

**SCOTT R. JONES***Sheriff*

Now that you have completed SPARTA you may be asking yourself, how do I continue to prepare myself until I join the academy? Preparation for the academy is both a mental and physical activity. As a recruit, you will be physically and mentally challenged every day.

- Maintain a healthy diet and continue to increase your stamina and overall fitness. Train just like the workouts in SPARTA. Experience has shown that academy recruits who arrive at the academy in good physical condition experience less stress in all aspects of the academy training. The academy staff expects each recruit to put forth their best effort everyday regardless of physical condition.

Attend the Physical Agility Course practice sessions. For upcoming dates, keep checking our Training Academy webpage for the upcoming Physical Agility Course practice sessions.

<http://www.sacsheriff.com/Pages/Organization/ProfessionalStandards/TrainingAndEducationDivision/AcademyTraining.aspx>

- A positive and energetic attitude is essential for success. Attending the academy requires total commitment and focus and a life that is free from substantial distraction.
- We encourage recruits to get a realistic exposure to law enforcement work by riding along with our deputies. The Sacramento County Sheriff's Department offers two separate ride along programs. We have a patrol ride along where you can ride along with our patrol deputies and a ride/sit along with our Main Jail deputies.
 - If you have not gone on a ride along and you are interested, you must complete a ride along form. There are two separate forms: one is for a Patrol ride along and the other is the Main Jail sit along form. If you would like more information on what to expect and obtain the ride along forms, please visit our website under the SPARTA Program page.
- Role play for current academy class scenarios - where you would be acting out various law enforcement situations for response from the academy recruits; if interested contact:

Stephanie Hampton at swallace@sacsheriff.com

Jack Noble at jnoble@sacsheriff.com

- Volunteer

Our volunteers assist numerous divisions with many various tasks within the Sheriff's Department.

For more information visit the Volunteers page through our careers webpage or contact:

Barbara Coffman at bcoffman@sacsheriff.com or 916-874-7339

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- PELLETB POST written examination
 - If you have not taken the PELLETB POST written examination visit our website (www.sacsheriff.com) and register for our next examination.
 - Free “Passing the POST” online workshops are offered through Police Test Tutors. For further information and registration, go to <http://policetesttutors.com/freeresources/>
 - If you have a PELLETB T-score, ensure it is up-to-date and less than two years old at the start of the academy and be a score of 42 or higher.
 - Apply online prior to the position cutoff date for the “Deputy Sheriff Recruit” position so that you will be considered for both the paid “Deputy Sheriff Recruit” and the non-paid Non-Affiliate Recruit positions.
- Prepare for the academy interview
 - Research the Sacramento County Sheriff’s Department
 - Stay connected with the department
 - Facebook
 - Twitter
 - Be able to articulate and give examples of your skills, qualifications strengths and values into comparable law enforcement qualifications
- Keep checking our website for the next SPARTA sessions

The Sacramento County Sheriff’s Department hopes that you found the SPARTA course to be a crucial aspect of your personal preparation while making the important decision to join our law enforcement family and to embark on an exciting and rewarding career!