



**2019 NSCA TACTICAL
ANNUAL TRAINING**

Building Belief Through Strength

Dale King

Strength & Conditioning

Physiological definition: “ability to produce maximum force to overcome a resistance within a single exertion”

Psychological definition: “The ability to overcome”

Courtesy of Non-Prophet Media - Mark Twight & Michael Blevins







There's a dark secret in Ohio



A low income neighborhood in Portsmouth, Ohio. Several of the homes are abandoned and boarded up. LIZ DUFOUR/THE ENQUIRER



Addiction in America ‘The pill mill of America’: where drugs mean there are no good choices, only less awful ones

For Jimmie Deaton in Portsmouth, Ohio, there's nothing to feel

NONFICTION
The Worst Drug Crisis in American History

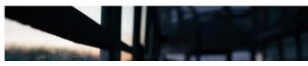


A memorial wall remembering local victims of drug use and drug-related violence in Portsmouth, Ohio, 2012. Joel Prince for The Washington Post, via Getty Images

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‘Become My Mom Again’: What It’s Like to Grow Up Amid the Opioid Crisis

Call them Generation O, the children growing up in families trapped in a relentless grip of addiction, rehab and prison.



Trapped and trafficked: One town's dark secret

JAMES PILCHER, LIZ DUFOUR, KATE MURPHY | THE ENQUIRER | 12:08 pm EDT March 25, 2019



PORTSMOUTH, Ohio – On a clear morning, the four-story Scioto County Courthouse casts its shadow over the smaller brick building just across Court Street, where criminal defense attorney Michael Mearan lives and operates his namesake legal practice.

COUNTERINSURGENCY

DECEMBER 2006

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HEADQUARTERS
DEPARTMENT OF THE ARMY

Table 11-1. Developing a host-nation security force

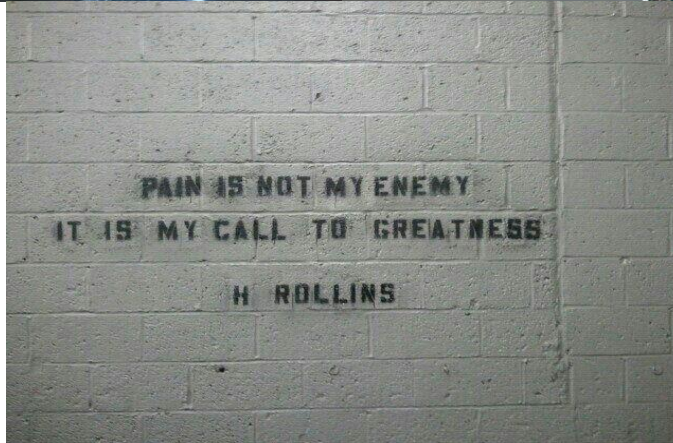
<i>Developmental Area</i>	<i>Developmental Indicators</i>
Competence	Host-nation security forces must possess and demonstrate individual and collective skills in their respective warfighting or law enforcement tasks. They must also support institutional functions.
Capability	Host-nation security force organizations must be appropriately sized to accomplish their respective missions. A host-nation security force must be adequately manned and equipped at a level that is sustainable, given that host nation's own resources. A host-nation security forces' supporting institutions, such as their national level force generation and logistic agencies, must be organized and directed in a manner that adds value to the lower-level, host-nation security forces' mission requirements.
Commitment	A host-nation security force must be committed to the peaceful transition of political power. It must also be committed to the security and survival of the state, the rule of law, the preservation of human rights, civil liberties for the population, and to fighting hard (when necessary) to defeat the active insurgency.
Confidence	A host-nation's population must believe that its host-nation security forces' actions are always in the best interests of the people. A host-nation government must believe that its host-nation security force supports that government's legal authority. Also, the international community must see a host nation's security force as a force for good that respects human rights and the international law of war.



COMPETENT:

What skills did I have that I could use to deploy in the fight?

What gave me a sense of purpose and satisfaction?





CAPABLE

TEAM SOME ASSEMBLY REQUIRED:

Team SAR uses and display the relentless spirit of the American adaptive athlete to promote and instill, in **ALL** Americans, a fundamental belief that athletics, camaraderie and competition organically grow a sense of confidence, independence and purpose.







CONFIDENCE







BE COMMITTED





FELON

**DRUG
ABUSER**

HOMELESS



COACH

COUNSELOR

**HEAD OF
FULFILLMENT**