



THE PRESIDENT'S COUNCIL
ON FITNESS, SPORTS & NUTRITION



STRENGTH OF AMERICA AWARD™

for Excellence in High School Strength and Conditioning

APPLICATION BOOKLET

The Strength of America Award



Winners of the Strength of America Award represent the finest of high school strength and conditioning programs in the world.

The Strength of America Award is based on a score that indicates how well a high school compares to what the President's Council on Fitness, Sports & Nutrition and the NSCA consider to be the gold standard in high school strength and conditioning programs.

The school score is determined by excellence in the following major components:

- ✔ Supervision 35 possible points
- ✔ Education 15 possible points
- ✔ Program 22 possible points
- ✔ Facility 33 possible points

A minimum of 90 points is required to be recognized for the Strength of America Award.



STRENGTH OF AMERICA AWARD™



Step One: Download the Strength of America Award Application Booklet. Choose black and white or color.

Step Two: Score your school on each of the four major areas. A score sheet is provided for each area.

Step Three: Get your school supervisor (Athletic Director, Principal or Superintendent) to sign each of the four score sheets.

Step Four: Send all four score sheets electronically to Boyd Epley (bepley@nsca-lift.org) along with all required support material (photos, log sheets, etc.) or send the application booklet and materials to:

**National Strength and Conditioning Association
Coaching Performance Department
1885 Bob Johnson Drive
Colorado Springs, CO 80906 – 4000**

Step Five: You will receive confirmation from the NSCA on receipt of your application. Once the NSCA has approved your Strength of America Award application you will be notified and receive a large Strength of America Award Certificate for your school and a smaller one for the strength coach. You'll also be invited to attend the NSCA National Conference in July. The Strength of America Award is good for a three-year period unless there is a change in strength coaches. First-time winners receive a free banner for your gym or weight room to recognize your excellence in strength and conditioning. Additional banners are available for \$100 plus \$12 shipping.

If you have any questions please contact Boyd Epley at bepley@nsca-lift.org.

Supervision

Points	Requirements	Needed
5 - 20	<p>1. An NSCA Registered Strength and Conditioning Coach, NSCA CSCS, NSCA-CPT or NSCA Associate Member needs to be present at all times when the weight room is open to the students or staff. The weight room should never be left unattended.</p> <p>Associate Member: 5 pts NSCA-CPT: 10 pts CSCS: 15 pts RSCC: 20 pts</p>	Proof of supervisor's qualifications
5	2. Emergency procedures and weight room rules need to be posted in each facility prior to any activity.	Photo
5	3. Orientation meetings are mandatory with new and returning participants prior to use of the weight room each year.	Example agenda
5	4. Performance Enhancing Drug Prevention program in place.	Outline of program

Supervision Score

School Administrator Signature

35 Points Possible

Score _____

Signature _____



Supervision

**5 - 20
Points
Possible**

1. A Registered Strength and Conditioning Coach (RSCC), NSCA CSCS, NSCA-CPT or NSCA Associate Member needs to be responsible for the day-to-day operation of the high school resistance training facility. This individual is also accountable for the supervision of all staff that have instructional responsibilities in the facility.
- ✓ **Action Required: Either list the Certification number or attach a photocopy of the certificate to this page.**



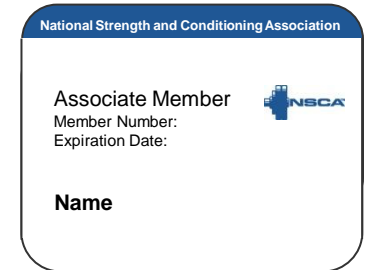
Registered Strength and Conditioning Coach Certificate



Certified Strength and Conditioning Specialist Certification Certificate



NSCA Certified Personal Trainer Certification Certificate



NSCA Associate Member

Certification #

Certification #

Membership #

Send photocopy of certificate or membership card.



Supervision

5 Points Possible

2. Emergency Procedures and Weight Room Rules need to be posted in each strength facility. The NSCA policies and procedures can be downloaded at nsca-lift.org/performancecenter/download.asp.

- ✓ **Action Required:**
Attach a copy or a photo of each to this page.

Emergency Procedures Weight Room

Staff shall be familiar with location of the Fire Extinguishers, AED and First Aid kits.

Accidents or Injuries

Non-life threatening situations:

- Step 1: Provide First Aid as appropriate
- Step 2: Activate **EMS (9-1-1)** if necessary.
- Step 3: Document incident on injury report.
- Step 4: Notify Risk Management/Human Resource.

Life threatening situations:

- Step 1: Call **9-1-1**
- Step 2: Do not attempt to move victim unless absolutely necessary.
- Step 3: Administer First Aid as appropriate.
- Step 4: If victim is not breathing, administer **CPR**.
- Step 5: Administer **AED** as appropriate.
- Step 6: Stay with victim until help arrives.
- Step 7: Document incident on injury report.
- Step 8: Notify Risk Management/Human Resource.

Fire

- Step 1: If smoke or flame is detected, activate fire alarm.
(In case of a small, contained fire, use the fire extinguisher.)
- Step 2: Evacuate the building through emergency fire doors.
- Step 3: Proceed to a designated meeting area in parking lot.**

****Remember to document all incidents.**

Severe Weather

- If outside, return to building for shelter and safety.
- If inside, remain inside away from large windows.



Supervision

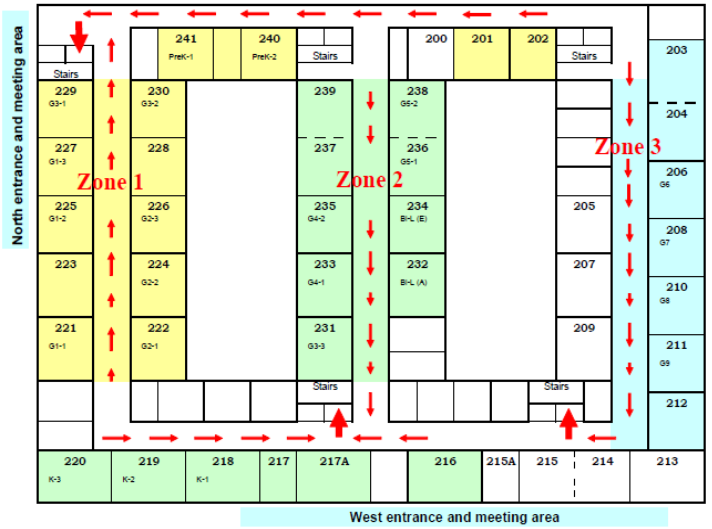
5 Points Possible

3. Orientation meetings are mandatory with new and returning participants prior to use of the weight room each year. Explain the rules of the facility, the dangers and potential risk for injury. Review spotting techniques, safety issues and equipment operation. Explain emergency procedures and the weight room evacuation plan. Show where these procedures are located.

✓ **Action Required: School administrator provides a verification letter documenting the occurrence of orientations and the number of students that participated in these orientations. This letter should contain a summary of content covered in the orientation and be attached to this page.**

Orientation Agenda

- Orientation meetings with participants prior to use of the weight room each year are required.
- Briefly explain the services of the staff and provide a card with phone numbers of staff and facility phone numbers such as the weight room.
- Explain awards that are available including school records and where they are posted.
- Explain testing and what they should wear for testing then demonstrate the tests if necessary and explain any required standards for their sport.
- Explain when they will begin lifting and the procedures to get their lifting card and required signatures each day.
- Explain the purpose of having them train is to improve their performance.
- Explain the rules of the facility and that it is a privilege to use the facilities.
- Don't forget to explain emergency procedures and the evacuation plan.



Emergency Evacuation Plan Diagram (Routes, Exits and Meeting Locations)



Supervision

5 Points Possible

4. Demonstrate that a Performance Enhancing Drug Prevention Program is in place. For reference please view <http://www.nasca-lift.org/Education/NPEDP/default.shtml>.
- ✓ **Action Required: Attach outline of the program and example of materials provided to your students to this page.**

POSITION STATEMENT

POSITION STAND ON ANDROGEN AND HUMAN GROWTH HORMONE USE

JAY R. HOFFMAN,¹ WILLIAM J. KRAEMER,^{2,3} SHALENDER BHASIN,⁴ THOMAS STORER,^{4,5} NICHOLAS A. RATAMESS,¹ G. GREGORY HAFF,⁶ DARRYN S. WILLOUGHBY,⁷ AND ALAN D. ROGOL,^{8,9}

¹Department of Health and Exercise Science, The College of New Jersey, Ewing, New Jersey 08628; ²Department of Kinesiology; ³Department of Physiology and Neurobiology, The University of Connecticut, Storrs, Connecticut 06269; ⁴Section of Endocrinology, Diabetes, and Nutrition, Boston University School of Medicine, Boston Medical Center, Boston, MA; ⁵Department of Kinesiology, Division of Health Sciences, El Camino College, Torrance, California; ⁶Division of Exercise Physiology, Department of Human Performance and Applied Exercise Sciences, West Virginia University, Morgantown, West Virginia 26508; ⁷Department of Health, Human Performance, and Recreation, Baylor University, Waco, Texas 76798; ⁸Department of Pediatrics, University of Virginia, Charlottesville, Virginia; and ⁹Department of Pediatrics, Riley Hospital, Indiana University School of Medicine, Indianapolis, Indiana

ABSTRACT

Hoffman, JR, Kraemer, WJ, Bhasin, S, Storer, T, Ratamess, NA, Haff, GG, Wiloughby, DS, and Rogol, AD. Position stand on Androgen and human growth hormone use. *J Strength Cond Res* 23(5):S1–S9, 2009—Perceived yet often misunderstood demands of a sport, overt benefits of anabolic drugs, and the inability to be offered any effective alternatives has fueled anabolic drug abuse despite any consequences. Motivational interactions with many situational demands including the desire for improved body image, sport performance, physical function, and body size influence and fuel such negative decisions. Positive countermeasures to deter the abuse of anabolic drugs are complex and yet unclear. Furthermore, anabolic drugs work and the optimized training and nutritional programs needed to cut into the magnitude of improvement mediated by drug abuse require more work, dedication, and preparation on the part of both athletes and coaches alike. Few shortcuts are available to the athlete who desires to train naturally. Historically, the NSCA has placed an emphasis on education to help athletes, coaches, and strength and conditioning professionals become more knowledgeable, highly skilled, and technically trained in their approach to exercise program design and implementation. Optimizing nutritional strategies are a vital interface to help cope with exercise and sport demands (S1–S18). In addition, research-based supplements will also have to be acknowledged as a strategic set of tools (e.g., protein supplements before and after resistance exercise workouts) that can be used in conjunction with optimized nutrition to allow more effective adaptation and recovery from exercise. Resistance exercise is

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the most effective anabolic form of exercise, and over the past 20 years, the research base for resistance exercise has just started to develop to a significant volume of work to help in the decision-making process in program design (187,248,305). The interface with nutritional strategies has been less studied, yet may yield even greater benefits to the individual athlete in their attempt to train naturally. Nevertheless, these are the 2 domains that require the most attention when trying to optimize the physical adaptations to exercise training without drug use. Recent surveys indicate that the prevalence of androgen use among adolescents has decreased over the past 10–15 years (154, 159,246,253,370,441,493). The decrease in androgen use among these students may be attributed to several factors related to education and viable alternatives (i.e., sport supplements) to substitute for illegal drug use. Although success has been achieved in using peer pressure to educate high school athletes on behaviors designed to reduce the intent to use androgens (206), it has not had the far-reaching effect desired. It would appear that using the people who have the greatest influence on adolescents (coaches and teachers) be the primary focus of the educational program. It becomes imperative that coaches provide realistic training goals for their athletes and understand the difference between normal physiological adaptation to training or that is pharmacologically enhanced. Only through a stringent coaching certification program will academic institutions be ensured that coaches that they hire will have the minimal knowledge to provide support to their athletes in helping them make the correct choices regarding sport supplements and performance-enhancing drugs.

The NSCA rejects the use of androgens and hGH or any performance-enhancing drugs on the basis of ethics, the ideals of fair play in competition, and concerns for the athlete's health. The NSCA has based this position stand on a critical analysis of



Education

Points	Requirements	Needed
10	1. Supervisor has earned at least 2.0 NSCA-approved continuing education units in the past two years. Each unit is worth 5 pts.	CEU certificate
5	2. Conduct annual in-service educational program for staff.	Program outline

Education Score

School Administrator Signature

15 Points Possible

Score _____

Signature _____



Education

10 Points Possible

1. Supervisor has earned at least 2.0 NSCA approved continuing education units in the past two years.

✓ ***Action Required: Attach copy of participation certificate to this page.***

5 Points Possible

2. Conduct annual in-service educational programs for physical education and coaching staff.

✓ ***Action Required: Attach copy of education program, date and speaker list.***



Program

Points	Requirements	Needed
10	1. Training programs must follow the basic principles of training and technique progression as described by the NSCA.	Example
5	2. Periodization – provide a summary of periodization training for a sport program in your school.	Example
5	3. Evaluation and goal setting.	Example
2	4. Participation in the NSCA All-American Award program to honor a male and female student athlete.	Example

Program Score

School Administrator Signature

22 Points Possible

Score _____

Signature _____



Program

10 Points Possible

1. Training programs must follow the basic principles of training as described by the NSCA (see *Essentials of Strength and Conditioning*, 3rd edition, chapter 15, pages 379 - 412). These principles are overload, progression and specificity.

The main focus in the weight room should be on teaching and developing technique, and not push the overload too forcefully. It is not how much weight is on the bar, but the proper mechanics and technique of the exercise that is important.

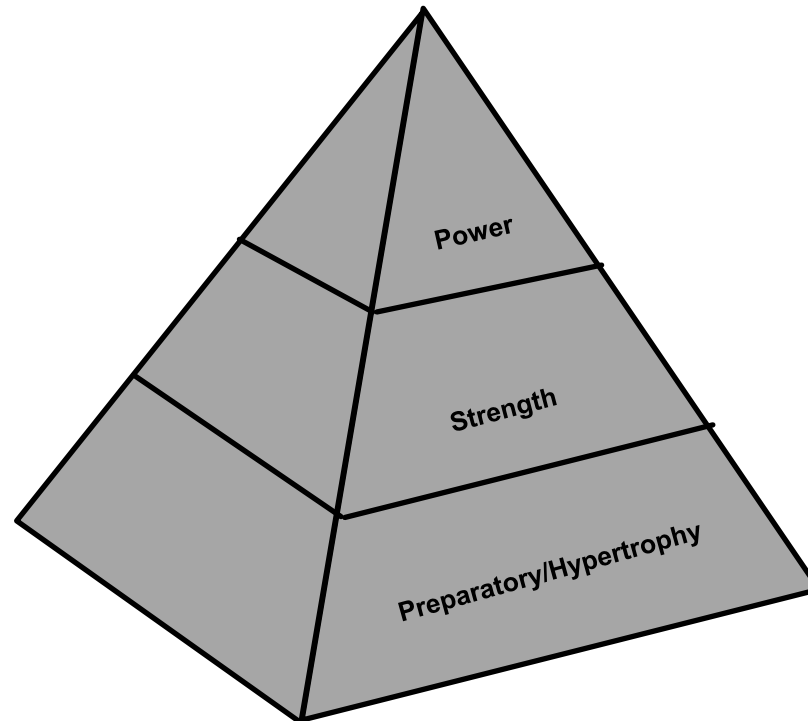
- ✓ ***Action Required: Attach a summary of how you are adhering to these training principles (overload, progression and specificity) and provide a sample training program (including resistance and conditioning) to demonstrate that you are following these principles. In addition, please provide a summary of how you teach technique and progression of exercise.***



Program

5 Points Possible

2. Periodization– is a systematic methodology for modifying training variables in order to have the individual peak at the appropriate time and reduce the risk of overtraining.
 - ✓ **Action Required: Attach a copy of the periodized training program for a sport and summarize how it meets NSCA guidelines regarding periodization. This summary should describe changes in exercise, intensity, volume, mode of training, and rest interval.**



Program

5 Points Possible

3. Evaluation and goal setting are important parts of a successful athletic and physical education program. An example evaluation and goal setting program is available at <http://nsca-lift.org/Coaches/strengthcoaches.shtml>.
- ✓ ***Action Required: Attach an example of goal setting and evaluation for your strength and conditioning program.***



Program

2 Points Possible

4. Participate in the NSCA All-American Strength and Conditioning Athlete of the Year Award by nominating one male and/or one female strength and conditioning athlete from your school. Log in using your member ID, select Member Services then Awards. Click the Nominate Online Now button to nominate your athletes.

✓ **Action Required: Provide an example of the two athletes that were nominated.**

Male All-American Athlete Nomination

First Name: *	<input type="text"/>
Last Name: *	<input type="text"/>
Sport/Position: *	Select a Sport <input type="button" value="v"/> / <input type="text"/>
Year in school: *	Select a year <input type="button" value="v"/>
Height/Weight/Age: *	<input type="button" value="v"/> <input type="button" value="v"/> <input type="button" value="v"/> / Select a Weight <input type="button" value="v"/> / Select a Age <input type="button" value="v"/>
Personal Bests	
1. Vertical Jump: *	<input type="text"/> inches jumped
2. Pro Agility Run:	<input type="text"/> Seconds
3. 10 or 40 Yard Dash: *	<input type="radio"/> 10 <input type="radio"/> 40 <input type="text"/> Seconds
4. Clean:	Poundage Used <input type="text"/> Reps Completed <input type="text"/>
5. Bench press:	Poundage Used <input type="text"/> Reps Completed <input type="text"/>
6. Squat:	Poundage Used <input type="text"/> Reps Completed <input type="text"/>
Quote from NSCA Strength Coach or Sport Coach: * What special qualities does this athlete possess and how have they used strength training and conditioning to improve performance. Include other personal accomplishments.	
<input type="text"/>	



Facilities

Points	Requirements	Needed
5	1. A daily inspection of the training facility is required by the strength coach to ensure the area is free of obvious hazards.	Provide log
5	2. All weight lifting equipment must be inspected by the qualified supervisor. All equipment, including free weights, should be cleaned and/or disinfected regularly as deemed necessary by staff. Equipment and free weights in need of repair must be immediately removed from service or have a "Do Not Use" sign attached until serviced and repaired.	Provide log and sign
2	3. It is strongly recommended that anyone using this facility outside of the normal physical education classroom should have a current physical or waiver on file prior to participation as per NSCA strength and conditioning professional standards and guidelines.	Example needed
5	4. Arrange equipment to use the space in the most efficient and safe manner possible allowing for students with disabilities. Safety should always be the top priority when arranging the equipment.	Photo
10	5. Provide documentation of the participation of students and athletes in strength and conditioning classes and/or programs. 80% = 10 points 70% = 8 points 60% = 6 points 50% = 4 points	letter signed by administrator
2	6. The recommended temperature of the weight room is 68 to 78 Fahrenheit.	Temperature check
2	7. Provide a variety of lifting bars with the appropriate collars that can be used by students of varying strength levels and sizes. Examples can include children's (11 lb), women's (33 lb) and standard (45 lb) Olympic lifting bars. The children and women's bars have a smaller diameter which is more appropriate for individuals with smaller hands and lower strength levels.	photo
2	8. Provide lifting platforms or designated space and bumper plates for Olympic-style exercises.	photo

Facilities Score

School Administrator Signature _____

33 Points Possible

Score _____

Signature _____



Facilities

5 Points Possible

1. A daily inspection of the training facility is required by the strength coach to ensure the area is free of obvious hazards. The purpose of this inspection will be to identify potential risks for injury and take appropriate measures to eliminate them.
 - ✓ **Action Required: Maintain a log to enter time and date the facility was checked and attach a copy of a page from your log.**

Daily Inspection Log for Facilities being Used

Date:	Time:	Facility:	Print Name:	Signature:
10/13/2009	7:15am	Weight room	Jake Smith	<i>Jake Smith</i>
10/14/2009	7:15am	Weight room	Wendy Cantrell	<i>Wendy Cantrell</i>
10/14/2009	9:45am	Gym, wrestling room	JR Jones	<i>J.R. Jones</i>
10/14/2009	9:45am	Basketball court	Jake Smith	<i>Jake Smith</i>
10/15/2009	7:15am	Weight room	JR Jones	<i>J.R. Jones</i>
10/15/2009	8:00am	Track	Jake Smith	<i>Jake Smith</i>
10/16/2009	7:15am	Weight room	Jake Smith	<i>Jake Smith</i>



Facilities

5 Points Possible

- 2. All weight lifting equipment must be inspected by the qualified supervisor. All equipment, including free weights, should be cleaned and/or disinfected regularly as deemed necessary by staff. Equipment and free weights in need of repair must be immediately removed from service or have a "Do Not Use" sign attached until serviced and repaired.
- ✓ **Action Required: A log should be maintained to enter the time and date the equipment and pads were cleaned and the name of the qualified supervisor. Attach a copy of a page from your log and a copy of your Do Not Use sign.**

Daily Log for Equipment Inspection

	Date:	Time:	Print Name:	Signature:
	10/12/2009	7:00am	Jake Smith	<i>Jake Smith</i>
Damaged Equipment	Rubber casing on the Lat-Pulldown is starting to fray. Put "DO NOT USE" sign on it			
	ORDER NEW CABLE			
	10/13/2009	6:30am	Jake Smith	<i>Jake Smith</i>
Damaged Equipment				
	10/14/2009			
Damaged Equipment				
	10/15/2009			
Damaged Equipment				
	10/16/2009			
Damaged Equipment				



Facilities

2 Points Possible

- It is strongly recommended that anyone using this facility outside of the normal physical education classroom should have a current physical or waiver on file prior to participation as per NSCA strength and conditioning professional standards and guidelines.

✓ **Action Required: Attach an example of your participation waiver.**

(This example is from Falcon High School in Falcon, CO.) While the strength and conditioning programs are approved by the strength and conditioning coach, it is outside the scope of practice for the strength and conditioning coach to diagnose or evaluate an individual's medical or health condition. Therefore, only a physician can provide medical clearance and answer questions about participation.

Falcon School District 49 Athletic Participation Form
Please complete form in its entirety or participation may be delayed or denied

SECTION I: ATHLETE INFORMATION
Last Name: _____ First Name: _____ Sport: _____ Fall _____ Winter _____ Spring _____
Male _____ Female _____ Age: _____ Birth date: _____ Grade: _____
Parent/Guardian Name: _____ Email: _____
Address: _____ Zip Code: _____ Phone: _____ Cell: _____
Physician: _____ Physician Phone: _____
Hospital Preference: _____ Chronic Ailments: _____
Emergency Contact Person: _____ Emergency Contact Number: _____

SECTION II: TRANSFER INFORMATION
Date you first attended any high school _____ Date you started at current high school _____
List any high schools besides current high school you attended and dates: _____
Did you participate in sports in your previous school? _____
If yes, what sports and level? _____

SECTION III: SCHOOL DISTRICT 49 ATHLETIC/ACTIVITY INSURANCE WAIVER
This statement releases the District No. 49 schools of responsibility in case of accident to my son/daughter while he/she is participating in interscholastic activities. I fully understand that the District No. 49 schools do not provide accident or health insurance coverage for my son/daughter while he/she is participating in interscholastic activities. I further understand that it is my responsibility to provide accident insurance for my son/daughter. Please check one of the appropriate boxes:
_____ I have medical insurance coverage.
_____ I am purchasing student accident insurance for my son/daughter through the authorized agent approved by the Board of Education for School District 49
_____ I do not have insurance and will assume all responsibility for payment of expenses incurred in the event of injury

Section IV: COLORADO HIGH SCHOOL ACTIVITIES STATEMENT FOR PARTICIPATION BY PHYSICIAN
Initial physical examination _____ Medical Re-evaluation _____
I hereby certify that I have examined _____ and that the student was found physically fit to engage in high school baseball, basketball, cross country, football, golf, gymnastics, softball, swimming, tennis, track and field, wrestling, volleyball, soccer, ice hockey, Lacrosse. (Please cross out any sport in which the student should not participate.)
Date: _____ (valid for 365 days unless rescinded.) Physician Signature: _____ (must be signed by a physician)

SECTION V: PARTICIPATION WARNING:
Although participation in supervised interscholastic athletics may not be considered hazardous, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although various injuries are not common in supervised school programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. PLAYERS MUST OBEY ALL RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY. By signing this form, we acknowledge that we have read and understood this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THE WARNING SHOULD NOT SIGN THIS PERMISSION FORM.
I hereby give my consent for _____ to compete in athletics for Falcon School District 49, in Colorado High School Activities Association approved sports except those crossed out below.
Baseball, Basketball, Cheer, Cross Country, Football, Golf, Softball, Tennis, Track and Field, Wrestling, Volleyball, Soccer
In consideration of my son's/daughter's opportunity to participate in interscholastic activities, I hereby consent to emergency medical treatment, hospitalization or other medical treatment as may be necessary for the welfare of the above named child, by a physician, qualified nurse, and/or hospital, in the event of injury or illness during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group, and hereby waive on behalf of myself and the above named child any liability of School District No. 49, any of its agents or employees, arising out of such medical treatment.

DATE: _____ PARENT OR GUARDIAN SIGNATURE _____
DATE: _____ STUDENT SIGNATURE _____
Your signature indicates you have read the District 49 Athletic Handbook and understand the policies. This document can be found at http://www.d49.org/publications/athletic_handbooks/HS_Athletic_Handbook.pdf

OFFICE USE ONLY

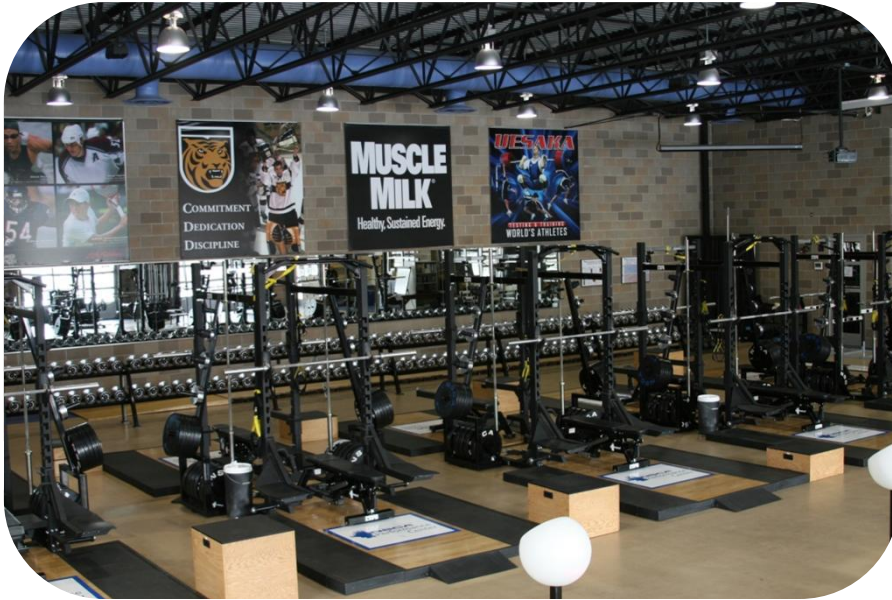
Fees: _____ Date Paid: _____ check #: _____ Cash: _____ Received by: _____
Schedule: _____ Transcript _____ Semesters: _____ Out of district _____ Home-school _____
Physical Date: _____



Facilities

5 Points Possible

4. Arrange equipment to use the space in the most efficient and safe manner possible. Safety should always be the top priority when arranging the equipment. Refer to the NSCA *Essentials of Strength Training and Conditioning*, 3rd edition, Chapter 21, page 550 - Facility Organization and Risk Management for proper space recommendations. Facility must be accessible for students with disabilities.
- ✓ **Action Required:** Attach a photo showing an example of proper spacing, and explain how your facility can accommodate students with disabilities.



From the NSCA *Essentials of Strength Training and Conditioning*.

“When equipment is arranged, each apparatus should be placed so as to use the space most safely and efficiently. All power exercises should be placed away from windows and mirrors, taller equipment and dumbbells should be placed against the walls, and the weight trees should be kept in close proximity to plate loaded equipment. Olympic bars should be spaced 36 inches between ends, and one free weight station should accommodate 3-4 people. Olympic platforms should also accommodate three to four people and should have approximately four feet of walkway around the perimeter.”



Facilities

10 Points Possible

5. Provide documentation of the participation of students and athletes in strength and conditioning classes and/or programs.

- ✓ **Action Required:**
Attach a letter stating the total number of students and percentage of total student body participating in the strength and conditioning program. This can include the school's physical education program, before- or after-school programs and the school's sports programs. This letter must be signed by the qualified supervisor and appropriate school administrator (i.e., athletic director, department chair or principal).

Your High School

2009 - 2010

	Number of Students Registered for the School Year	Number of Students in Physical Education, Before/After-school Lifting, Sports Programs	Percentage of Students Participating
Freshman:	252	206	
Sophomore:	243	202	
Juniors:	187	152	
Seniors:	156	127	
	838	687	82%

Qualified Coach / Teacher Signature : _____ Date: _____

Athletic Director Signature : _____ Date: _____

% and Points

50% = 4 points

60% = 6 points

70% = 8 points

80% = 10 points



Facilities

2 Points Possible

6. The recommended temperature of the weight room is 68 to 78 Fahrenheit with a minimum of 8-12 air exchanges per hour. If the room temperature is too hot or too cold, the quality of the strength training session is reduced.

✓ **Action Required: Attach a copy of your log with the weekly temperature check by the school maintenance staff.**

Not all schools can afford a sound meter or a light meter however the school should be aware of the recommendation for volume and lighting. The sound volume in the room should be low enough to allow for communication at all times between spotters, teachers and students. If students were allowed to use iPods/headphones, spotters would not be able to communicate and safety would become an issue. The recommended sound level should not exceed 90 decibels. The weight room lighting should be 75 to 100 foot candles.

Daily Log for Room Temperature Check

<i>Date:</i>	<i>Time:</i>	<i>Temp.</i>	<i>Print Name:</i>	<i>Signature:</i>
10/13/2009	7:00am	70°	Jake Smith	<i>Jake Smith</i>
10/20/2009	7:00am	72°	Jake Smith	<i>Jake Smith</i>
10/27/2009	7:00am	69°	J.R. Jones	<i>J.R. Jones</i>



Facilities

2 Points Possible

7. Provide a variety of lifting bars with the appropriate collars that can be used by students of varying strength levels and sizes. Examples can include children's (11 lb), women's (33 lb) and standard (45 lb) Olympic lifting bars. The children and women's bars have a smaller diameter which is more appropriate for individuals with smaller hands and lower strength levels.

✓ **Action Required:** Attach a photo to this page showing the facility, the different types of lifting bars and collars that are in use in your facility.



Facilities

2 Points Possible

8. Provide lifting platforms or a designated area, and/or bumper plates for Olympic-style exercises.

✓ **Action Required:** Attach a photo to this page showing the facility has bumper plates for Olympic-style exercises.





STRENGTH OF AMERICA AWARD™



Total Score

90 points are needed to be recognized for the Strength of America Award.

In order to be considered for the current year's award, applications must be postmarked by May 15th each year. Applications received after May 15th will be considered in the next award cycle. Nominations with incomplete information will not be considered. Eligible applications will be reviewed and winners determined by the President's Council on Fitness, Sports & Nutrition and the National Strength and Conditioning Association. Award decisions will be made and award winners will be invited to the NSCA National Conference Awards Banquet in July. The award is good for a three year period unless there is a change in strength coaches.

You will receive a confirmation e-mail acknowledging receipt of the application within seven to 14 business days. If you have questions, please contact Boyd Epley at bepley@nsca-lift.org. If our auditors determine the school has not been truthful the school will be notified they are not eligible for this award for a period of three years.



STRENGTH OF AMERICA AWARD™



Please include a photo of your facility, a photo of the strength coach performing strength coaching duties and a camera-ready school logo, plus a note granting permission for the NSCA to use the photos and logo in the promotion of the Strength of America Award.

Please include all pertinent information including the name of the school, address, name of the Principal, Athletic Director, Strength Coach and contact information including phone numbers and e-mail addresses.

The NSCA will provide each winning school a press release that can be distributed to local media outlets.



The Strength of America Award is presented by the National Strength and Conditioning Association in conjunction with the President's Council on Physical Fitness, Sports & Nutrition.

The Strength of America Award Committee

Chairman – Coach Mike Nitka, MS, CSCS,*D, FNSCA, RSCC*E

Dr. Avery Faigenbaum, EdD, CSCS,*D, FNSCA

Dr. Greg Haff PhD, CSCS,*D, FNSCA

Dr. Jay Hoffman, PhD, CSCS,*D, FNSCA, RSCC*D

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