



Dear Student,

The Portland Police Department and the Maine Leadership Institute invite you to apply for participation in our fall 2018 SEALSFit Leadership Training Program, which runs from September 24th to November 8th. We meet three times per week for seven weeks; Monday, Wednesday, and Friday, 4:00pm-6:00pm each day. Classroom sessions will be held at the Portland Police Department, 109 Middle Street, and physical training sessions will be conducted at the Back Cove Athletic Fields on the Preble Street Extension.

The program helps to develop character, ethics, physical fitness, leadership and real-world skills for success. On Monday and Friday afternoons, you will work with your teammates and our mentors to improve your physical condition. Executed in a team environment, the physical training is based on the Navy SEALs basic training regimen. Each Wednesday, we meet in an interactive classroom setting that will help you to build the skills you are likely to need to succeed in life. You do not have to be in great physical shape to participate. We will work with you no matter your current physical condition. We only ask that you commit to trying.

Please note the start date of Monday, September 24th. Classes are held on holidays (including Columbus Day, October 8th) and will be held indoors during inclement weather. Participants are required to attend all 21 sessions. There is no cost to participate and all workout equipment will be provided free of charge. You do need to provide your own transportation to and from each class session.

Please complete the attached application for admission and return it to the Maine Leadership Institute at P.O. Box 17738, Portland, ME 04112. The application deadline is September 21st. If you have questions about the program, please visit the SEALSFit tab on the Maine Leadership Institute website, www.mainelit.org, or contact the Maine Leadership Institute at 207-774-8711.