



## SEALSFit 14 Information, Spring 2018

The Portland Police Department and the Maine Leadership Institute are preparing for our fourteenth session of **SEALSFit**, a youth leadership course that incorporates physical training (based on the US Navy SEALs PT regimen) with values-based leadership instruction and mentoring by law enforcement personnel. During the previous thirteen sessions, we have provided training for a diverse group of Portland-area teenage youth in cross-cultural, interpersonal relations to develop a better understanding of teamwork, character, ethics, anti-bullying and group and individual communications.

Results of the previous thirteen sessions are universally positive. Youth participants not only show significant improvement in physical fitness, but in their self-awareness and cross-cultural understanding. Feedback from students and law enforcement community mentors participating in the program is universally positive and is helping to spread the significance of the **SEALSFit** program across the greater Portland community.

Session Fourteen is scheduled to begin on Monday, April 9<sup>th</sup>. As co-sponsors of the effort, this communication is the beginning of our recruitment efforts for the spring session. To learn more about what past youth participants and parents think about the program, please take a look our video interviews, located at [www.mainerlit.org](http://www.mainerlit.org). Enrollment continues through March 31<sup>st</sup>.

For questions, click to see answers to [Frequently Asked Questions](#), or contact Richard Borts at the Maine Leadership Institute: 207-774-8711 x103, [rborts@mainerlit.org](mailto:rborts@mainerlit.org) or Officer Coreena Behnke, Portland Police Department: 207-874-8511, [coreenad@portlandmaine.gov](mailto:coreenad@portlandmaine.gov)

### Frequently Asked Questions (FAQ)

- J) How long is the course and when does it meet?  
The program is seven weeks: starting on Tuesday, April 9<sup>th</sup>, graduating on Thursday, May 24<sup>th</sup>. Three days/week - Monday and Friday's are PT days; each Wednesday is a classroom experiential leadership session. Please note that the program will meet during the week of April 16<sup>th</sup>, which is public school vacation week.
- J) What are the meeting times?  
Meeting times are 4:00pm-6:00pm for all sessions. All classroom sessions will be held at the Portland Police Department, 109 Middle Street. Physical fitness training will be held at the Back Cove Athletic Fields on the Preble Street Extension.
- J) Who is eligible to participate?  
14-18 years old, enrolled in secondary school, willing and able to commit to attending ALL 21 sessions, from any Greater Portland community, (do not have to reside or attend school in Portland).
- J) Do participants need any special equipment?  
No. Workout gear will be provided at no cost to participants.
- J) How does one participate? You must be recommended by a reliable source, have your own transportation and complete the attached application and liability forms.