

2026

PFPO

Conference



STRENGTHENING MINDS & PERFORMANCE

NOV 2 & 3, 2026

2 DAY CONFERENCE

MEMBERS- \$300

NON- MEMBERS- \$350

YORK REGIONAL POLICE ASSOCIATION

63 ERIC T. SMITH WAY, AURORA



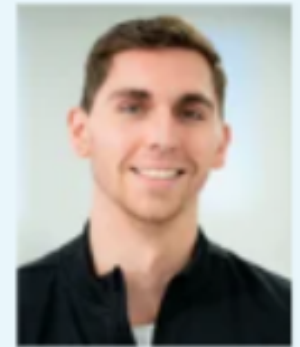
PAT STANZIANO

TRAINING THROUGH PAIN: KEEPING OFFICERS FIT WITHOUT MAKING INJURIES WORSE



ALEX HUTCHINSON KEYNOTE SPEAKER

BESTSELLING AUTHOR, SCIENCE JOURNALIST, AND FORMER CANADIAN NATIONAL TEAM ATHLETE SPECIALIZING IN ENDURANCE AND HUMAN PERFORMANCE.



ERIC DONALDSON

THE NEW PHYSICAL TRAINING CURRICULUM: AN INTEGRATED PHASE-BASED MODEL FOR BUILDING STRONGER POLICE RECRUITS IN ONTARIO



DR. DYLAN KOB SAR

USING WEARABLE FITNESS TECHNOLOGY TO TRACK PERFORMANCE AND HEALTH IN POLICING



ILANA GAVALLER

TRAIN THE BODY, TRAIN THE MIND: MENTAL PERFORMANCE IN POLICING

WWW.PFPO.ORG