

# Out of State Travel/Training Request Presented to Personnel Committee for Approval

Requesting Supervisor/Manager: Todd Blaser Department: MFRD

Names of Employees Attending: Jacobs P Johnson

Name of Training	Dates of Training	Location of Training
CrossFit Level 2 Trainer	3-25-17 to 3-26-17	Vernon Hills, IL

Estimated cost of training	\$ <u>0</u>
Estimated cost of travel	\$ <u>0</u>
Estimated cost of meals	\$ <u>0</u>
Estimated cost of accommodations	\$ <u>0</u>
Estimated cost of misc. expenses	\$ <u>0</u> Please explain
Total estimated cost	\$ <u>0</u>

**Requesting Supervisor/Manager Comments:**

Request is for time from work & no additional request of compensation program will benefit MFRD staff in regards to specific functional exercise needs.

What are the objectives for the training? .

fulfillment of continuing education for PFT fitness trainer cert & to obtain better understanding of the mechanics of functional movement to be applied for recruit training & membership wellness

How will this training be shared / implemented upon return?

Recruit training & as a resource for current department members

How will this training benefit the City? What is the return on the investment?

Improved fitness & movement promotion to membership to promote injury prevention

Supervisor Approval/Decline

Approved  Declined  Reason for decline: \_\_\_\_\_

Supervisor/Manager Signature: Todd Blaser Dated: February 6, 2017

\*\*Please attach any additional information you would like considered with this request