

SUMMER 2024



SASS GO INSTRUCTOR TRAINING

MINNEAPOLIS, MINNESOTA

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WELCOME TO TRAINING

SASS Go Instructor Training is a landmark national program. It is eight weeks of intense physical, mental, and emotional training through which SASS Go Instructors are built.

Each of our Instructors is hand selected and extensively trained ensuring the utmost standard of care for every participant entrusted to us. SASS Go does not look for just anyone to become an instructor. We look for THE one. Digging in, moving through, and successfully completing Instructor Training empowers and equips our instructors to shoulder the responsibility of saving and restoring lives while fostering the courage, love, hope and ability it takes to change the world, one priceless human being at a time.

There are three distinct phases of training. Each phase is designed to target specific areas of growth. Trainees must successfully test out at the end of each phase to enter the next phase of training.

In the end, SASS Go Instructors embody strength and sensitivity, fueled by a determination to see a world where women and girls are free from fear and abuse.

OVERVIEW

Selection: FINDING THE RIGHT FIT

- Application & Background Check
- The Formal Interview
- The Audition Presentation
- The Fitness Test

Phase 1: BUILDING A FIRM FOUNDATION

- Pre-Training Webinar Series (*dates below*)
- 5 day/40 hour in-person training
- Intensive Physical Defense Training
- Threat Assessment Training
- Recognizing Predatory Tactics and Current Criminal Trends
- Leadership Development

Phase 2: SOLIDIFYING SKILLS THROUGH STUDY

- 4-weeks of interactive distance learning
- Trauma Informed, Healing Focused Instruction
- Pedagogy of Tactical Defense
- SASS Philosophy
- Teaching Methodology
- Business & Ethics

Phase 3: PREPARING FOR REALITY

- 4-hour individual evaluation
- Final Evaluation
- Course Simulation
- Instructor Certification

Important Dates

- Pre-training Webinars: May 25 & June 1
- Phase 1: June 10 - 14, 2024
- Phase 2: June 29 - July 27, 2024
- Phase 3: Completed by August 16th

Training Costs

\$35 Application fee
\$800 Training Fee *

*Travel costs not included. *Training costs may be reduced or waived in certain circumstances, including financial constraints of individual. *If accepted into the Instructor Training Program, \$400 of the training cost is due by April 15th. The remaining \$400 is due on May 1st. Once paid, these amounts are non-refundable.

*Candidates who successfully complete training receive certification. *Each certified instructor must enter into a licensing agreement with SASS prior to teaching. *Participation in training does not guarantee certification or licensing as a SASS Go Instructor. *Not included in this proposal are costs associated with mats and bags, insurance and LLC setup once certified.

SELECTION

THE CANDIDATE

SASS Go is on a mission to eradicate violence against women and girls globally. SASS Go participants celebrate self-worth, advocate for their inherent dignity, find their voice and gain the physical skill necessary to defend it all.

SASS Go Instructors personify everything the organization represents in their daily lives, and in the classes they lead. In the search for candidates the application process is stringent, not to discourage the general population, but to discover authentic depth and a shared commitment to saving lives and providing hope. We are searching, not for any candidate, but for the right candidate.

There is joy in all SASS Go does, but harder facts surrounding abductions, assault, violence, manipulation and stalking are approached and uncovered to protect the lives of the people we serve. The candidate we seek is prepared to shoulder the responsibility of teaching women to defend themselves as necessary, and to do so with enthusiasm and encouragement. SASS Go Instructors, Trainees, and Applicants hold themselves to impeccable standards to ensure the highest quality of care for every participant that walks through the door.

The SASS Go Standard of Demonstrated Ability (SODA) was created to gauge candidate ability and progression in an unbiased way and to ensure the very best, brightest, and most committed women stand ready to inform, lift up, lead and protect communities around the world as SASS Go Instructors. These standards are used throughout the duration of Instructor Training.

STANDARD OF DEMONSTRATED ABILITY

Individual Readiness

- Integrity
- Responsibility
- Leadership
- Teamwork
- Empathy
- Perseverance

Physical Aptitude

- Strength
- Cardio
- Endurance
- Physical Coordination

Instructional Ability

- Engaging
- Clear
- Versatile
- Confident
- Accurate

THE APPLICATION PROCESS

All candidates must complete the following:

•Application Form

For your convenience, our application process is completed entirely online. We can't wait to meet you! Before starting your online application, we strongly encourage you to review the application (included in this packet) to ensure you have the documents required to submit your application. There is a \$35 (nonrefundable) application fee. Applications are reviewed when all required attachments and fees are received.

•Formal background check

Prior criminal activity of any kind may prevent a candidate from entering SASS Go Instructor Training for the safety of each of our participants and the integrity of the program.

•Reference & Recommendation Form

Each candidate must provide SASS Go with three references, and two letters of recommendation to provide a view of their work and personal integrity. These references may not be family, and it is preferred that at least one is a current or former direct supervisor. PDFs of your recommendation letters will be uploaded to your online application.

•Physician Approval

Instructor Training is a physically demanding program. Before training begins, for the safety of the candidate, a physician must complete the approval form confirming that the candidate is physically able to train without risk of bodily harm.





THE INTERVIEW

We want to know you. A panel interview will be conducted to gain further insight into each candidate's desire to become an instructor, their individual character, personality and strengths. The interview will also provide candidates with an opportunity to tell SASS Go Leadership why they would like to be a part of the organization and further the mission of SASS in their community and beyond

The Presentation

During the interview process candidates are required to give a 5-minute educational presentation teaching SASS Go Leadership about a particular topic or instruction on how to complete a task. The subject of this presentation is up to the discretion of the candidate. Candidates will be evaluated based on their clarity in delivery, ability to engage the audience, accuracy of information, preparedness, confidence, professionalism, and creativity throughout the presentation.

Each presentation **MUST** include the following statement at some point:

"Education is not preparation for life. Education is paramount for a successful life. When we develop a passion for learning, we will never cease to grow. Knowledge is liberating."

THE FITNESS TEST

Lifelong health and fitness is important to SASS Go as an organization overall. For SASS Go Instructors general fitness is paramount to be able to educate, engage, and inspire their students with energy, accuracy, and endurance in every class. All SASS Go applicants must be able to meet the minimum requirements of the physical fitness test prior to attending Instructor Training. On-site fitness testing will be conducted at the beginning of training and passing the minimum standards is a prerequisite for entering Phase 1 of training.

PHYSICAL FITNESS TEST

ACTIVITY	REPETITIONS	ALLOTTED TIME
Push ups	10 full/ 20 modified	2 minutes or less
Sit ups	20	2 minutes or less
Squats	30	2 minutes or less
Run	1 mile	12 minutes or less



There are three distinct phases of training. Each phase is designed to target specific areas of growth. Trainees must successfully test out at the end of each phase to enter the next phase of training.

PHASE 1

Building a Firm Foundation

In Phase 1 Candidates will participate in a 2 session pre-training webinar series providing an opportunity for trainees to meet one another and prepare for the road ahead. Phase 1 really kicks into high gear through a 5 day, 40-hour in person training that provides the foundation for becoming a SASS Go Instructor. This is a time of intense physical training, in depth education, and exciting personal growth designed to be met with determination, passion and commitment from the candidates.

The Curriculum

- Intensive Physical Defense Training
- Threat Assessment Training
- Recognizing Predatorial Tactics and Current Criminal Trends
- Leadership Development

Instructional Support

Each day will include large group, small group and individual instruction concluding with an After-Action Review (AAR) providing candidates an opportunity to receive feedback regarding performance, encouragement, support, and highlight individual areas of focus for improvement.

The Evaluation

Phase 1 culminates in individual candidate evaluations based on the SASS Standard of Demonstrated Ability (SODA). Training to become a SASS Instructor means there are 3 core competencies that have to be demonstrated on an exemplary level to move to Phase 2 of training. These core competencies are physical aptitude, individual readiness, and instructional ability. SASS Instructors demonstrate precision and strive for excellence in each of these areas to meet SODA Requirements.

Passing the Phase 1 Evaluation is a prerequisite to entering Phase 2 of training.

PHASE 2

Solidifying Skills Through Study

Candidates will spend six weeks adding to their educational repertoire through interactive distance learning, live webinars, supplemental articles, books and case studies while physically mastering each defensive skill they've learned.

The Curriculum

- Trauma Informed, Healing Focused Instruction
- Pedagogy of Tactical Defense
- SASS Philosophy
- Teaching Methodology
- Business & Ethics

Instructional Support

During this time candidates will get direct instruction, individual feedback, educational support and encouragement from group discussion, instructor mentoring, and an opportunity for candidates to express needs, ask questions, and provide feedback to the organization.

The Evaluation

Phase 2 is a cumulative process. Each candidate will complete weekly online examinations demonstrating comprehension of the curriculum and support content provided.

Passing the Phase 2 exams is a prerequisite to entering Phase 3 of training.

A vertical photograph on the left side of the page shows the profile of a woman with blonde hair, looking towards the left. She is wearing a dark-colored jacket. The background is slightly blurred, suggesting an outdoor setting.

PHASE 3

Preparing for Reality

The final step in Instructor Training is demonstrating mastery of all skills acquired through Phases 1 & 2 of training within a 4 hour period. Candidates will teach a simulated SASS Course in a safe environment with their trainers acting as participants. Candidates participate individually in this third and final evaluation on all core competencies.

The Curriculum

- Course Simulation
- Physical Aptitude Demonstration
- Phase 3 Evaluation

Instructional Support

Phase 3 of training is an opportunity to celebrate perseverance, endurance, commitment and accomplishment. It is a honor, and a joy, for SASS Leadership to partner with candidates through this process. Upon successful completion of Phase 3 evaluation, Candidates will receive their official SASS Instructor Certification.

FROM THE TEAM

We look forward to each Instructor Training cycle. Although the process is hard and demands a standard of excellence, there is a confidence that blooms deep within the core of each instructor rooted in compassion, joy, purpose and wisdom. These are the very virtues that will help them to thrive as they change the world one priceless human being at a time. It is our sincere honor to meet the candidates and guide them forward with honor and great intent.

Thank you for trusting us through this process.



Micki Ridd
Director of Training



Brett Brown
Executive Director



SASS GO

INSTRUCTOR CANDIDATE APPLICATION



Thank you for your interest in becoming a SASS Go Instructor. Please complete the following application in its entirety. Applications may be submitted online at www.sassgo.org/instructor-training or via email to Team@SASSGo.org There is a \$35 (nonrefundable) application fee. The application fee can be paid at www.sassgo.org/instructor-training when your application is submitted. Applications will not be reviewed until application fees are paid.

CONTACT INFORMATION

First Name _____ MI _____ Last Name _____

DOB ___/___/___

Mailing Address

Street _____

City _____ State _____ Zip _____

Cell Phone Number (____) ____ - _____

Email Address _____

EMPLOYMENT INFORMATION

Employer _____

Current Position _____

Supervisor Name _____ Supervisor Title _____

Cell Phone Number (____) ____ - _____

Email Address _____

May we contact your supervisor? Yes _____ No _____



SOCIAL MEDIA

SASS Go reserves the right to review social media content from all SASS Go Instructors and Instructor Candidates to ensure ethical and appropriate communication that aligns with the overall mission of the organization. Please provide us with the identifiers for the following social media outlets (as applicable).

Facebook Name _____

Linked In _____

Instagram Name _____

You Tube _____

Twitter Handle _____

Other _____

BACKGROUND AND SAFETY INFORMATION

SASS Go conducts thorough criminal history checks for all SASS Go Instructor applicants. In addition, please answer the following as thoroughly as possible.

Have you ever been convicted of a crime (misdemeanor or felony)? YES NO

If yes, please explain.

Please circle all that apply. During previous employment, volunteer positions, licensing review or place a study (college or university) have you ever:

- been disciplined for inappropriate conduct
- been placed on probation
- been requested to resign or leave
- been allowed to resign or leave in lieu of discipline
- been fired
- been expelled
- had a license revoked

If any are circled, please explain.



EMERGENCY INFORMATION

In case of an emergency during training, please provide the information for the individual acting as your emergency contact, along with any pertinent health information you feel SASS Go should be aware of (i.e. heart conditions, seizure disorders, allergies, etc). Any specific health information is provided voluntarily by the applicant and will be used ONLY for the safety of all trainees in the case of an emergency.

Contact Information

First Name _____ Last Name _____

Cell Phone Number (____) ____ - _____

Relationship _____

Necessary Health Information:

PLEASE ANSWER THE FOLLOWING

Are you fluent in languages other than English? Yes ___ No ___

If yes, please list language(s) here:

Are you currently eligible to work in the United States? Yes ___ No ___

Do you now or in the future require visa sponsorship to continue working in the United States? Yes ___ No ___

Why have you chosen to be involved with SASS Go, and how do you plan to add to the organization and fulfill the overall mission? Additional pages may be added to answer this question.



APPLICATION AGREEMENT

By signing this application, I understand that the application fee is nonrefundable. I further understand that SASS Go will conduct a thorough criminal history, background check, and evaluation including, but not limited to, reviewing my personal representation on social media and contacting references. I understand that if any information has been misrepresented, SASS Go has the right to terminate any and all training and/or agreements, and I will not receive any refunds for payments I have made relating Instructor Candidate Training. Additionally, I understand that if I am selected for SASS Instructor Candidate Training, both SASS Go and I have the right to terminate training at any point for any reason. Depending on the timing of termination from training, I understand that I will not receive reimbursement for any amounts paid relating to Instructor Candidate Training unless specified (i.e. extenuating circumstances deemed unavoidable) by SASS Go Headquarters.

I also understand that submission of this application or payment of the application fee in no way guarantees that I will be selected to participate in SASS Instructor Candidate Training or licenses me to instruct SASS Courses, nor does submission of this application or payment of the application fee serve as a contract with SASS Go for training, licensing or certification. SASS Go is under no obligation to select me to participate in Instructor Candidate Training. I understand that as an Applicant/Instructor Candidate I am bound to confidentiality in regards to: physical skills learned within my training, personal information shared by instructors, peers, or participants in any class or training in which I observe or participate, and proprietary knowledge/instruction that belongs to SASS Go or SASS Defense.

Applicant Signature _____

Date _____



REFERENCE AND RECOMMENDATION FORM

Please provide us with three references. One must be professional, and one should be personal, however this reference may not be someone related to you. For at least two of these, please provide and attach recommendation letters written by the references describing your interpersonal skills, reliability, and character.

Professional Reference

Name _____

Relationship to Candidate _____

Cell Phone Number (____) ____ - _____

Email Address _____

Did this reference provide a letter of recommendation? Yes ___ No ___

Personal Reference

Name _____

Relationship to Candidate _____

Cell Phone Number (____) ____ - _____

Email Address _____

Did this reference provide a letter of recommendation? Yes ___ No ___

Additional Reference

Name _____

Relationship to Candidate _____

Cell Phone Number (____) ____ - _____

Email Address _____

Did this reference provide a letter of recommendation? Yes ___ No ___



PHYSICIAN APPROVAL FORM

SECTION 1

(To be completed by Candidate)

Candidate Name _____

SASS Go's policy regarding application for Instructor Candidate Training requires all participants to submit a completed Physical Approval form prior to participation. Participation is contingent upon your physician's approval/disapproval. I hereby give my physician permission to release any requested pertinent to the staff of SASS Go. I understand that this information will be kept confidentially.

Participant Signature _____ Date _____

SECTION 2

(To be completed by candidate's physician)

Dear Physician,

Your patient, name above, has expressed an interest in participating in SASS Go Instructor Candidate Training. During training, participants are led by a trained instructor through a variety of physical movements that include cardiovascular, muscular and flexibility training; or a combination of all three. Classes may include repetitive low to high impact moves that will result in elevations of heart rate, and blood pressure; or a series of moves that will target the core and challenge both mind and body. It is the responsibility of the participant to communicate information medical or otherwise that might preclude the participant from involvement in any particular activity.

Please mark the appropriate statement below concerning this patient.

No restrictions apply as to type of class/training program

The following restrictions should apply _____

Participation is not recommended at this time.

Physician Signature _____ Date _____ Phone (____) ____ - ____

Physician Name (print, type, or stamp) _____

Address _____

Questions directed to SASS Go Team@SASSGo.org