

# BELOW 100 INTENSIVE & TRAIN-THE-TRAINER

Hosted by:  
Baytown Police Department

**MARCH 4, 2026**



## TRAINING SESSIONS:

### **BELOW 100 INTENSIVE 8AM - 12PM**

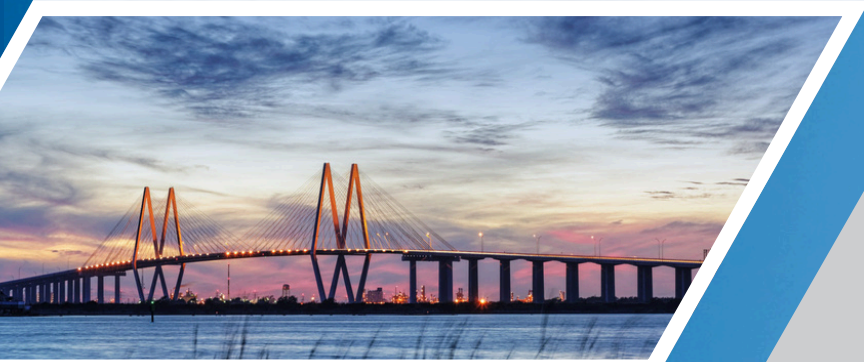
This is the core program course focused on the 5 Tenets of Officer Safety. (You may attend this portion only.)

### **BELOW 100 TRAIN-THE-TRAINER\* 1PM - 5PM**

This course is for agency recognized trainers who want to be certified to instruct the Below 100 Intensive course on their own.

*\* Trainer Candidates must first attend the Below 100 Intensive Course*

**Training provided by Below 100 Core Trainers:**  
Katie Alexander & Trent Lozano



#### WIN -

- Heart attacks are
- These losses ofte
- Awareness is key
- Make sure you kn
  - Blood pressure
  - Body Mass Index
  - Cholesterol levels
  - Family history/ris

## SIGN UP INFO

Contact Katie Alexander

Link: [Register Here!](#)

E: [katie.alexander@tmpa.org](mailto:katie.alexander@tmpa.org)

P: (832) 527-2170

### **TRAINING LOCATION:**

Baytown Police Department  
3200 N Main Street  
Baytown, TX 77521

**Vision - Reduce line-of-duty deaths to fewer than 100 per year.**