



Mike Stone - President June, 1994, to July, 1996

1994 - 1996 Michael H. Stone, PhD, FNSCA

Dr. Michael Stone has been one of the top strength and conditioning researchers in world the field for many years. He literally changed how strength coaches train athletes in their off-season conditioning programs by showing that developing an aerobic base was not necessary for power sports like football.

President Stone has been the head of sport physiology for the United States Olympic committee (USOC) and the chair of sport at Edinburgh University in Edinburgh, Scotland. He is also an adjunct professor at Edinburgh University; Edith Cowan University in Perth, Australia; and Louisiana State University in Shreveport. He is currently the director of the exercise and sports science laboratory in the department of kinesiology, leisure, and sport sciences at East Tennessee State University.

His research interests are primarily concerned with physiological and performance adaptations to strength and power training and he has also trained several international and national-level weightlifters and throwers in both the United States and Great Britain.

1995, January - State Directors are now required to be CSCS certified.

1995, July - The Alvin Roy Award is presented to John Terpak, Sr. of York Barbell.

1995, July - College Strength and Conditioning Professional of the Year Award is presented to Steven S. Plisk from James Madison University.

1995, July - The High School S&C Professional of the Year was presented to Steve Kenyon of Del Campo H.S.

1995, July - The NSCA Presidents Award was presented to Chris Fett, Everett Harman, and Dan Wathen.

1995, July - The Outstanding Sport Scientist Award was presented to Dr. Everett Harman.



1994 - 1996 Dr. Mike Stone is NSCA President