

**Nebraska State Patrol Recruit Class 57**  
**Journal: Week #4**

Class 57's 4<sup>th</sup> week at the Training Academy started Sunday March 13<sup>th</sup>, 2016. All 21 recruits got settled back into their barracks and started preparations for a new week of training. Having earned week 3 battle streamer Class 57 was eager to meet the new standards of week 4. With exams early in the week and a field trip set to North Platte this week had some new challenges for 57 to endure.

The Physical Training in week 4 was elevated. Starting off the week on Monday with Benchmark #3 which consisted of 3 x 400 meter runs, 3 sets of 20 burpees, and 12 pull-ups. Tuesday and Wednesday was all about running starting with 6 rounds of running hard for 1 minute then jogging for 1 minute, and Wednesday was continuous running for 20 minutes to build up endurance. Thursday by far was the most challenging but also fun in its own right, Class 57 got to do "Tabata This" which consisted of 4 minutes of pushups, then 4 minutes of pull-ups, 4 minutes of squats, and 4 minutes of sit-ups. Finally Friday ended the week with formation run. Class 57 built motivation to PT every morning and the T.A.C. Troopers and others Troopers trained right there with the Class. We pushed each other and motivated each other throughout the week that carried into the classroom and the barracks.

The classroom portion of week 4 brought some new challenges. All of the classes had great effect on Class 57 but one that stood out the most would be Surviving a Critical Incident where Class 57 had the distinct pleasure in meeting a Medal of Valor recipient and hearing about his actions of courage and the importance of the core values that the Nebraska State Patrol instills into its Troopers.

Also during week 4 Class 57 was able to see first-hand and watch Carrier Enforcement Troopers applying what we had been learning about in the classroom. The entire class really enjoyed this field trip out to the Permanent Scales in North Platte and being able to ride along with Carrier Enforcement Troopers and see how what we were taught is used on a day to day basis. Half the class went to North Platte while the other half rode with a Carrier Enforcement Trooper who conducted their jobs making their way toward the rest of the class. Once the second half made it to North Platte the Class switched and made their way back to the Training Academy. Class 57 would like to thank the Troopers that can in and helped us throughout the entire day, if it wasn't for you the day would not have gone as smoothly as it did.

To end the week Class 57 received our body armor and our duty handguns which for the entire class felt really good. It also told the Class that we will really have to apply all of the Core Values during week 5 and the bar will be set even higher and we will have to pull together if we wish to succeed.

***For It Is Our Duty***