

# CORPUS CHRISTI POLICE RESERVE APPLICATION

## “ELIGIBILITY REQUIREMENTS”

Applicants for the Corpus Christi Police Reserve must meet the following eligibility requirements:

1. Must be at least 21 years of age.
2. United States citizen (native born or naturalized).
3. Must be a licensed Peace Officer of the State of Texas
4. Have an HONORABLE discharge, if a veteran.
5. Must pass a physical fitness test administered by CCPD Training
6. Be capable of passing a physical (including drug screening), polygraph, and psychological examinations.
7. Have either high school diploma or a GED certification.
8. Live in Corpus Christi area (maximum driving time 60 minutes).
9. Have no felony convictions.
10. Have a valid TEXAS driver's license.
11. Have a GOOD DRIVING RECORD.
12. MAY NOT BE PRESENTLY WORKING AS A SECURITY GUARD OR AS AN EMPLOYEE OF THE CITY OF CORPUS CHRISTI.
13. May not work in an establishment where the sale of alcoholic beverages is the primary source of revenue.
14. May not work in any establishment frequented by persons known to be in violation of the law.
15. Must have verifiable references.

## POLICE RESERVE APPLICATION

APPLICATION DATE \_\_\_\_\_

NAME \_\_\_\_\_

SOCIAL SECURITY# \_\_\_\_\_

ADDRESS:

STREET \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

DRIVERS LICENSE # \_\_\_\_\_ STATE \_\_\_\_\_ EXP DATE \_\_\_\_\_

TCLEOSE PID No \_\_\_\_\_

OTHER LICENSE & CERTIFICATES

LICENSE/CERTIFICATE	EXP DATE	LICENSE/CERT #	AGENCY STATE ISSUING
_____	_____	_____	_____

### QUESTIONNAIRE (Circle Answer)

- |  |     |    |
|--|-----|----|
| Have you ever been convicted of an offense above the grade of a Class B Misdemeanor?   | YES | NO |
| Have you ever been on court-ordered community supervision or probation for any criminal offense above the grade B Misdemeanor, or a Class B Misdemeanor within the last 10 years from the date of the court order? | YES | NO |
| Have you ever been convicted of any family violence offense?   | YES | NO |
| Have you ever had a commission license denied by final order or revoked?   | YES | NO |
| Are you currently on suspension or have a voluntary surrender of license currently in effect?  | YES | NO |
| Do you have a total of (2) or more moving violation convictions and/or accidents on your Motor Vehicle Driver's Record within one (1) year of the date of my application?  | YES | NO |
| Do you have a total of three (3) moving violation convictions and/or at fault accidents in the past three (3) years?   | YES | NO |
| Have you had a Driving While Intoxicated (DWI) conviction within the past ten (10) years?  | YES | NO |
| Have you used illegal drugs within the last three (3) years?   | YES | NO |
| Have you used illegal drugs more than a total of twenty (20) times in your life?   | YES | NO |

Have you used Lysergic Acid Diethylamide (LSD), Phencyclidine (PCP) or Heroin at any time?	YES	NO
Have you ever sold any illegal drugs?	YES	NO
Have you been discharged from any military service (if applicable) under less than honorable conditions including, specifically; (A) Under other than honorable conditions; (B) Bad conduct; (C) Dishonorable; or (D) Any other characterization?	YES	NO
(I have a High School diploma) <u>or</u> (a GED with 12 hours at an accredited college with at least a 2.0 GPA on a 4.0 scale, or an honorable discharge from the armed forces of the United States after at least 24 months of active duty service).	TRUE	FALSE
I am medically, physically, and psychologically fit to perform the essential duties of a police officer.	TRUE	FALSE
I am a U.S. Citizen.	TRUE	FALSE
I have a valid Driver's License. A valid Texas Driver's License is required prior to employment.	TRUE	FALSE
My vision is at least 20/100 in each eye correctable to 20/40. I have normal color and peripheral vision.	TRUE	FALSE
I do not have a hearing loss greater than 40 decibels.	TRUE	FALSE
I will not make any false statements of fact; be deceptive by statement or omission in the pre-screening application, interview, background investigation, and polygraph or by any means in any part of the selection process.	TRUE	FALSE
I have read, understand, and agree that I meet the above minimum requirements in order to apply.	TRUE	FALSE
How did you find out about us? _____		
Referral Source: _____		
Are you a former Employee?	YES	NO
Previous termination Date _____		
Are you related to anyone working for the City of Corpus Christi?		
Name _____	Relationship _____	
Have you ever been disciplined or discharged for theft or related offenses by any employer?	YES	NO
EMPLOYER _____	ADDRESS _____	
EXPLANATION: _____		
_____		

Have you ever been disciplined or discharged for fighting, assault, or related behavior by any employer? YES NO

EMPLOYER \_\_\_\_\_ ADDRESS \_\_\_\_\_

EXPLANATION: \_\_\_\_\_  
\_\_\_\_\_

Have you ever been disciplined or discharged for insubordination or violation of safety rules? YES NO

EMPLOYER \_\_\_\_\_ ADDRESS \_\_\_\_\_

EXPLANATION: \_\_\_\_\_  
\_\_\_\_\_

Have you ever been dismissed, asked to resign, or resigned in lieu of being terminated? YES NO

EMPLOYER \_\_\_\_\_ ADDRESS \_\_\_\_\_

EXPLANATION: \_\_\_\_\_  
\_\_\_\_\_

Have you used illegal drugs in the last six months? YES NO

Have you served in the military service? YES NO

If yes, did you receive an honorable discharge? YES NO

APPLICANT SIGNATURE \_\_\_\_\_

# Healthy Eating Guidelines

## 1. Portion control

What is the right amount to eat? That is a good question and has a different answer for everyone. I would say if you are in shape and not overweight or obese then keep doing what you are doing. If you are out of shape and overweight then start by eating smaller portions of the food you are eating now. Grabbing a large plate and filling it to the max is not the answer. Do not go back for seconds.

## 2. Eat slowly

Take your time and eat. It takes your brain about 20 minutes to catch up with your stomach to know you are full.

## 3. Eat natural foods.

If you look at the setup of a grocery store you will notice that the natural unprocessed foods (i.e. meats, fruits and vegetables) are on the outside of the store and the processed foods are in the middle store.

***What are processed foods?*** Processed foods have been altered from their natural state for safety reasons and for convenience. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing. Not all processed foods are bad, read your labels.

A couple of reference diets are the Paleo Diet and The Zone diet.

## 4. Drink plenty of water.

Cut down on sodas and energy drinks. Try to minimize sugars and artificial sweeteners. If you are exercising you need to increase your water intake. Thirst is not an indicator that you need to drink water. If you are thirsty then you are already behind.

## 5. Self control/Motivation

How well you do is up to YOU!!! If you cannot control or modify your eating habits then you are not going to lose weight. What is your motivation? Do you want this job? What are you willing to do to make it happen? The results are up to you. If you succeed or fail you have no one to congratulate or blame but yourself.

# Physical Testing Guidelines

**Agility Test** - The Illinois Agility Test is a challenging 15-20 seconds test that requires the students to run fast, stop quickly, change directions, and move the body from a laying position to a running stride as quickly as possible. The course is 30 feet long and 15 feet wide. Place four cones 10 feet apart at the 7.5 ft. line and the first and fourth cone at the zero and 30 ft line. A picture is worth a 1000 words.

SEE ATTACHED

Passing scores are **17.79 seconds or faster for men and 20.59 seconds or faster for women**. The best way to prepare for this test is do it over and over again. Do 5-10 times every other day at the end of a regular workout is recommended. You will be given a copy of the schematic. It is easy to set up and practice.

**Endurance Test - (1.5 mile run)** - The 1.5 mile run is a standard endurance test by military and law enforcement alike. Passing scores for men are 13 minutes 33 seconds or faster and 17 minutes 15 seconds or faster for women. The best way to prepare for this test is to create a goal, divide that goal by 6. This will equal your 1/4 mile pace you should set for yourself. If that goal is **17:00 minutes (females)**, your 1/4 mile pace is a 2:50, or 5:40 1/2 mile or 11:20 mile pace. If that goal is **13:00 minutes (males)**, your 1/4 mile pace is a 2:10, or 4:20 1/2 mile or 8:40 mile pace To reach this pace for 1.5 miles, try 1/4 mile repeats, 1/2 mile repeats, and mile repeats 3-5 days a week.

**Upperbody Strength Test - (Bench Press)** This very common exercise is done on a Universal type machine or free weights. Simply push up from laying on a bench as much weight as you can. You get as many tries as you like to work up to a maximum effort. Achieving your body weight is a good goal. Bench press, pushups, and triceps exercises are great exercises to do to assist in a better bench press. **Passing rates for men is 91.8% of your current body weight and for women is 49.42% of your current body weight.**

Example:

Men weight x .918 = bench

200 x .918 = 183.6 pounds

Women weight x .4942 = bench

150 x .4942 = 74.13 pounds

All this is up to you. If you prepare and do everything we have suggested you should not have any problems. Remember you do not rise to the level of the event you sink to the level of your preparation.

## Good Luck.