

## **Tactical Strength and Conditioning (TSAC) Special Interest Group (SIG)**

Tactical Strength and Conditioning Annual Meeting

2010 NSCA National Conference

Friday, July 16, 2010 ~ 2:30pm – 4:00pm

Europe 5, Walt Disney World Swan and Dolphin Resort, Orlando, Florida

### **Meeting Agenda**

Introduction (distribute feedback form):

- I. Executive council members – introductions.
- II. TSAC Program Staff – Rob Rogers (Coordinator) and Tyler Christiansen

General Business:

- I. Housekeeping announcements: TSAC Program
  - NSCA-TSAC Conference:
    - Success of 1<sup>st</sup> Annual TSAC Conference (March 2010)
    - 2011 TSAC Conference: Spring (April) 2011
  - NSCA-TSAC symposia:
    - Next symposia: October 5-7<sup>th</sup>, 2010 – Colorado Springs, CO
  - Certification update
  - Existing and continuing research.
    - TSAC Publications (TSAC Report).
    - Circulation, availability, and promotion
  - Networking opportunities (forum), collaboration and outreach
- II. Question and answer session with active tactical leaders, experts, and practitioners
  - Active law enforcement, firefighter and military personnel will provide a brief overview of physical training practices and considerations for working with tactical athletes
  - Population-specific discussion – breakout and small group discussion with tactical area specialists
    - Opportunity to expand on topics highlighted in presentations and large-group question/answer session
- 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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