

# DIRECTOR'S MESSAGE



As we begin the new year, I can't help having a feeling of déjà vu. COVID-19 endures, generating new questions, demanding answers and forcing us to adapt. Civil unrest continues to simmer beneath the surface, awaiting an incident to spark an eruption. Police reform remains divisive and

elusive. It would be understandable to be pessimistic about 2022. However, I believe the year ahead offers great opportunity.

The new year is often synonymous with resolutions. Each year we set goals for ourselves in hopes of improving. Typically these resolutions are focused on physical fitness and well-being. Many of us here at the NTOA are making our own resolutions, and we are excited to announce several offerings to help us all be successful.

## Hero Workout

The first initiative serves two purposes: to achieve a higher level of fitness, and to honor a hero. Aptly named the "Hero Workout," the NTOA intends to begin a tradition of creating workouts in honor of our nation's operators who are killed in the line of duty while serving in a tactical capacity.

Based on input from the family and friends of the fallen hero, the NTOA Physical Fitness Section will develop challenging workouts that pay tribute to the courage, selfless service and heroism of the operator who was killed during the performance of their duties. Our hope is that these workouts provide an opportunity for officers from around the nation to join together to remember and honor the brave men and women who made the ultimate sacrifice while protecting our homeland. (See our first Hero Workout, honoring DEA Supervisory Special Agent Michael "Mike" Garbo, on page 64.)

In addition to the workouts, the NTOA is in the final stages of partnering with Gym Jones®, a leader in app-based physical fitness training, to allow members discounted access to their tactical portal. Gym Jones Tactical provides daily workouts specifically designed for tactical athletes such as law enforcement officers. Gym Jones has even gone so far as to design a specific program to assist operators achieve a level of fitness necessary to pass the NTOA PFQ. With access to this

high caliber information and motivation, there is no reason we can't meet or exceed our New Year resolutions! Keep an eye out for upcoming announcements on this partnership.

## TROS review and update

Along with personal development, the NTOA is working to ensure means for professional development as well. The Tactical Response and Operations Standard (TROS) is set to undergo review and be updated. A diverse panel has been established to examine and consider all recommended changes to the standard.

A survey was emailed recently to solicit your input on the TROS and recommendations for inclusion and improvement. I respectfully ask you to take the time to review the TROS and contribute suggestions. I can attest that each and every proposal is vetted and seriously considered for inclusion in the revised standard. As promised, the TROS continues to be a living document. We remain committed to adapting and improving the standards to best serve the tactical community and ensure the highest levels of professionalism in law enforcement.

## Public Order Unit Standards

Another project that the NTOA is proud to announce is the Public Order Unit Standards. These standards were created by some of the very best subject matter experts in public order from throughout the United States, Canada and Europe. This is the first edition of these standards, and as is with TROS, it will be a living document which will be updated as needed. It is our intention that these standards will help law enforcement agencies deal with civil unrest in the most professional and contemporary manner possible. These standards will be released soon. Please take a moment to review them and provide feedback.

Despite the challenges that continue to persist in our profession, I am confident we will prevail and come out of these trying times better than when we entered. Please continue to take care of yourselves and one another. My best wishes to you all for a safe and successful 2022!

A handwritten signature in blue ink that reads "Thor Eells".

Thor Eells  
Executive Director