



bridging the gap between science and application
As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

Order Certification Exam Prep Materials Online

The NSCA CSCS® and NSCA-CPT® Exams are considered the “Gold Standard” in the industry. When preparing for the exam, many times candidates wonder what material is needed to prepare for the test.

First, none of the exam study materials are required in order to be successful on either exam. There have been many candidates who successfully prepared for an exam without using NSCA or NSCA Certification resources. Individuals can still be effective in their exam preparation pursuits using other resources.

Because candidates with diverse backgrounds take the NSCA certification's exam, it is impossible to recommend one method that will prepare all individuals to pass the exam. An academic background in an exercise science/physiology, physical therapy or athletic training-related curriculum provides the ideal foundation from which a candidate may begin to prepare for a CSCS or NSCA-CPT Exam. However, there are candidates wanting to sit for the CSCS or NSCA-CPT Exam who do not have an exercise science-related degree but who do have a significant amount of professional experience.

For suggestions on how to use the NSCA Certification's study materials to prepare for a CSCS or NSCA-CPT Exam, visit the Downloads section of our website. There you can download and print documents that provide ideas to assist exam candidates in the studying process. Note, however, that the suggestions described in the documents should not be considered as the only method to prepare for an exam.

What is the minimum number of study materials required in order to obtain all of the potential information covered on an exam?

Unfortunately, there is no definitive answer to this question. Exam candidates bring with them a unique knowledge base and initial level of preparation. Therefore, it is difficult to recommend a

single reference that will, by itself, prepare each candidate to pass the exam. Ultimately, it will be each candidate's academic background, experience and test-taking abilities that dictate how effective his or her study materials are in promoting success on an exam.

While understanding the information presented in the study materials should certainly increase the likelihood of passing an exam, it does not guarantee a successful performance. The questions on the exams are developed from resources in addition to these materials. The primary reason for this is that the exams are based upon the specific job-related tasks of a strength and conditioning specialist or a personal trainer. People who work in these two professions were surveyed to determine what they actually do and what they have to know to perform their respective jobs. It is important that information on the CSCS and NSCA-CPT Exams assess competency in these areas, not the memorization of a textbook or other study materials.

To review what exam study materials are available, go to the NSCA Website and on the right-hand column, look for and click on the “Get Certified” link.

Move your mouse over the “online store” and click your selection on the drop-down menu. You will be able to review exam materials and also look at package deals that will save you money and assist in the preparation of the CSCS or NSCA-CPT Exams.



NSCA "Dynamic Warm-up Drills" Video Series now available on Dartfish.tv

The NSCA Education Department is proud to announce the recent release of a video series on Dartfish.tv entitled, "Dynamic Warm-up Drills." The video series provides 21 video clips that demonstrate various dynamic warm-up drills that can be incorporated into a warm-up prior to exercise. Each video is labeled with step-by-step instructions to guide the user through a variety of drills reinforcing proper form. The Dynamic Warm-up Drills video series is located on the NSCA channel of Dartfish.tv and is available for purchase to the general public. The NSCA Education Department is planning to produce more video series in the future on various topics and for a variety of different audiences that will be available for download as well. For more information, or to download the Dynamic Warm-up Drills video series, please sign into, <http://www.dartfish.tv/Collection-Info.aspx?CR=p1090c8245>.

Education Recognition Program Applications

Deadline: June 1, 2010

ERP schools span the globe with recognized schools in the U.S., Canada, Australia, Ireland, Japan and the United Kingdom.

Currently, the NSCA has three Education Recognition Programs available:

ERP Personal Training Program

Recognizes colleges and universities that offer two and four year educational programs in personal training.

ERP Strength and Conditioning Program

Recognizes colleges and universities that offer at least a Bachelor's degree with an emphasis in strength and conditioning.

ERP Graduate Studies Program

Recognizes colleges and universities that offer at least a Master's degree related to strength and conditioning or sport performance. There are two levels of recognition, applied curriculum and research curriculum.

For more information please visit the NSCA Website at, <http://www.nasca-lift.org/ERP/default.asp>.

Registered Strength and Conditioning Coach Applications

Deadline: October 1, 2010

The NSCA has created a registry of qualified members interested in better defining a career path in the strength and conditioning profession. The purpose of this registry is to recognize coaches who have been certified

as a strength and conditioning specialist, demonstrated a strong commitment to the field of strength and conditioning, and wish to be identified for career advancement.

As a registered coach, you will be able to promote yourself to potential employers, be recognized by the NSCA, and receive a framed certificate to acknowledge your achievement. You may apply for this recognition online at, <https://www.nasca-lift.org/secure/education/nscaregcoach.asp>.

Student Assistantship Applications

Deadline: Postmarked by October 1, 2010

"The Future of the Strength and Conditioning Profession"

The National Strength and Conditioning Association (NSCA) offers five student assistantships to qualified candidates each year. Students who are awarded an assistantship will have an opportunity to work with an experienced strength and conditioning coach who has earned the NSCA Coach Practitioner Distinction. This distinction recognizes coaches with four or more years of head strength and conditioning experience. Additionally, these coaches have demonstrated high levels of professional service and accomplishment in the field of strength and conditioning.

Each recipient will be awarded a \$10,000 stipend over a 12-month period.

For more information in regards to the student assistantship, please visit the NSCA Website at, <http://www.nasca-lift.org/education/nscastudentassist.shtml>.



NSCA Events Calendar

- 5/1**
Virginia State Workshop
Contact: Seth Hickerson
Email: shickers@richmond.edu
Phone: +1 804-289-8581
Location: Weinstein Center for Recreation and Wellness, Richmond, VA
CEUs: 0.7
- 5/2**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: University of Oregon, Eugene, OR
- 5/14 – 15**
Weight Training Essentials Symposium
Contact: NSCA Conference Department
Email: Conferences@nsca-lift.org
Phone: 800-815-6826
Location: Colorado Springs, CO
CEUs: 1.6
- 5/15**
Fly Solo Camp
Contact: Darrell Phillips
Phone: +1 913-486-9111
Location: Penn Valley Community College, Kansas City, MO
- 5/15**
National Index Championship
Contact: Boyd Epley
Phone: 800-815-6826
Location: Widefield High School, Colorado Springs, CO
- 5/22**
NSCA Ohio State Strength and Conditioning Clinic
Contact: Anthony Glass
Email: glass.85@osu.edu
Phone: +1 614-292-0657
Location: Ohio State University, Columbus, OH
CEUs: 0.6
- 5/22**
Active Isolated Stretching Techniques for the Lower Extremities
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5640
Location: Ther-Ex Health Institution, Irvine, CA
CEUs: 0.8
- 5/22**
Tennessee Annual Meeting and State Clinic
Contact: Helen Binkley
Email: hbinkley@mtsu.edu
Phone: +1 615-904-8192
Location: Middle Tennessee State University, Murfreesboro, TN
CEUs: 0.8
- 5/23**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Ohio State University, Columbus, OH
- 5/29**
Illinois State Clinic
Contact: Sean Armstead
Email: sean@phenomenalfitness.com
Phone: +1 312-360-0303
Location: WCS Gattone Sports Performance, Buffalo Grove, IL
CEUs: 0.8
- 5/29**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Florida State University, Tallahassee, FL
- 6/4 – 5**
Plyometric, Speed & Agility
Contact: NSCA Conference Department
Email: Conferences@nsca-lift.org
Phone: 800-815-6826
Location: Colorado Springs, CO
CEUs: 1.6
- 6/4 – 5**
Vermont Sports Performance Clinic
Contact: Scott Caulfield
Email: canjump@hotmail.com
Phone: +1 802-272-4816
Location: University of Vermont, Burlington, VT
- 6/5**
Fly Solo Camp
Contact: Mark Schulist
Phone: +1 562-500-9207
Location: ChikaraSport, Whittier, CA
- 6/5**
9th Annual South Carolina Strength and Conditioning Clinic
Contact: Stephen Mannino
Phone: +1 864-294-3453
Location: Furman University, Greenville, SC
- 6/11**
Fly Solo Camp
Contact: Darrell Phillips
Phone: +1 913-486-9111
Location: Penn Valley Community College, Kansas City, MO
- 6/12**
Kettlebell Workshop Level I
Contact: Davis Koh
Email: davis@kohpt.com
Phone: +1 949-540-5640
Location: Ther-Ex Health Institution, Irvine, CA
CEUs: 0.8
- 6/12**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Texas Christian University, Fort Worth, TX
- 6/12**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Maricopa High School, Maricopa, AZ
- 6/18 – 19**
NSCA Georgia 2010 Summer Clinic
Contact: Gary Schofield, Jr
Email: gschofield@greateratlantachristian.org
Phone: +1 770-243-2352
Location: Greater Atlanta Christian School, Norcross, GA
- 6/21 – 22**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: The Sanford POWER Center, Sioux Falls, SD
- 6/26**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: East Central High School, Tulsa, OK
- 7/14**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Swan & Dolphin Resort, Orlando, FL
- 7/14 – 17**
NSCA National Conference
Contact: NSCA Conference Department
Email: Conferences@nsca-lift.org
Phone: 800-815-6826
Location: Swan & Dolphin Resort, Orlando, FL
CEUs: 2.0
- 7/15**
International Index Invitational
Contact: Boyd Epley
Phone: 800-815-6826
Location: Swan & Dolphin Resort, Orlando, FL
- 7/31**
Fly Solo Camp
Contact: Boyd Epley & Jake Wurth
Phone: 800-815-6826
Location: Maricopa High School, Maricopa, AZ



Certification Exams Calendar

CSCS® Exams

July 14, 2010
Orlando, Florida
Early registration deadline:
May 5, 2010
Registration cutoff:
May 19, 2010

July 17, 2010
Portland, Maine
Early registration deadline:
May 7, 2010
Registration cutoff:
May 21, 2010

July 24, 2010
Scranton, Pennsylvania
Early registration deadline:
May 14, 2010
Registration cutoff:
May 28, 2010

July 31, 2010
Murfreesboro, Tennessee
Early registration deadline:
May 21, 2010
Registration cutoff:
June 4, 2010

August 4, 2010
Alexandria, Virginia
Early registration deadline:
May 26, 2010
Registration cutoff:
June 9, 2010

August 7, 2010
Boston, Massachusetts
Dallas, Texas
Denver, Colorado
New York, New York
Oakland, California
Orlando, Florida
Providence, Rhode Island
San Diego, California
Seattle, Washington
Springfield, Massachusetts
Toronto, Ontario
Vancouver, British Columbia
Early registration deadline:
May 28, 2010
Registration cutoff:
June 11, 2010

August 14, 2010
Colorado Springs, Colorado
Wichita, Kansas
Early registration deadline:
June 4, 2010
Registration cutoff:
June 18, 2010

September 11, 2010
Colorado Springs, Colorado
Early registration deadline:
July 2, 2010
Registration cutoff:
July 16, 2010

September 15, 2010
Derby, United Kingdom
Early registration deadline:
July 7, 2010
Registration cutoff:
July 21, 2010

September 25, 2010
Bangkok, Thailand
Early registration deadline:
July 16, 2010
Registration cutoff:
July 30, 2010

October 2, 2010
Baltimore, Maryland
Dallas, Texas
Houston, Texas
Indianapolis, Indiana
Las Vegas, Nevada
Miami, Florida
New York, New York
Oakland, California
Springfield, Massachusetts
London, United Kingdom
Early registration deadline:
July 23, 2010
Registration cutoff:
August 6, 2010

October 16, 2010
Hamilton, Ontario
Pretoria, South Africa
Kwazulu Natal, South Africa
Stellenbosch, South Africa
Early registration deadline:
August 6, 2010
Registration cutoff:
August 20, 2010

To view additional CSCS® exam dates, please visit <http://www.nasca-cc.org/cscs/schedule.html>.

NSCA-CPT® Exams

July 7, 2010
Orlando, Florida
Early registration deadline:
April 28, 2010
Registration cutoff:
May 12, 2010

July 17, 2010
Wayne, New Jersey
Early registration deadline:
May 7, 2010
Registration cutoff:
May 21, 2010

July 24, 2010
Bridgewater, Massachusetts
Early registration deadline:
May 14, 2010
Registration cutoff:
May 28, 2010

July 31, 2010
Amarillo, Texas
Early registration deadline:
May 21, 2010
Registration cutoff:
June 4, 2010

August 4, 2010
Alexandria, Virginia
Early registration deadline:
May 26, 2010
Registration cutoff:
June 9, 2010

August 7, 2010
Boston, Massachusetts
Dallas, Texas
Denver, Colorado
New York, New York
Oakland, California
Orlando, Florida
Providence, Rhode Island
San Diego, California
Seattle, Washington
Springfield, Massachusetts
Toronto, Ontario
Vancouver, British Columbia
Early registration deadline:
May 28, 2010
Registration cutoff:
June 11, 2010
August 14, 2010

August 14, 2010
Colorado Springs, Colorado
Early registration deadline:
June 4, 2010
Registration cutoff:
June 18, 2010

August 28, 2010
Lakewood, Colorado
Early registration deadline:
June 18, 2010
Registration cutoff:
July 2, 2010

September 11, 2010
Colorado Springs, Colorado
Early registration deadline:
July 2, 2010
Registration cutoff:
July 16, 2010

September 18, 2010
Elyria, Ohio
Early registration deadline:
July 9, 2010
Registration cutoff:
July 23, 2010

October 2, 2010
Baltimore, Maryland
Dallas, Texas
Houston, Texas
Indianapolis, Indiana
Las Vegas, Nevada
Miami, Florida
New York, New York
Oakland, California
Springfield, Massachusetts
London, United Kingdom
Early registration deadline:
July 23, 2010
Registration cutoff:
August 6, 2010

October 16, 2010
Pretoria, South Africa
Kwazulu Natal, South Africa
Stellenbosch, South Africa
Early registration deadline:
August 6, 2010
Registration cutoff:
August 20, 2010

To view additional NSCA-CPT® exam dates, please visit <http://www.nasca-cc.org/nsca-cpt/schedule.html>.

Candidates residing outside of the United States, Canada and Puerto Rico may register at the member price for the certification exams.



CEU Provider Events

NSCA CSCS Exam Development Committee Meets at World Headquarters in March

The NSCA Exam Development Committee (EDC) for the NSCA CSCS met in Colorado Springs, CO at the NSCA World Headquarters. Steve Nettles and Pasty Rush from Applied Measurement Professionals (AMP) were on hand to assist with the process. AMP provides certification organizations, such as the NSCA, innovative assessment and management solutions. They provide support for exam development, exam registration, proctoring the exams in the United States and internationally, and work with the exam development committees. Each year, the experts selected for the EDC meet to develop new questions for the CSCS Exam, review performance of past questions and evaluate material that is used for the test.

The NSCA CSCS EDC Committee consists of EDC Chair David Pearson, PhD, CSCS,*D, FNSCA, EDC Members David Potach, MS, PT, CSCS,*D, NSCA-CPT,*D, Travis Triplett, PhD, CSCS,*D FNSCA, Jamie Aslin, MS, ATC, CSCS,*D, NSCA-CPT,*D, William C. Whiting, PhD, CSCS, Cindy Trowbridge, PhD, ATC, LAT CSCS and Jason Winchester, PhD, CSCS.

NSCA Certification Staff leading the weekend was Torrey Smith, MA, CSCS, *D; NSCA-CPT,*D and Mark Roozen, MEd, CSCS,*D; NSCA-CPT, FNSCA.

Single Events • Featured Courses

The Hip & Knee Complex

Start Date: August 7, 2010 (Saturday)
Provider: Therapy Network
End Date: August 8, 2010 (Sunday)
Provider Number: J1029
Location: Dallas, TX
Contact Name: Andrew Schrodt
CEUs: 1.5
Contact Phone: 800-785-1855
Certification: CSCS & NSCA-CPT
Contact Email: tseminars@aol.com
Eligible for Recertified with Distinction: No
Additional Information:
<https://www.tseminars.com/>

USAT Level I Coaching Clinic

Start Date: August 27, 2010 (Friday)
Provider: USA Triathlon
End Date: August 29, 2010 (Sunday)
Provider Number: K1022
Location: Palo Alto, CA
Contact Name: Linda Cleveland
CEUs: 1.7
Contact Phone: 719-955-2810
Certification: CSCS & NSCA-CPT
Contact Email: linda@usatriathlon.org
Eligible for Recertified with Distinction: No
Additional Information:
<http://www.usatriathlon.org/>

USAT Level I Coaching Clinic

Start Date: September 10, 2010 (Friday)
Provider: USA Triathlon
End Date: September 12, 2010 (Sunday)
Provider Number: K1022
Location: New Orleans, LA
Contact Name: Linda Cleveland
CEUs: 1.7
Contact Phone: 719-955-2810
Certification: CSCS & NSCA-CPT
Contact Email: linda@usatriathlon.org
Eligible for Recertified with Distinction: No
Additional Information:
<http://www.usatriathlon.org/>

Eastern Montana Strength and Conditioning Development Series

Date: August 18, 2010 (Wednesday)
Provider: Ortho Montana PSC
Provider Number: C1065
Location: Billings, MT
Contact Name: Jodie Smith
CEUs: 0.2
Contact Phone: 406-860-7649
Certification: CSCS & NSCA-CPT
Contact Email: jsmith@montanabones.com
Eligible for Recertified with Distinction: No
Additional Information:
<http://www.montanabones.com/>

201: Anatomy & Biomechanics for Movement Instructors

Start Date: September 10, 2010 (Friday)
Provider: Personal Best Pilates Studio
End Date: September 12, 2010 (Sunday)
Provider Number: E1058
Location: Wichita, KS
Contact Name: Amanda Jessee
CEUs: 2.0
Contact Phone: 913-345-8787
Certification: CSCS & NSCA-CPT
Contact Email: amandajessee@sbcglobal.net
Eligible for Recertified with Distinction: No
Additional Information:
<http://www.pilatesinstructoracademy.com/>

Performance Nutrition Workshop

Start Date: August 12, 2010 (Thursday)
Provider: Athletes' Performance
End Date: August 14, 2010 (Saturday)
Provider Number: F1024
Location: Los Angeles, CA
Contact Name: Dan Zieky
CEUs: 2.0
Contact Phone: 480-449-9000x233
Certification: CSCS & NSCA-CPT
Contact Email: DZieky@athletesperformance.com
Eligible for Recertified with Distinction: No
Additional Information:
<http://www.athletesperformance.com/education/>

Repeat Offerings of the Same Event Featured Courses

Advanced Flexibility Techniques

Provider: Annette Lang Education Systems, LLC
Provider Number: D1044
CEUs: 0.5
Contact Name: Annette Lang NSCA-CPT
Certification: CSCS & NSCA-CPT
Contact Phone: 646-284-7749
Eligible for Recertified with Distinction: No
Contact Email: Annette@annettelang.com
Additional Information:
<http://www.annettelang.com/>

Chronic Shoulder and Neck Disorders

Provider: Summit Professional Education
Provider Number: I1059
CEUs: 0.7
Contact Name: Randy Tatel
Certification: CSCS & NSCA-CPT
Contact Phone: 615-376-8828
Eligible for Recertified with Distinction: No
Contact Email: randy@summit-education.com
Additional Information:
<http://www.summit-education.com/>



CEU Provider Events

Myokinematic Restoration—An Integrated Approach to Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics

Provider: Postural Restoration Institute
Provider Number: J1072

CEUs: 1.5

Contact Name: Janie Ebmeier

Certification: CSCS & NSCA-CPT

Contact Phone: 402-467-4111

Eligible for Recertified with Distinction: No

Contact Email: janie@posturalrestoration.com

Additional Information:

<http://posturalrestoration.com/>

Postural Precision Movement

Provider: Aspen Core Fitness, LLC

Provider Number: K1025

CEUs: 0.8

Contact Name: Bill Fabrocini PT, CSCS

Certification: CSCS & NSCA-CPT

Contact Phone: 970-925-8940

Eligible for Recertified with Distinction: No

Contact Email: Fabrocini.bill@comcast.net

Additional Information: Denver, Sat June 5th.

Chicago date pending. For more information, visit:

<http://ripcorefx.com/>.

Speed Training Mechanics: Analysis of Sport Specific Movements

Provider: FSRpro

Provider Number: J1059

CEUs: 0.8

Contact Name: Frank Ceresoli CSCS, NSCA-CPT

Certification: CSCS & NSCA-CPT

Contact Phone: 214-601-8117

Eligible for Recertified with Distinction: No

Contact Email: frankceresoli@hotmail.com

Home Study/Correspondence Featured Courses

Desert Southwest Fitness, Inc.

Contact Name: Connie Burdett

Provider Number: A1052

Contact Phone: 800-873-6759

Eligible for Recertified with Distinction: No

Contact Email: info@dswfitness.com

Additional Information: <http://www.dswfitness.com>

Extreme Interval Training

CEUs: 0.3 • Certification: CSCS & NSCA-CPT

Plyometric Training

CEUs: 0.5 • Certification: CSCS & NSCA-CPT

Speed, Agility, and Quickness

CEUs: 0.3 • Certification: CSCS & NSCA-CPT

GMP Fitness, LLC

Contact Name: Gina Piazza

Provider Number: F1008

Contact Phone: 845-369-9022

Eligible for Recertified with Distinction: No

Contact Email: info@personaltrainereducation.com

Additional Information:

<http://www.personaltrainereducation.com/>

Golf Conditioning

CEUs: 1.6 • Certification • CSCS & NSCA-CPT

IDEA Health & Fitness Association

Contact Name: Aimee Hagberg

Provider Number: A1044

Contact Phone: 858-535-8979

Eligible for Recertified with Distinction: No

Contact Email: ahagberg@ideafit.com

Additional Information: <http://www.ideafit.com/>

Designing Concurrent Training Programs, Research on Ergogenic Aids, and Training Youth Athletes Course

CEUs: 0.3 • Certification: CSCS & NSCA-CPT

Exercise After-Burn, Body Composition Assessment and Disease, and Improving Performance Using the Glycemic Index Course

CEUs: 0.3 • Certification: CSCS & NSCA-CPT

Senior Fitness Course: Research Round-up; Aging and Brain Health; H2O Solutions for Active Aging

CEUs: 0.3 • Certification: NSCA-CPT

Personal Training on the Net

Contact Name: Jenny Kingslien

Provider Number: A1097

Contact Phone: 720-489-0294

Eligible for Recertified with Distinction: No

Contact Email: jenny@ptonthenet.com

Additional Information: www.ptonthenet.com

Exam 37—Client Assessment, Biomechanics, & Metabolism

CEUs: 0.2 • Certification: CSCS & NSCA-CPT

Practical Applications of Explosive Lifting & Advanced Strength Training

CEUs: 0.2 • Certification: CSCS & NSCA-CPT

Exercise Program Design:

Recovery the Overlooked variable

CEUs: 0.2 • Certification: CSCS & NSCA-CPT



Half-way there...

**Start entering your CEUs and
beat the last minute rush.**

The deadline for recertification is **December 31, 2011**, which means one-half of the CEU Reporting Period for 2009 – 2011 is already over. It is recommended that you obtain at least 2.0 CEUs each year to stay on track with your requirements for recertification. The NSCA Website offers information for opportunities to gain valuable CEUs in the "Continuing Education" section.

The NSCA sends out reminders on a yearly basis to help keep you on track to becoming recertified before the deadline. It is important not to miss these vital updates, so if your mailing or email addresses change, be sure to notify the NSCA.

It is never too early to gain CEUs and remember you can report your CEUs on the NSCA Website online at any time.

www.nscalift.org





Resources

NSCA Board of Directors

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Sports Medicine Professional

Ask a Board Member a Question

NSCA Members, if you have any questions or comments regarding the NSCA, you can contact the NSCA Board of Directors. Be sure to have your member login information ready.

<http://www.nasca-lift.org/BOD/default.asp>

NSCA Mission

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.



NSCA Association Sponsors




NSCA National Sponsors



Weight Training Essentials

Symposium • May 14 – 15, 2010 / Colorado Springs, CO




 **NSCA**™ National Strength and Conditioning Association

information / registration • 800-815-6826
www.nasca-lift.org/WTE2010

Plyometrics, Speed, & Agility

Symposium • June 4 – 5, 2010 / Colorado Springs, CO



 **NSCA**™ National Strength and Conditioning Association

information / registration • 800-815-6826
www.nasca-lift.org/PSA2010



CEUs
NSCA 2.0
NATA 20



Keynote: Steve Mesler
2010 Olympic Gold Medalist
Four-Man Bobsled

33rd National Conference & Exhibition

July 14 -17, 2010 / Walt Disney World Swan and Dolphin Resort / Orlando, FL

800-815-6826 • www.nsca-lift.org/NatCon2010

NSCA Fly Solo Program

The Fly Solo Camp was designed to help coaches gain a better understanding of the strength and conditioning philosophies and principles that will help them design the most effective programs for their athletes. The hands-on camp focuses on coaching skills in the weight room and on the field. Both NSCA-Certified and non-certified individuals can participate in the Fly Solo Program.

For more information, visit www.nsca-lift.org and click the Fly Solo camps link under the Coaching Performance logo.

Camp Fee

\$99 for Coaches • \$50 for Students • \$198 for Mentors

