



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.

NSCA Quiz Packets available for CEUs

The NSCA has Quiz Packets available that allow you easy and convenient means of earning up to 3.0 CEUs (0.5 CEUs per passed quiz in category B).

Quiz Packet Volume 1

- Preventing Hamstring Injuries in Sport
- Spinal Conditioning for Athletes with Lumbar Spondylolysis and Spondylolisthesis
- Glycemic Load Food Guide Pyramid for Athletic Performance
- Movement Training for Field Sports: Soccer
- Gluteus Medius: Applied Anatomy, Dysfunction, Assessment, and Progressive Strengthening
- Training Explosiveness: Weightlifting and Beyond

Quiz Packet Volume 2

- The Bodyweight Squat: A Movement Screen for the Squat Pattern
- Game Speed Training in Baseball
- Progressing From the Hang Clean to the Power Clean: A 4-Step Model
- Preseason Strength and Conditioning for Collegiate Tennis Players
- Agility Training for Experienced Athletes: A Dynamical Systems Approach
- Using the Body Weight Forward Lunge to Screen and Athlete's Lunge Pattern

Quiz Packet Volume 3

- Supplements for Endurance Athletes
- Eccentric Exercise Interventions for Tendinopathies
- Resistance Exercise for Sarcopenic Outcomes and Muscular Fitness in Aging Adults

- Medicine Ball Training Implications for Rotational Power Sports
- Strategies for Aging Well
- Strength and Conditioning Considerations for the 100-m Sprinter

Frequently Asked Questions and Other Information about the Quiz Packets

- I am a current NSCA member. Do I need to order the quiz packets to get the quizzes? No, current members have access to the journal articles and quizzes online. There are no refunds on the quiz packets.
- How many CEUs are the quizzes worth? To receive 0.5 CEU in category B for the quiz you must answer 70% of the questions correctly.
- Answer forms may be submitted online. Instructions included in each quiz packet. Each quiz requires a \$20 processing fee.
- Are the quizzes eligible for Recertification with Distinction? Yes, the quizzes apply towards Recertification with Distinction.
- Are the quizzes valid for Athletic Trainers? Yes, Certified Athletic Trainers earn 1 CEU per quiz, BOC Provider #P434.
- When can I apply quiz packet CEUs to my recertification? Quiz packets are valid for the 2009-2011 Recertification Period and must be completed prior to the December 31, 2011 deadline.
- How are quizzes reported in my online CEU report? The NSCA will automatically enter your CEU quizzes into your online report. Please allow 1-2 weeks for quizzes to be processed.
- Upon processing you receive an email with your score. To maintain the credibility of the quiz, answers are never released.



News & Updates

ERP Inducts New Schools

The NSCA is proud to announce the following schools newly inducted into the NSCA's Education Recognition Program. These schools have successfully developed formal areas of study in the field of exercise science as recommended by the NSCA. Their commitment to the dissemination of the most current research and best practices in strength and conditioning as part of their curriculum is recognized and supported by the NSCA. We acknowledge their competent dedication to providing students a quality education in preparation for becoming distinguished professionals in the field. These are the latest honorees:

- National Personal Training Institute of Ohio-ERP Personal Training Program
- Florida Gulf Coast University-ERP Strength and Conditioning Program
- Waldorf College-ERP Strength and Conditioning Program
- Indiana State University-ERP Strength and Conditioning Program
- Hofstra University-ERP Strength and Conditioning Program
- University of Sioux Falls-ERP Strength and Conditioning Program

- University of West Florida-ERP Strength and Conditioning Program
- Bond University-ERP Strength and Conditioning Program
- Trinity Western University-ERP Strength and Conditioning Program (Renewal)

NSCA Welcomes Refuel with Chocolate Milk as a New Sponsor

The NSCA is proud to welcome the Refuel with Chocolate Milk Campaign as a new sponsor of the National Strength and Conditioning Association. The NSCA would like to thank the Campaign for their generous support, and The NSCA encourages members to look to the Refuel with Chocolate Milk Campaign as a valuable resource for information and tools on the recovery benefits of lowfat chocolate milk. The Campaign is presented by MilkPEP (the Milk Processor Education Program).

Look for a Refuel with Chocolate Milk Webinar in 2012 and also for Refuel Eblasts, social media contributions, and advertisements in the Strength and Conditioning Journal in the months ahead.

"Lowfat chocolate milk, with its unique mix of nutrients, has what it takes to help athletes rehydrate, replenish, and rebuild after strenuous exercise. As an NSCA sponsor, the Refuel Campaign presents the research, as well as useful resources, on the recovery benefits of lowfat chocolate milk, Nature's Recovery Drink." Refuel with Chocolate Milk Campaign

For more information, visit, <http://www.refuelwithchocolatemilk.com/coaches/>.



Moved or Moving?

Keep your NSCA periodicals coming to you in a timely manner. Update your address and information at...

www.nsca-lift.org



Membership News & Updates

NSCA Grants and Scholarships Program



The NSCA Foundation provides a wide variety of grants and scholarships to its members. This investment ensures the growth and development of the strength and conditioning community. If you

are a member seeking assistance with higher education or grant funding, check out one of these many options available to you:

Grants

- GNC® Nutritional Research
- Graduate Research - Master's
- Graduate Research - Doctoral
- Young Investigator
- Senior Investigator
- International Collaboration

Scholarships

- High School
- Minority
- Power Systems® Professional
- Challenge
- Women's

Log on to www.nasca-lift.org/NSCAFoundation/ for minimum requirements and to download a grant or scholarship application. Grant and scholarship applications will only be accepted via electronic submission. The deadline for submission is March 13, 2012 by 5:00pm MST. Funds will be awarded for the Fall 2012 education year.

Call for State/Provincial Directors West Region

The NSCA is seeking volunteers to fulfill State and Provincial Director Positions within the West Region of the United States and Canada. Terms for the West Region will begin April 15, 2012 and continue through April 14, 2015. Current NSCA members who are Certified Strength and Conditioning Specialists® (CSCS®) or NSCA-Certified Personal Trainers® (NSCA-CPT®) are eligible to submit an application.

Please consider the following responsibilities as you make your decision to become a State/Provincial Director volunteer:

- Promote the mission of the NSCA
- Increase public awareness of the NSCA
- Increase NSCA membership and certification awareness
- Serve as a liaison between NSCA Headquarters and NSCA members
- Host an annual NSCA clinic within the state/province
- Attend the National Conference and participate in the State/Provincial Directors meeting
- File a semi-annual and annual report with NSCA Headquarters
- Produce two e-newsletters per year
- Set up a State Advisory Board

West Region States/Provinces up for Election:

Canada: Alberta, British Columbia, Saskatchewan

United States: Arizona, Colorado, New Mexico, Utah, California, Nevada, Hawaii, Alaska, Idaho, Montana, Oregon, Washington, Wyoming

To be considered, submit a resume or abbreviated C.V. and State/Provincial Volunteer application no later than January 15, 2012. Current directors in this region, if eligible, may run for a second term by resubmitting the required documents.

The State/Provincial Volunteer application form can be downloaded online here: https://www.nasca-lift.org/nscapdf/download/NSCA_State_Provincial_Volunteer_Application.pdf

Please email questions, your application, and resume to spd@nsca-lift.org.

Liability Insurance

In today's world, it is important to protect yourself and your clients with professional liability insurance coverage. The NSCA offers certified professional members the opportunity to add three million dollars of liability insurance coverage to their membership.

Coverage is limited to NSCA Certified Professional members acting in the capacity of a Certified Strength and Conditioning Specialist® (CSCS®) and/or NSCA-Certified Personal Trainer® (NSCA-CPT®). If at any time NSCA certification or membership lapses, liability coverage will cease.

If you are currently certified with the NSCA, a quote is available through the online renewal system, by calling the Headquarters at 800-815-6826, option 202, or by emailing insurance@nsca-lift.org.

If you are already insured with the NSCA, 2012 – 2013 renewal is available online.



What is Recertified with Distinction (*D)?

A recognition program that honors certified professionals who have shown exemplary involvement in the NSCA. In the last CEU reporting period, 398 individuals became Recertified with Distinction and are now identified as CSCS,*D and/or NSCA-CPT,*D. This is a select group of certified individuals who have met a high standard for continuing education and are acknowledged for their significant role and participation in the NSCA and the strength and conditioning and personal training professions.

What are the benefits?

The Recertified with Distinction program benefits those who qualify by enhancing their professional status and by providing several forms of public recognition including:

- A specially designed certificate honoring the accomplishment.
- The right to use the trademark protected “*D” as an extension of their CSCS or NSCA-CPT credential(s).
- Recognition in NSCA printed materials and on the Recertified with Distinction Honor Roll.
- Special notation on NSCA conference badges.

What are the requirements?

- To qualify for being Recertified with Distinction, a certified professional must meet the minimum recertification requirements established by the NSCA for the current recertification period.
- Acquire a total of 10.0 CEUs in activities sponsored by the NSCA (the requirements are not prorated for those certified after January 2009, and CEU category

maximum rules do not apply). Note that the requirement increases to a total of 12.0 CEUs for professionals who have both credentials and wish to receive the Recertified with Distinction status for both.

What CEU activities qualify toward becoming Recertified with Distinction?

Examples of the CEUs earned from the following activities that can be applied toward the Recertified with Distinction requirements include:

- Attending an NSCA clinic, conference, or symposium
- Presenting at an NSCA clinic, conference, or symposium
- Authoring an article for an NSCA publication
- Serving on an NSCA committee, council, or board
- Passing an NSCA CEU Quiz
- Hosting a CSCS or an NSCA-CPT exam or symposium
- Earning the second NSCA certification
- Completing a CSCS or an NSCA-CPT Practice Exam
- Submitting the Exercise Technique Checklist Manual Comment Form

How do I become Recertified with Distinction?

CSCS and NSCA-CPT certified individuals now have the option to apply for the Recertified with Distinction designation through the NSCA Certification’s online CEU reporting system (“CEU Port”). Go to www.nsca-cc.org/ceus/report.html to view your certification summaries, which define how many CEUs are required, how many CEUs have been recorded, and how many CEUs are still needed.

Note that the Recertified with Distinction application does not replace the standard CEU reporting submission. Both submissions must be completed within the reporting period, and both fees must be paid. The two forms may be completed together, or the standard CEU reporting may be submitted first. Documentation for standard recertification CEUs is not to be sent in with the standard CEU Reporting Form; however, photocopies of the documentation for Recertified with Distinction CEUs must accompany the Recertified with Distinction application. The application fee is \$25 if applying for Recertified with Distinction for one credential or \$40 if applying for Recertified with Distinction for both credentials.

NSCA Recertification Fall 2011 Giveaway

Early reporting rewards are back. Recertify by October 31st and you will automatically be entered into a drawing to win.

- GRAND PRIZE: 2012 NSCA Conference Registration
- 1st PRIZE: APPLE iPod Nano
- 2nd PRIZE: \$100 VISA Gift Card

CONTEST RULES:

- Everyone who recertifies between 9/1/11 and 10/31/11 is automatically entered into a random drawing.
- If you recertified before 8/31/11 you were entered in the previous drawing and are not eligible for this drawing.
- The drawing will be held and winners announced on 11/1/11.

The recertification deadline for all NSCA certifications is December 31, 2011



Recertification Frequently Asked Questions

How many CEUs do I currently have?

You can log into the website and review how many CEUs you have and in which category. Visit <http://nscarecertify.com> and click the red link, "Report your CEUs." After you log in, you can review your activities by clicking the link on the left hand side that says "Report Your CEUs." On the top of your CEU reporting table.

- On the top of the reporting table you will see your required number of CEUs and the number of CEUs you entered.
- Once you enter the required number of CEUs a green tab will appear under your reporting table that says "report your CEUs and pay your recertification fee." Upon doing so, your recertification status changes from "incomplete" to "complete."
- New certifications will be mailed starting December 2011.
- The next reporting period runs from 1/1/2012 – 12/31/2014.

Where do I need to send in my documentation to support my recertification?

You will only need to send in your documentation if you are audited. If you are audited, you will receive a letter explaining the audit procedure by the end of February 2012.

What do I need to have as documentation for a particular activity?

You will need to have a photocopy of your attendance certificate or letter verifying your participation and number of contact hours.

What counts as Personal Development activities?

Personal Development is reading journals, magazines and books; viewing websites and videos; non-credit internships, volunteer work, research. All home study courses that are not preapproved. Anything that is done under this category must be within the scope of your NSCA certification.

- Can earn 0.5 CEUs per year that you are certified in the reporting period. Will automatically default to 0.5 CEUs.

Can my CEUs be carried over to 2012-2014 reporting period?

No, all of the CEUs must be earned in the same period they are being reported.

Is there a grace period/extension to report my CEUs?

Unfortunately, due to our NCCA accreditation we are not allowed to offer any extensions or grace periods. You must report you CEUs and submit your payment by December 31, 2011 or your certification will be revoked.

When will I receive my new certificate?

The new certificates will be mailed starting mid-December 2011. If you have not received yours by the end of January 2012 please call us back.

How can I find out if the event I attended will count towards my recertification?

As long as the sessions you attended are within the scope of your certification then your contact hours will count.

What are the different CEU categories? And what are the category requirements?

There are four qualifying categories. As a minimum, you must obtain CEUs from two or more categories. You cannot use CEUs from one category only unless you became certified in 2011. There are also maximum amounts of CEUs that can be obtained from each category. The maximum number of CEUs in each category is based on your certification date.

- Category A: Attendance at clinics, conferences, seminars, symposia, workshops
- Category B: Presentations, publications, committee work, NSCA CEU Quizzes, symposium/exam host, ERP
- Category C: Post-certification college course work, First Aid/AED/EMT certifications
- Category D: Home study, personal development, NSCA companion exam, CSCS/NSCA-CPT Practice Exams, Exercise Technique Checklist Manual

How do I submit my CEUs?

You record your CEUs by logging in at www.nasca-cc.org and under the tab "Continuing Education" go to "Report Your CEUs" then it will take you to a log in page. Once you log in with your account information look for ACTION ITEMS at the bottom of the page. There will be a link titled "Track/Report Your CEUs" in red. Once you do that it will take you to a breakdown of the categories.

Your USER ID is your CERTIFICATION number. Your PASSWORD is your last name.



Recertification Frequently Asked Questions *(continued from page 5)*

What is my certification date?

Your certification date is the date that you took the exam (see exceptions below). Once you take the exam, you will receive your results within 6-8 weeks. When you have successfully passed the exam, your certification date goes back to the day you took the exam, not the day you receive your results.

For example, you take the CSCS exam on December 10, 2009. You receive your results stating that you have successfully passed the exam on January 17, 2010. Your certification date is 12/10/09, thus, you will be required to report 4.0 CEUs by December 31, 2011.

Exceptions to this rule include:

- If you are a college senior, your results will be on hold until we have received your official college transcript verifying graduation and degree earned. Your certification date becomes the date that we receive the transcript, not the date you took the exam.
- Your results are being held due to no CPR card on file. Once we receive your CPR/AED card, your results will be released. Your certification date becomes the date that we receive your CPR card, not the date you took the exam.

When do I need to submit my CEUs?

ALL CEUs for ALL certified individuals must be properly submitted on their CEU Port by December 31, 2011. We strongly encourage all certificate holders to submit their CEUs well in advance of the December 31, 2011 deadline. This will ensure a timely recertification process.

How do I claim home study or correspondence courses for CEUs?

All correspondence courses must be preapproved by the NSCA. If the course has not been preapproved, the CEUs will not apply toward your recertification. To view a current list of preapproved correspondence courses, please visit the CEU Activity Calendar in the Continuing Education section of the NSCA Certification website. If approved, the course will need to be reported in Category D.

- NSCA and Human Kinetics Home Study Courses fall under the subcategory "Completed a NSCA-Human Kinetics Home Study Course"
- All other preapproved Home Studies will fall under the subcategory "Completed a Non-NSCA-Human Kinetics Home Study Course"

I let my certification expire. How do I apply for recertification?

Once a person earns the CSCS and/or NSCA-CPT certification, he/she must fulfill the minimum recertification requirements in order to remain certified. The NSCA will revoke the certification from those individuals who fail to meet the recertification requirements.

To appeal this revocation, the individual needs to complete the five-step appeals process as outlined on the Appeals Options/Appeals Form available in our downloads section. The appeal must be received between January 1, 2012 and June 30, 2012. NO appeals will be accepted after June 30, 2012.

Unfortunately, due to our NCCA accreditation we are not allowed to offer any extensions.

After the appeal period has ended, the only option to get recertified will be to retake the exam and pass. You may take the exam at the retake fee.



Recertification Frequently Asked Questions *(continued from page 6)*

Required number of CEUs, Recertification Fee, and Maximum Number of CEUs Allowed by Category

Original Certification Date (Shown on Certificate)	CEUs Required	Fee for Each Credential Held	Category A Maximum	Category B Maximum	Category C Maximum	Category D Maximum
Before 2009*‡	6.0	\$50	5.5	4.0	5.5	3.5
During 2009*^	4.0	\$40	3.5	2.5	3.5	1.5
During 2010*^	2.0	\$30	1.5	1.0	1.5	1.0
January 1, 2011 to June 30, 2011^	1.0	\$20	1.0	1.0	1.0	1.0
July 1, 2011 to December 31, 2011	0	\$0	0	0	0	0

* You must obtain CEUs from at least two categories.

‡ All CEUs must be earned after January 1, 2009, even if certification was earned before this date. ^ All CEUs must be earned after the date of certification.

Example of Where to Record CEUs:

CSCS# 000000 Certification Date: 00/00/0000 CSCS CEYs Required: 6.0 Reporting Period: 1/1/2009 – 12/31/2011
 CSCS CEUs Earned: 0.0 Recertification Status: Incomplete

Qualifying Categories	CEUs Recorded	CEUs Allowed	Category Maximum	Action
Category A: Attendance at Clinics, Conferences, Seminars, Symposia, Workshops	0.0	0.0	5.5	Add/Review
Category B: Committee Work, ERP Director/Sponsor, Exam/Symposium Host, NSCA CEU Quizzes, Presentations, Publications	0.0	0.0	4.0	Add/Review
Category C: First Aid/AED/EMT, Post-Certification College Course Work, Online Proficiency Questions	0.0	0.0	5.5	Add/Review
Category D: CSCS/NSCA-CPT Practice Exams, Exercise Technique Checklist Manual, Home Study, NSCA Companion Exam, Personal Development	0.0	0.0	3.5	Add/Review

Report your CEUs and Pay Your Recertification Fee



Newly NSCA Certified

CSCS

The NSCA would like to congratulate the following individuals who became certified in August 2011.

- Abraham Benitez
- Abraham M. Moland
- Adam Wright
- Adam J. Papendick
- Adam M. Gonzalez
- Alan Wedemeyer
- Alexander T. McDaniel
- Alice Davis-Winkel
- Alissa Ackerman
- Amy L. Mosebar
- Andrew G. Payne
- Andrew H. Bates
- Andrew N. Kingsley
- Andrew W. Jones
- Anthony Bonvechio
- Ariel L. Warshawsky
- Arron Prowett
- Ashley Bowyer
- Austin J. Shaw
- Benjamin Mattson
- Benjamin D. Lusk
- Benjamin D. Sturz
- Benjamin E Chmil
- Brandon Charls
- Brandon D. Mills
- Brandon E. Zeeb
- Brandon E. Toothaker
- Brandon J. Zaligson
- Brandon T. Powers
- Brandon T. Owen
- Brent Albrecht
- Brenton Maradiegue
- Brian Steele
- Brian Bradshaw
- Bridget Gervasi
- Britta Gustafson
- Bryan W. Taylor
- Caitlin M. Wippermann
- Cameron J. Granger
- Cameron W. Jones
- Carl Q. Newton
- Caroline Crocker
- Casey J. Fallon
- Chris Barry
- Chris M. Moran
- Christopher Power
- Christopher Smith
- Christopher Toland
- Christopher B. McKeown
- Christopher H. Roy
- Christopher T. Holt
- Cory K. Demuth
- Craig D. Hamilton
- Daniel Sama
- Daniel Knorr
- Daniel A. Schaefer, II

- Daniel G. Raimondi
- Danielle M. Kyle
- David Seigneur
- David Strenger
- David Connor
- David P. Doyle
- David R. Peterson
- Deanna Delisle
- Deborah T. Copfer-Trujillo
- Derek Zahler
- Douglas H Grosser
- Elizabeth L. Wetmore
- Ella C. Joyce
- Eric Gerard Cudal
- Eric M. Schmitt
- Eric R. Gartner
- Erica Magliaro
- Erik Tremblay
- Erik L. Stegman
- Frank A. Sciandra
- Gabriel J. Mullane
- Gabriel T. Bacco
- Gabrielle A. Adam
- Garrett A. Rolsma
- Gary J. Benedict
- Gerald Duffy
- Gerald R. Wilson III
- Greg D. Debeljak
- Gregory Bauer
- Gregory D. Furmanek
- Gregory S. Cantrell
- Guy D. Battista
- Hannah M. True
- Ioan P. Shrimpton
- Ivan Saavedra
- James Cavanagh
- Jared P Garcia
- Jason M. Morriss
- Jeff Stone
- Jennifer E. Bushell
- Jennifer L. McCleary
- Jennifer M. Bekeny
- Jeremy Bennett
- Jeremy H. D'amico
- Jeremy W. Arthur
- Jessica L. Powers
- Jessica P. Gardner
- John Huppi
- John F. O'Halloran
- John S. Haley
- Johnhenry Schriefer
- Jonathan Dobson
- Jonathan A. Hobbs
- Jordan B. Brown
- Joseph Dudley
- Joseph L. Orsini
- Joshua A. Freeman
- Julie R. Dragicevich
- Justin M. Pretzel
- Katherine A. White
- Kellyn J. Kelley
- Keri A. Maresca

- Kevin Bratland
- Kevin O'Connor
- Kimberly Bingham
- Kristina Miller
- Kristopher Kennedy
- Kuang-Yen Shyu
- Laura Ymker
- Leila Owen
- Lena Dykstra
- Lindsey Calabrese
- Lisa Gammon
- Mackenzie R. Hunter
- Mandy Lok Yin Ting
- Maria Bashko
- Mark J. Gellard
- Mary Britt
- Mary E. Musheno
- Matthew Johnson
- Matthew F. Peeters
- Matthew I. Lowry
- Matthew J. Morris
- Matthew P. Szenda
- Michael A. Wehrhahn
- Michael C. Phillips
- Micheal Cahill
- Michelle M. Powers
- Nathan E. O'Dell
- Neil Pettit
- Neil C. Crane
- Nicholas Clark
- Nicholas J. Petrucci
- Nicholas M. Powers
- Nicholas O. Scaramazza
- Nick Pomfret
- Nick Gallagher
- Nicole Stuart
- Nikolas J. Krywaruczenko
- Omar Munguia-Rodriguez
- Patrick A. Fitzgerald
- Patrick J. Celaya
- Paulo Mathieu
- Rachel K. Straub
- Robert Daniels
- Ross M. Petersen
- Russell E. Daw
- Ryan Akers
- Ryan C. Graydon
- S. Michelle Tabor
- Samantha Miller
- Samuel Curry
- Scot J. Dressler
- Scott E. Pucek
- Scott M. Boyer
- Sergio G. Pena
- Seth Wells
- Seth J. Kaeser
- Shane P. Harris
- Shawn S. Naylor
- Stacey Hamilton
- Stephanie A. Anaya
- Steve Gayhart
- Steven Glamcevski

- Takeshi Kizaki
- Tim J. Fink
- Timothy R. Walker
- Timothy W. Young Jr.
- Travis C. Agnew
- Tyler R. Ward
- Vivek Ramakrishna
- Warren Shikuma
- William J. Frye



Newly NSCA Certified

NSCA-CPT

The NSCA would like to congratulate the following individuals who became certified in August 2011.

Aaron N. Croskrey
 Abe Fark
 Albert DaSilva Villanueva
 Alexander K. Bavai
 Alyssa D. McNabb
 Andres Gasso
 Angela M. Nyp
 Antonio Liste Sánchez
 Antonio Squillante
 April Wilson
 April F. Wood
 Brandon Lovett
 Brandon Begay
 Brent Turner
 Brett Billbe
 Brian M. Imholz
 Brittany A. Bogart
 Chadwick K. Rhodes
 Cheryl L. Licon
 Chris Lee
 Christopher Otto
 Christopher A. Engel
 Christopher K. Wong
 Cody L. Hardwick
 Dan Turner
 Daniel B. Tracy
 Danielle Woodard
 Danny Franklin
 Daryn J. Perez
 David Snider
 David Wescott
 David A. Morris
 Dean Howard
 Donald E. Waldera
 Dwane T. Rowley
 Farhad Ghorbani
 Fermin Gallegos
 Frank L. Fazzino
 Gregory McBride
 Griffin D. Duffy
 Guy Luciani
 Isaiah R. Gonzales
 J. Collin Parish
 Jaime N. Farrell
 Jason Boyes
 Jason Phillips
 Javier Besada Vázquez
 Jeffrey Brier
 Jeffrey Dolan
 Jenna M. Pacelli
 Jennifer N. Wessner
 Jesse Matter
 Jessie Dethomasis
 John C. Crist
 John F. Noble
 Jonny Zakett

Jorge Vieites Somoza
 Joseph M. Trombetta
 Justin C. Brancaccio
 Kameron B. Partington
 Kassie M. Faulkner
 Katie Ventimiglia
 Katrina Brown
 Kelsey R. Parker
 Kevin D. Schultz
 Kirk Emry
 Kirk A. Wiebe
 Lauren E. Casey
 Luis Singul Palma
 Lydia Cook
 Magdiel Barbosa
 Mathew Dyer
 Matthew Pilla
 Maurice A. Morris
 Mercedes Carrillo López
 Meredith J. Barnes
 Michael J. Minieri
 Michael J. Mulroy
 Nathan T. Smith
 Nelson J. Carroll
 Nicholas Locandro
 Pablo Alonso Dueñas
 Phillip L. Woods
 Piotr Lewkowski
 Quinn Schoenewald
 Renaldo G. Wilson
 Ryan J. Kamszik
 Ryan M. Glatt
 Samantha H. Larson
 Samuel J. Prentice
 Santiago Arcos Munientes
 Selina M. Stasi
 Shawn M. Toussaint
 Stephanie Hanley
 Stephanie K. Rowe
 Steve Feeney
 Steve J. Lunger
 Susanna T. Zorn
 Sybil L. Norberg
 Taylor Lewis
 Theo Lusardi
 Todd Stucker
 Tom Ebertowski
 William H. Judd

2012 NSCA Events

NSCA January 6 – 7 / San Antonio Marriott Rivercenter
COACHES CONFERENCE
www.nasca-lift.org/Coaches2012 **2012**

TSAC CONFERENCE
 April 10 – 12, 2012 / Las Vegas
www.nasca-lift.org/TSAC2012

2012 PERSONAL TRAINERS CONFERENCE
 April 13 – 14, 2012 / Las Vegas
www.nasca-lift.org/PTC2012

35th NSCA
 National Conference & Exhibition
 July 11 – 14, 2012 / Providence, RI
www.nasca-lift.org/NatCon2012

For more information on upcoming conferences or symposia call 800-815-6826 or email conferences@nsca-lift.org.



NSCA Events Calendar

2011

11/5

NSCA Illinois State Personal Trainer Clinic
Contact: James DiNaso
Email: bodyclub@consolidated.net
Phone: +1 815-600-3129
Location: Phenomenal Fitness, Chicago, IL
CEUs: 0.7

11/5

2011 New York Annual State Clinic
Contact: Dianne Sykes Scope
Email: drhfitness@me.com
Phone: +1 516-568-7507
Location: Equinox Fitness Club, New York, NY
CEUs: 0.6

11/12 – 13

NSCA Northern California State Clinic
Contact: Robert Linkul
Email: robertlinkul@gmail.com
Phone: +1 916-955-1586
Location: Four Points Sheraton, San Rafael, CA
CEUs: 1.2

11/12

Indiana State NSCA Clinic
Contact: Chris Powell
Email: cjp78@hotmail.com
Phone: +1 317-490-9284
Location: Hilton Garden Inn, Carmel, IN
CEUs: 0.6

12/3

NSCA Georgia Winter Clinic
Contact: Gary Schofield, Jr.
Email: gschofield@greateratlantachristian.org
Phone: +1 770-243-2352
Location: Greater Atlanta Christian School, Norcross, GA
CEUs: 0.6

12/9 – 10

Louisiana State Clinic: Injury Prevention
Contact: Charlie Hoolihan
Email: charlie@thepac.com
Phone: +1 985-626-3706
Location: Pelican Athletic Club, Mandeville, LA
CEUs: 1.4

12/10

Kansas Strength, Power & Programming Clinic
Contact: Randy Wells
Email: rwells@usd253.org
Phone: +1 620-341-2365
Location: Emporia High School, Emporia, KS
CEUs: 0.7

2012

1/6 – 7/2012

Coaches Conference
Contact: NSCA Conference Department
Email: conferences@nsca-lift.org
Phone: 800-815-6826
Location: San Antonio, TX
CEUs: 1.6

4/10 – 12/2012

TSAC Conference
Contact: NSCA Conference Department
Email: conferences@nsca-lift.org
Phone: 800-815-6826
Location: M Resort, Las Vegas, NV
CEUs: 2.0

4/13 – 14/2012

Personal Trainers Conference
Contact: NSCA Conference Department
Email: conferences@nsca-lift.org
Phone: 800-815-6826
Location: M Resort, Las Vegas, NV
CEUs: 1.6

7/11 – 14/2012

National Conference
Contact: NSCA Conference Department
Email: conferences@nsca-lift.org
Phone: 800-815-6826
Location: Providence, RI
CEUs: 2.0



Certification Exams Calendar

CSCS® Exams

January 5, 2012
San Antonio, Texas
Early registration deadline:
November 11, 2011
Registration cutoff:
November 28, 2011

January 7, 2012
Fullerton, California
Early registration deadline:
October 28, 2011
Registration cutoff:
November 11, 2011

January 14, 2012
Spartanburg, South Carolina
Waukesha, Wisconsin
Early registration deadline:
November 4, 2011
Registration cutoff:
November 18, 2011

January 15, 2012
Dubuque, Iowa
Early registration deadline:
November 5, 2011
Registration cutoff:
November 19, 2011

January 17, 2012
Taipei, Taiwan
Early registration deadline:
October 8, 2011
Registration cutoff:
October 22, 2011

January 21, 2012
Bridgewater, Massachusetts
Early registration deadline:
November 11, 2011
Registration cutoff:
November 25, 2011

January 21, 2012
Memphis, Tennessee
Early registration deadline:
November 11, 2011
Registration cutoff:
November 25, 2011

January 23, 2012
Salford, Manchester
Early registration deadline:
November 13, 2011
Registration cutoff:
November 27, 2011

January 29, 2012
Ithaca, New York
Early registration deadline:
November 18, 2011
Registration cutoff:
December 2, 2011

March 10, 2012
Fullerton, California
Early registration deadline:
December 30, 2011
Registration cutoff:
January 13, 2012

March 31, 2012
Boone, North Carolina
Early registration deadline:
January 14, 2012
Registration cutoff:
January 28, 2012

June 2, 2012
East Stroudsburg, Pennsylvania
Early registration deadline:
April 11, 2012
Registration cutoff:
April 25, 2012

April 12, 2012
Williamsport, Pennsylvania
Early registration deadline:
January 26, 2012
Registration cutoff:
February 9, 2012

April 21, 2012
Cortland, New York
Early registration deadline:
February 10, 2012
Registration cutoff:
February 24, 2012

April 28, 2012
Fayette, Iowa
Early registration deadline:
February 17, 2012
Registration cutoff:
March 2, 2012

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

NSCA-CPT® Exams

January 7, 2012
Fullerton, California
Early registration deadline:
October 28, 2011
Registration cutoff:
November 11, 2011

January 14, 2012
Amarillo, Texas
Early registration deadline:
November 4, 2011
Registration cutoff:
November 18, 2011

January 14, 2012
Amarillo, Texas
Early registration deadline:
November 4, 2011
Registration cutoff:
November 18, 2011

January 15, 2012
Dubuque, Iowa
Early registration deadline:
November 5, 2011
Registration cutoff:
November 19, 2011

January 17, 2012
Taipei, Taiwan
Early registration deadline:
October 8, 2011
Registration cutoff:
October 22, 2011

March 10, 2012
Fullerton, California
Early registration deadline:
December 30, 2011
Registration cutoff:
January 13, 2012

March 31, 2012
Boone, North Carolina
Early registration deadline:
January 14, 2012
Registration cutoff:
January 28, 2012

April 12, 2012
Williamsport, Pennsylvania
Early registration deadline:
January 26, 2012
Registration cutoff:
February 9, 2012

April 28, 2012
Cortland, New York
Early registration deadline:
February 17, 2012
Registration cutoff:
March 2, 2012

May 12, 2012
Ruston, Louisiana
Early registration deadline:
March 2, 2012
Registration cutoff:
March 16, 2012

May 19, 2012
Rock Hill, South Carolina
Long Beach, California
Early registration deadline:
March 9, 2012
Registration cutoff:
March 23, 2012

May 26, 2012
Edmonton, Alberta
Early registration deadline:
March 16, 2012
Registration cutoff:
March 30, 2012

June 9, 2012
Fullerton, California
Early registration deadline:
March 30, 2012
Registration cutoff:
April 13, 2012

August 4, 2012
Rock Hill, South Carolina
Early registration deadline:
May 31, 2012
Registration cutoff:
June 8, 2012

October 27, 2012
Rock Hill, South Carolina
Early registration deadline:
August 17, 2012
Registration cutoff:
August 31, 2012

To view additional NSCA-CPT® exam dates, please visit <http://www.nsca-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.



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

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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.

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