



DEPARTMENTAL BIOGRAPHY

MIAMI POLICE DEPARTMENT

Miami Police Training Center

OFFICER RICHARD DIAZ, JR. **MIAMI TRAINING ACADEMY**

Officer Richard Diaz Jr. is employed with the City of Miami Police Department since 2000. With 13 years experience, his career began with assignment as a patrol officer working in the South and Central Districts.

Officer Richard Diaz Jr., in his current assignment with the Miami Police Training Center, is in charge of physical fitness for all Police Academy Class students and departmental personnel. He teaches defensive tactics for in-service classes in Officer Survival. In a 6 year assignment to the Bike Patrol Detail in the Downtown Beats area, besides patrolling in this detail, he is a certified Bike Patrol Instructor.

Officer Diaz has over 20 years experience in the physical fitness area. He has taken various courses such as, personal training, nutrition for body, body mechanics, and cross training. He has conducted seminars on physical fitness, simple approach to physical fitness for everyday people, and different fitness levels of personal activities. He has participated in decathlons, mountain bike marathon racing, and other long distance bike racing on an amateur/professional level.

Officer Richard Diaz Jr. is a certified training instructor through the State of Florida Department of Law Enforcement (FDLE). He has also received specialized training as an instructor in Simunitions and Taser® Certified Instructor, and Glock Advanced Armorer since October 2013.