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How students work out with – and learn from – EPS officers

Edmonton – It's 6:30 on a Friday morning. Music is pounding, and the energy level is surprisingly high for such an early hour. That's because every Friday, the Run with Recruiters program gives MacEwan students a chance to get ready for a future in policing.

About 60 students in the Department of Public Safety and Justice Studies gather in the gym to spend an hour working out with Edmonton Police Service (EPS) members - most of whom are MacEwan Police and Investigations alumni.

Together they run, climb stairs, do circuit training—and even play dodgeball—in an effort to prepare for and learn about the fitness testing standards involved in becoming a police officer. But the Run with Recruiters program is about more than fitness.

“Applicants who take part tend to do better in the hiring process, as they have not only had the opportunity to become more fit, but become more informed about the process itself,” says Constable Jody Ponto with the EPS Recruitment Section. “One of the biggest benefits is mentorship.”

“It's really group-oriented and it's great to have someone push you a little bit harder than you would push yourself,” says first-year Police and Investigations student Montana Kooteney. “It gives you a little extra drive and motivation. And, it's really awesome to see all these officers be so approachable and give so much of their time.”

While a student in the Police and Security program, Constable Brian Alm, a, was on his way to his own workout he happened to see Run with Recruiters taking place in the gym and volunteered to participate.

“I really love being a part of this,” says Alm, who graduated from MacEwan in 2006. “These students push me every week and I can see myself in a lot of them. I know that 10 years ago I really appreciated being able to talk to people who were actually in policing, and if I can be a resource to them I take great value in that.”

Run with Recruiters runs from September to April.

Founded in 1971, MacEwan University inspires its students with a powerful combination of academic excellence and personal learning experiences. Offering more than 65 programs including undergraduate degrees, applied degrees, diplomas, certificates, continuing education and corporate training, the university provides a transformative education in a creative, collaborative and supportive learning environment where creativity and innovation thrive. Located in Edmonton, Alberta Canada, MacEwan University offers a unique student experience that opens up diverse pathways for achievement and growth.

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