

Basketball SIG Annual Meeting
2010 NSCA National Conference
Thursday, July 15, 2010 ~ 2:30-3:30pm
Europe 7, Swan and Dolphin Resort, Orlando, Florida

Introductions

Duncan French – Basketball Executive Council
Attendees

Pre-Conference and Conference Speakers

Last year's Basketball Pre-Conference had 4 speakers and was well attended. The group was asked for ideas for driving Basketball agenda, speakers, etc for the Coaches Conference and National Conference. Suggestions given were:

- Physical training of basketball, what works / what does not work
- Practical use on the court
- Skill sets
- Chaos drills (reactive)
- Body alignment – landing and flexibility issues
- Shoes – court/weight room; 3-D motion; arch & knee pain; foot is being de-trained by modern shoes

NSCA Personal Training Journal (PTJ)

The group was encouraged to submit Basketball articles to the PTJ.

Writer's guidelines can be found online: http://nsca-lift.org/Perform/PTJ_Writers_Guide.pdf

Questions can be submitted to ptj@nsca-lift.org.

NSCA Forums

The group was encouraged to use the NSCA forums to communicate ideas, training tips, ask questions, and share their knowledge.

www.nsca-lift.org/forum

Executive Council Open Positions

The Basketball SIG has 3 open council positions. Duties include attendance of the Basketball SIG annual meeting held at the NSCA National Conference, maintaining NSCA forums, setting goals for the SIG, communicating with the group's members and NSCA Headquarters, and submitting an annual report to the Board of Directors. Time commitment is approximately 20-40 hours per year.

Persons interested in serving should submit their resume and short statement of their intent to volunteer@nsca-lift.org not later than August 31, 2010.

Additional Discussion Items Were:

- Guest speaker at annual meeting – something to look at for next year.
- Dexterity of foot/ankle
- Ankle and knee braces
- Static stretching, dynamic warm-ups, micro stretch