

Tactical Strength And Conditioning (TSAC) Special Interest Group (SIG)

TSAC SIG Annual Meeting

2009 NSCA National Conference

Thursday, 9th July 2009 ~ 12:00-1:00pm

Loire, Paris Hotel, Las Vegas, Nevada

Meeting Agenda

Introduction (distribute feedback form):

- I. Executive council members – introductions.
- II. New TSAC Program Coordinator – Rob Rogers, MS, CSCS
 - o Mark Stephenson now at the Department of Defense, Naval Special Warfare in VA

General Business:

- I. Progress of TSAC SIG forum.
 - o Mark Peterson – Forum Manager/Director
 - o Current forum discussion topics – general topics for all tactical athletes
 - o Introduction of more population-specific discussion topics – spearheaded by area specialists (law enforcement, fire, military)
 - o Topics of interest - What would benefit readers/members?
- II. TSAC Program.
 - o NSCA-TSAC symposia:
 - Success of 2008-2009 events (3 since 1st in spring 2008)
 - Next symposia: July 24-25th, 2009 – Colorado Springs, CO
 - Future events and endeavors – TSAC tier certification program/exams
 - o Existing and continuing research.
 - TSAC Publications (TSAC Report).
 - Suggestions – what would benefit readers in addition to current topics?
 - Circulation, availability, and promotion?
 - o Networking opportunities, collaboration and outreach.
- III. Future TSAC SIG endeavors and projects

TSAC Purpose Statement

The Tactical Strength and Conditioning (TSAC) Special Interest Group's primary purpose is to organize NSCA members who work with or have interest in working with Military, Law Enforcement, or Fire/Rescue personnel. The TSAC SIG will focus on the exchange of ideas, methods and implementation of Tactical Strength and Conditioning as it relates to Operational Fitness and Performance. TSAC SIG will promote and share scientific training concepts and methodologies throughout the NSCA membership as it relates to training the Tactical Athlete.

TSAC Executive Council

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