



## Self-Defense Plus Wayne, OK.

You are enrolled in the upcoming Self-Defense Plus class scheduled for **December 7-10 and 14-17, 2015**, at the **Mid-America Technology Center (MATC) located at 27438 Oklahoma 59 in Wayne, OK 73095**. See second map. Class will be conducted 7:00 a.m. - 6:00 p.m. Monday-Thursday, with one hour for lunch. Your class coordinator is Damon Wilbur and he can be reached at (405) 213-9395.

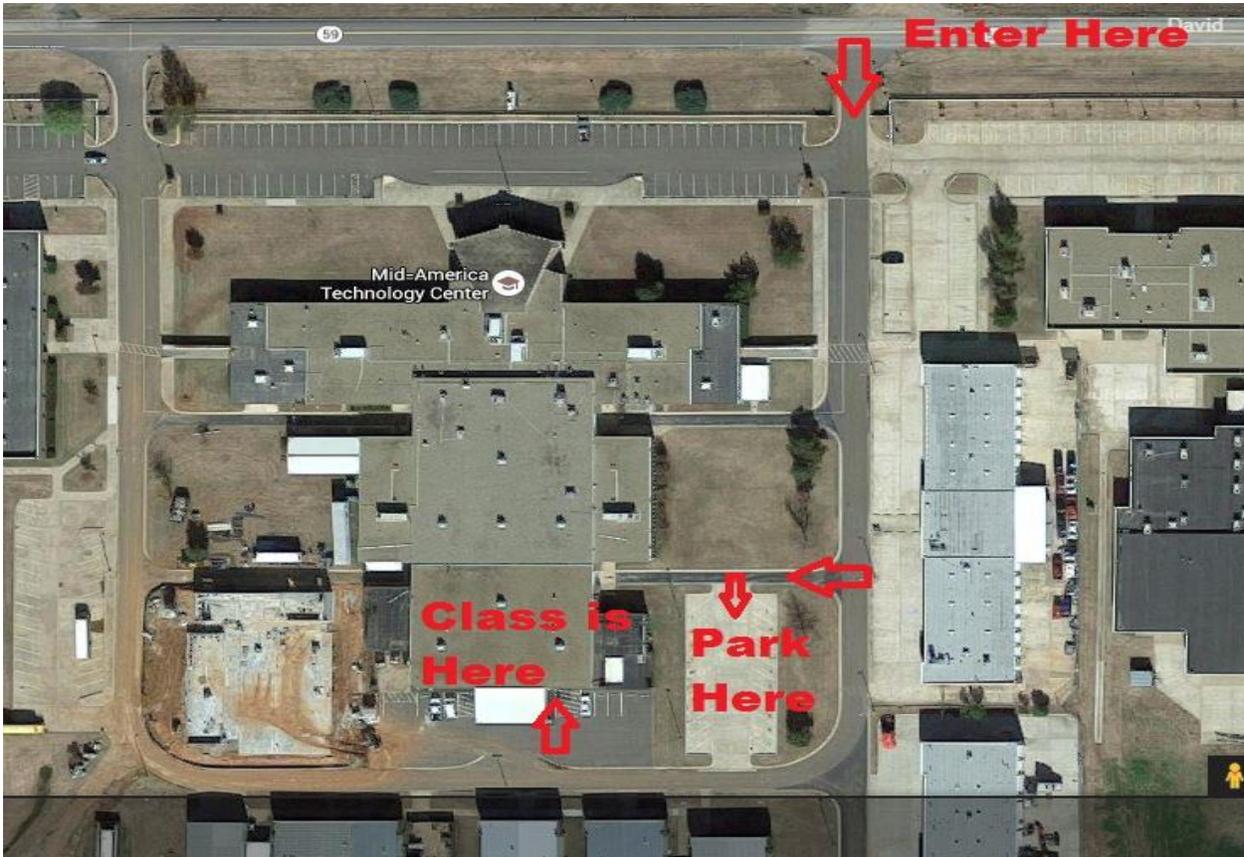
**ITEMS TO BRING FOR CLASS:** All participants should have the following items available for use during class time: note paper, black ink pens, physical training clothing (non-emblem sweat pants, t-shirts, socks), running shoes, duty belt with holster, expandable baton, and handcuffs. **DO NOT BRING FIREARMS.**

**FACILITY HOUSING:** Employees who qualify will be provided housing on the grounds between JHCC and LARC. Anyone wishing to take advantage of **early check-in**, will need to check-in **on Sunday, December 6<sup>th</sup>, with LARC Central Control at 15151 Highway 39, Lexington, OK**. Central Control will have a list of housing assignments. If you are the first to arrive, you will be issued a key from the KeyWatch system for the house to which you are assigned. Subsequent participants arriving at Central Control will be instructed to go to the house, as it will be open by the first arriving individual. To locate the houses, see first illustration. As you leave LARC turn left onto Hwy 39. Take the first left off Hwy 39, which will be 156<sup>th</sup> Street. Continue until you reach Betty Lane for House 1 or Sunflower Blvd. for Houses 2 & 3. Those issued keys from the KeyWatch system will be responsible for those keys until they are returned to the KeyWatch system no later than Monday evening. Your instructor will issue keys to everyone in housing on the first day of class. Participants staying in facility housing will need to bring money, personal hygiene items, sheets, blanket, pillowcase, towels, washcloths, etc. for a twin bed. Although pillows are provided, you may wish to bring your own, as well as an egg crate foam mattress pad for comfort. Optional items you may wish to bring: alarm clock, blow dryer, fan, coffee pot, etc. There are no washer/dryer units on site, however, microwaves and refrigerators are provided.

**MEALS:** Breakfast, lunch and dinner will be provided at JHCC for participants assigned to facility housing. If you do not wish to eat at JHCC you will be responsible for your own meals.

**DIRECTIONS to MATC:** From Interstate 35 take exit 86 and travel west on highway 59 approximately ½ mile and MATC will be on the south side of the highway. See illustration provided. You will need to bring your vehicle make, model & tag number, and your DOC ID badge or driver's license.

# Self-Defense Plus, Wayne



# Self-Defense Plus, Wayne

If you are unable to attend, please contact Anetta Bullock at 405-425-2504 or email her at [anetta.bullock@doc.ok.gov](mailto:anetta.bullock@doc.ok.gov). We look forward to seeing you.

Sincerely,

A handwritten signature in black ink, appearing to read "Phil Gilstrap". The signature is fluid and cursive, with the first name "Phil" being more prominent than the last name "Gilstrap".

Phil Gilstrap  
Training Manager