



HPD RECRUITING **PHYSICAL AGILITY TEST (PAT) TRAINING PROGRAM**

If you are an applicant that may have difficulty with and/or is concerned with passing the HPD Physical Agility Test (PAT), which is required of all candidates that enter the application process for Police Officer Trainee, you may participate in a physical training program that could assist you. Assistance is also available for weight loss and maintenance concerns. The participation of applicants in this program is completely voluntary and may help you to qualify as an applicant and succeed in achieving this goal if you are selected for the Police Academy.

To qualify as a participant, you are required to have passed the Civil Service Examination for PO Trainee.

Weekly training sessions are held at HPD Headquarters, 1200 Travis, Recruiting Unit, 13th Floor and are scheduled (*except on holidays*) as follows:

Monday/Wednesday - 3:00 PM & 5:00 PM
Saturday - 8:00 AM

If you are interested in participating in a training program session and to insure that we are adequately staffed on the date you select, please do the following: *First contact any of the following officers in the HPD Recruiting Unit to schedule an appointment -*

- Officer Frances Dominguez – (713) 308-1345
- Officer Jeanette Payne - (713) 308-1381
- Officer Doug Sutton - (713) 308-1372

We recommend that you consult with your physician before you participate in any physical training program.