

SLIDELL POLICE DEPARTMENT

INTER-DEPARTMENTAL MEMO

TO: Marianne Tanner
Civil Service Administrative Assistant

FROM: Toni Gebbia
Training Coordinator

SUBJECT: New Hire PT

DATE: December 11, 2013

Below listed are the minimally accepted requirements for New-Hires for the Slidell Police Department:

PUSH-UPS

Males					Females						
20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+		
30%	26	20	15	10	8	30%	20	15	10	9	3
20%	22	17	11	9	6	20%	17	11	6	6	2

SIT-UPS

Males					Females						
20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+		
30%	35	32	27	21	17	30%	30	22	17	12	4
20%	33	30	24	19	15	20%	27	20	14	10	3

ONE MILE RUN

Males					Females						
20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+		
30%	11:41	12:20	13:14	14:24	15:29	30%	14:24	15:08	15:57	16:58	17:46
20%	12:18	12:51	13:53	14:55	16:07	20%	14:55	15:26	16:27	17:24	18:16

All Physical Training testing will be done on the track at Slidell High School and will start promptly at 0800 on testing day, unless advised otherwise. All phases of testing will be conducted on the same day. Applicants must complete and pass all 3 phases. Applicants wanting to stretch or warm-up should arrive early to allow time for this.