

## Youth Special Interest Group Executive Council

### **Rick Howard, CSCS,\*D - Chair**

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As Assistant Director of Physical Education and Athletics for the School District of Philadelphia, Howard's primary responsibilities and interests include coordinating quality physical education for all district K-12 schools, working with community partners to enhance the physical education program, coordinating middle grades intramural and interscholastic athletics, as well as assisting with the high school athletic program. He is currently completing his master's in Educational Leadership and Principal Certification at Wilmington (DE) College.

### **Christine Vega, CSCS\*D; NSCA-CPT,\*D – Vice Chair**

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Vega has over 20 years of teaching experience as a middle and high school physical education teacher. Currently, she teaches at the Osan American High School in South Korea, one of the US Department of Defense Schools. She has worked in public health clinics and on various wellness grants, in addition to writing in publications for both professional and lay populations. She is the NSCA Certification Commission Liaison for the Spanish Language Exam program, and has helped to establish exams in Puerto Rico, Mexico, Argentina, Panama, and Brazil.

### **Kevin McKenzie, CSCS, NSCA-CPT - Secretary/Treasurer**

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McKenzie is a licensed Physical Therapist Assistant working in an outpatient orthopedic, acute care, pediatric settings. He has worked as either a high school Head or Associate Athletic Trainer and Strength and Conditioning Coach since 1996. McKenzie has also served as President of the Delaware Athletic Trainers Association; worked with Delaware's semi-pro basketball team, the Blue Bombers; Special Olympics; and as a swim coach.

### **Avery Faigenbaum, EdD, CSCS,\*D; FNCSA - Youth Exercise Physiology**

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Faigenbaum is an Associate Professor in the Department of Health and Exercise Science at The College of New Jersey. He is a Fellow of the American College of Sports Medicine and served as Vice President of the NSCA. As a leading researcher and practitioner in the area of youth fitness, Dr. Faigenbaum lectures nationally and internationally to sports medicine and fitness organizations. He has published over 100 articles on fitness and conditioning and is the author of five books including Progressive Plyometrics for Kids and Strength and Power for Young Athletes.

### **Whitney Moore, CSCS - Publicity**

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Moore is the founder of MOORE TRAINING, The Athlete's Gym in Tucson, AZ and provides athleticism training for youths from age 9-18, as well as for adults. She has trained youths representing a wide variety of sports and goals. She presented the findings of her study, "Comparison of Two Twelve Week Off-Season Combined Training Programs on Entry Level Collegiate Soccer Players' Performance," at the NSCA's 2003 National Conference; the article was published in the NSCA's Journal of Strength and Conditioning Research in 2005. Moore also writes a youth and family health column for the Tucson Citizen, focusing on how to increase youth health and incorporating exercise into their daily lives.

### **Jeff Olivo, CSCS - Youth Sports Medicine**

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Jeff Olivo is a lead Physical Therapist at the Suwanee Sports Academy in Georgia. He is presently enrolled at the University of St. Augustine pursuing his Doctorate in Physical Therapy with a Certification in Sports. He is also the Chairman of the Multi-Cultural Committee for the Physical Therapy Assoc. of GA. Jeff has lectured for the Physical Therapy Assoc. of GA., local colleges and high schools in his area. He is also certified through SPARQ and Sportsmetrics.

**Youth Purpose Statement** – To improve fitness and human performance of all school-aged children and youth, through the application and dissemination of research-based knowledge, advocacy, and the unified efforts of NSCA members.