



Bill Allerheilgen - President July, 2003, to July, 2006

**2003 - 2006** Bill Allerheilgen MS, CSCS,\*D, NSCA-CPT,\*D, FNSCA

President Allerheilgen says, "I was privileged to serve our membership and work with our Board of Directors."

About the same time the NSCA Certification Commission was getting a new building in Lincoln, NE, the NSCA was building a new World Headquarters in Colorado Springs, CO. This is a portion of an article by Becky Hurley of the Colorado Springs Business Journal Oct 10<sup>th</sup>, 2003.

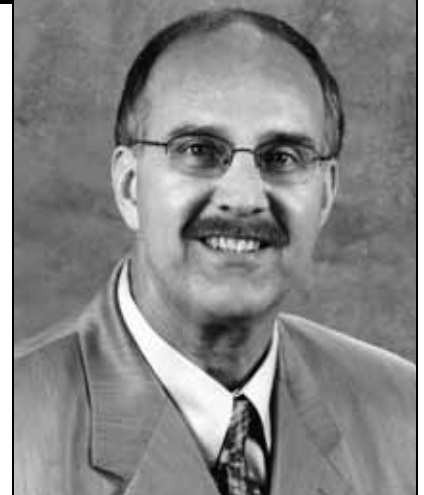
*National Strength and Conditioning Association (NSCA) Executive Director Bob Jursnick knows he has a winner on his hands. This high performer is not a coach, personal trainer, athletic director or athlete. Instead, it's an eye-catching new headquarters building, visible from I-25, near the World Arena and U.S.A. Hockey in southwest Colorado Springs. The structure represents the culmination of a dream held by Jursnick, founder Boyd Epley, and the organization's 26,000 members worldwide.*

*According to national capital campaign director Robert Howsam, the 29,500-square-foot, two-story fitness training center, resource library and conference headquarters could generate more than \$1.4 million annually for the Colorado Springs economy.*

**2004**, President Allerheilgen took office as the NSCA staff moved into new offices both in Colorado Springs and Lincoln. He initiated amending the NSCA Bylaws and established a six-month operational reserve.

President Allerheilgen established the attendance of new NSCA Board members to attend the NSCA Certification Commission mid-year Executive Council meeting. This allowed newly elected NSCA Board members to have a firsthand experience in the operations of the Certification Commission and interact with Certification Commission Executive Council.

Bill created the Student Assistantship Program.



**2003 - 2006** Bill Allerheilgen MS, CSCS,\*D, NSCA-CPT,\*D, FNSCA  
Is NSCA President



Dedication of NSCA Certification Commission building on September 20th, 2003.

**2004, January** - a meeting was held with the NSCA and CSCCa hoping to find a way to merge them. New NSCA President Bill Allerheiligen and Executive Director Bob Jursnick met with the Executive Director of the CSCCa, Dr. Chuck Stiggins. Dr. Chuck Stiggins declined to consider any attempt combine the two groups into one and the meeting proved unsuccessful.



President Allerheiligen, Founder Boyd Epley cutting the ribbon, Executive Director Robert Jursnick, Colorado Springs Mayor Lionel Rivera, and Dave Palenchar

**2004, May 8** - Dedication of NSCA World Headquarters in Colorado Springs, Colorado.

**2004**, Boyd Epley was named Capital Campaign Chairman. A Founders Club was established to raise funds for the National Strength and Conditioning Association's \$4.2 million World Headquarters in Colorado Springs. An artificial field was added later.



NSCA World Headquarters

**2004, July** - President Allerheiligen recommended to the NSCA Board of Directors the first Public Member-At-Large, Karen Ballek.

President Allerheiligen approved the Communications Committee. He reconstituted the Past-Presidents Committee to serve in an advisory capacity to the NSCA Board of Directors. He approved the creation of the NSCA Nutrition Metabolic and Body Composition Special Interest Group (SIG) and approved the creation of the Youth Special Interest Group.

**2004, July** -The Alvin Roy Award is presented to Edmund J. Burke, PhD, CSCS. The NSCA is forever grateful for the significant professional and personal contributions Dr. Burke made not only to the NSCA but also to the strength and conditioning profession. He is best known for his cutting edge research in the area of Cycling.

**2004, July** - College Strength and Conditioning Professional of the Year Award is presented to Gerard J. Martin of the University of Connecticut.

**2004, July** - The Educator of the Year Award was to Dr. Mike Greenwood.

**2004 July** - The High School S&C Professional of the Year was presented to Bruce Harbach of Lancaster Catholic H.S.

**2004, July** - The JSCR Editorial Excellence Award is presented to Dr. Steve Fleck.

**2004, July** - The Outstanding Investigator Award is presented to Dr. Jeff S. Volek.

**2004, July** - The Personal Trainer of the Year Award is presented to Maria Teresa Mendizabal.

**2004, July** - The NSCA Presidents Award was presented to Jamie L. Aslin, John Taylor, Kim M. Dixon.

**2004, July** - The Research Achievement Award was presented to Dr. Joan M. Eckerson

**2004, July** - The SCJ Editorial Excellence Award is presented to Brian Fndley.



Karen Ballek is First Public Member-At-Large



Dr. Edmund J. Burke was presented the Alvin Roy Award



Dr. Steve Fleck wins the JSCR Award

**2004, July** - The NSCA Lifetime Achievement Award is presented to Dr. John Garhammer.

**2004, July** - The Sports Medicine/ Rehabilitation Specialist of the Year is presented to Jeff Falkel.

**2004, July** - The Outstanding Sport Scientist Award was presented to Dr Robert U. Newton.



Dr. John Garhammer receives the Lifetime Achievement Award



Dr. Robert Newton is the Outstanding Sport Scientist



President Allerheiligen approved the addition of artificial turf at the NSCA World Headquarters

**2005, July** - Helen Brinkley developed the Graduate Education Recognition Program.

President Allerheiligen voted in support of the Registered Strength & Conditioning Coach Program developed by Dr. Jay Hoffman.

He presented a motion to approve the NSCA becoming a sponsor of the Committee of Accreditation of the Exercise Sciences (CoAES) which is a committee of the Commission on Accreditation of Allied Health Programs (CAAHEP).

He voted to adopt Constituency Representation on the NSCA Board of Directors. This motion ensured there would be constituency representation on the NSCA Board of Directors specifically from the areas of: Personal Trainer, Institutional Strength & Conditioning Professional, Academician/Researcher, and Sports Medicine Professional.

**2005, July** - College Strength and Conditioning Professional of the Year Award was presented to Michael Doscher of Valdosta State University.

**2005, July** - The Educator of the Year Award was to Dr. David R. Pearson.

**2005, July** - The High School S&C Professional of the Year was presented to Patrick McHenry of Colorado.



Patrick McHenry wins the High School Professional of the Year



Dr. Steve Fleck wins Lifetime Achievement Award

**2005, July** - The Lifetime Achievement Award is presented to Dr. Steve Fleck

**2005, July** - The JSCR Editorial Excellence Award is presented to Dr. Ann M. Swank which marks the first time a female has won this award.

**2005,** - The Outstanding Investigator Award is presented to Dr. Nicholas A. Tatamess, Jr. and Dr. Joel T. Cramer.

**2005,** - The Personal Trainer of the Year Award is presented to Michael Ranieri

**2005, July** - The NSCA Presidents Award was presented to Kevin Cleary and Mark Roozen.

**2005, July** - The Research Achievement Award was presented to Dr. Jose Antonio.

**2005, July** - The SCJ Editorial Excellence Award is presented to Loren Chiu.

**2005, July** - The Sports Medicine/ Rehabilitation Specialist of the Year is presented to David Potach.

**2005, July** - The Outstanding Sport Scientist Award was presented to Dr. Andrew C. Fry.

**2006, July** - President Allerheiligen voted for approval of an international marketing and promotion strategy.

He approved a link from the NSCA home page to college athletic weight rooms.

**2006, July** - The Educator of the Year Award was presented to Dr. Terry Housh.



Mark Roozen wins the Presidents Award



Dr. Jose Antonio wins the Research Achievement Award



Dr. Andy Fry wins Outstanding Sport Scientist



Dr. Terry Housh is the Educator of the Year

**2006, July** - The High School Strength and Conditioning Professional of the Year was presented to Ian Jeffreys from the United Kingdom.

**2006, July** - College Strength and Conditioning Professional of the Year Award is presented to Robert dos Remedios at the College of the Canyons.

**2006, July** - The JSCR Editorial Excellence Award is presented to Dr. Nicholas A. Ratamess, Jr.



Ian Jeffreys is the High School Professional of the Year

**2006**, - The Outstanding Investigator Award is presented to Dr. Jeffrey M. McBride.

**2006**, - The Personal Trainer of the Year Award is presented to Michael Yu Seril.

**2006, July** - The NSCA Presidents Award was presented to Doug Lentz.

**2006, July** - The Research Achievement Award was presented to Dr. Michael H. Stone.

**2006, July** - The SCJ Editorial Excellence Award is presented to Patrick McHenry.

**2006, July** - The William J. Kraemer Outstanding Sport Scientist Award was presented to Dr. Joseph P. Weir.



Dr. Joel Cramer is the Outstanding Sport Scientist



Patrick McHenry wins the SCJ Award