

NMBC SIG Newsletter

Where are we going in 2008?

News, announcements and nutrition seminars

For more information about contacting the officers or any of the upcoming events go to the NSCA web site.
<http://nsca-lift.org/>

Goals for 2008

- ◆ Newsletter 4 times a year
- ◆ New SIG sponsorships
- ◆ Web page with helpful quality links
- ◆ Survey of the NMBC SIG members



NMBC SIG Executive Council:

Chair

Will Stern, MEd, MS, CSCS

Vice Chair

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Secretary

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Speaker/Editor

Christopher Mohr, PhD, RD

Research

Dale Wagner, PhD, CSCS

Standards of Practice

Marie Spano, MS

Upcoming Nutrition Seminars

The NSCA Sports Nutrition Summit: January 3 and July 9, 2008

Sponsored by: EAS

A healthy and well balanced nutrition program—combined with an appropriate exercise and training regimen—is the foundation for success in sports. Now, more than ever, it is important to educate young athletes about safer alternatives to banned substances. As a result, EAS and the NSCA have joined forces to create a comprehensive campaign to educate strength coaches, personal trainers, high school coaches and their student athletes on the proper nutrition and fitness strategies to achieve the best performance results

The Sports Nutrition Summit will be presented at both the NSCA Sport Specific Training Conference and the NSCA National Conference.

This pre-conference summit is a must for coaches, athletes, and trainers interested in maximizing performance.

Marie Spano and Joey Antonio will be presenting on Functional Foods and Advanced Nutritional Strategies.

NMBC SIG Purpose: NMBC's purpose is to help fellow NSCA members apply research based information within the fields of nutrition, metabolism and body composition as it relates to improving athletic performance and fitness. As a constructive member of the NSCA SIG community, NMBC will aid fellow NSCA members in their efforts to provide well-informed advice to their clients. NMBC will also work to help fellow NSCA members identify educational and certification opportunities that will allow them to further their scope of practice in these very popular areas that are rapidly approaching reimburse-ability. While NMBC has no desire to monitor fellow NSCA Member qualifications for scope of practice, NMBC will help fellow NSCA members recognizing the state-by-state liabilities associated with Medical Nutritional Therapy Licensure that legally limits scope of practice with diseased populations.