
- Hydration fluids and snacks

**Recommended Hotel:**

Holiday Inn Express & Suites  
730 NW Liberty Place  
Chehalis, WA 98532  
Phone: 360-740-1800  
Website: www.ihg.com

**You Must Be A Member To Attend!**

**Membership Levels:**

- Law Enforcement - \$50 annually
- Military - \$40 annually
- Retired LE / Military - \$35 annually
- Private Sector - \$60 annually (restrictions apply)
- International - \$60 annually (restrictions apply)

**Membership registration and activation  
can be processed in as little as 24 hours!**

(Except on weekends)

To become a member and/or register for this course online:

**NLEFIA.ORG**

Host: Lewis County Sheriff's Office

Point of Contact:

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