

**Nebraska State Patrol Recruit Class 57**  
**Journal: Week #7**

Week 7 for Class 57 started off like always on Sunday evening, all 21 recruits came back to the training academy for another great week of training. Having earned week 6 battle streamer Class 57 was eager to keep the motivation high and strive for success going forward. Week 7 we had three exams to take, covering the subject areas of motor vehicle law, policy and procedures, and constitutional law. The overall classes we had in front of us for week 7 were motor vehicle law, media relations, radio procedures, NCIC, aviation support, and defensive tactics.

On Monday, we started the week off with Benchmark #1 3x 500 meter run, 20 pullups, and 20 pushups. After PT it was to the classroom where we continued motor vehicle law with Trp. Johansen #301 and Lt. Roby #224. After motor vehicle law the rest of the day was media relations and we learned the benefits, advantages and the disadvantages of the media and the law enforcements relationship with it. We learned how to handle interviews with the media and how to best communicate with them while on camera. The class also was given different scenarios that could happen in the career of a State Trooper. We were then interviewed in front of a camera about the different scenarios to give us a taste of the kind of pressure we could be under and the make sure the information given was accurate. Class 57 ended the day with an exam on constitutional law.

On Tuesday, we had 5-10-15-20 workout of pullups, pushups, squats, and sit-ups. The classroom portion was motor vehicle law and radio procedures. We reviewed in motor vehicle law for our first exam the next day. In radio procedures we learned the functions and how to operate the radio like we would on a daily basis as Troopers.

On Wednesday, class 57 ran a section run in honor of Captain Williams #406. Then we had our first exam over motor vehicle law. The rest of the day was more radio procedures and then we had two gentlemen teach us about NCIC and what it provides to the State Patrol.

On Thursday, class 57's physical training for the day was 21-15-9 burpees and handstand pushups. The classes we had for Thursday were motor vehicle law and defensive tactics. Defensive tactics was something new for class 57. For the majority of the day we covered the basics in the classroom and at the end of the day we went to the mats and tested out some pressure points we had learned. This was a great teaser into defensive tactics and made many eager for the following week where we would be going into great depth of defensive tactics we need to know as Troopers.

On Friday, PT was a formation run and rope climb, followed by the weekly Formal Inspection. After the inspection we finished the week with more motor vehicle law, aviation support and basic photography.

**For It Is Our Duty**