

## **PRESS RELEASE**

*For Immediate Release*

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## **2011 Strength of America Award Winners**

LAS VEGAS, NV – The National Strength and Conditioning Association (NSCA) and the President’s Council on Fitness, Sports and Nutrition announces the winners of the 2011 Strength of America Award. These awards recognize high schools that have represented the gold standard in strength and conditioning programs.

With the increasing numbers of inconsistent weight room conditions and strength programs across the country, the NSCA and the President’s Council on Fitness, Sports and Nutrition are working together to provide all high schools concise guidelines to improve their curriculums. High schools are measured in four major categories: Supervision, Education, Program, and Facilities.

Selected from hundreds of eligible schools, winners were honored during the NSCA’s 34<sup>th</sup> National Conference Awards Banquet on Friday, July 08, 2011 at the Paris Hotel and Casino Las Vegas, Nevada.

The 2011 Strength of America Winners are:

- Athens Academy, Coach Bryan Pulliam, Athens, Georgia
- Castle View High School, Coach Patrick McHenry, Castle Rock, Colorado
- Charlotte Country Day School, Coach Carnell Clark, Charlotte, North Carolina
- Greater Atlanta Christian School, Coach Gary Schofield, Norcross, Georgia
- Homewood-Flossmoor High School, Coach Steve Szymkowiak, Flossmoor, Illinois
- Marquette University High School, Coach Mike Duehring, Milwaukee, Wisconsin
- Muskego High School, Coach Mike Nitka, Muskego, Wisconsin
- Widefield High School, Coach Bob Tim, Colorado Springs, Colorado
- School of Human Movement Studies-Western Region Academy of Sport, Coach Stephen Bird, Bathurst, Australia

“It’s important to raise schools’ strength and conditioning program standards and continue to create an awareness to improve the education for all our youth,” says Boyd Epley, NSCA’s Sr. Director of Coaching and Special Projects,” “We hope to influence schools around the world, and I’m excited to see a winner from Australia.”

For more information regarding the Strength of America Award or to schedule an interview, please contact Greg Nockleby at 800-815-6826 or [gnockleby@nsca-lift.org](mailto:gnockleby@nsca-lift.org).

### **MISSION STATEMENT**

*As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.*

## **Strength of America Award**

The National Strength and Conditioning Association (NSCA) and the President's Council on Physical Fitness, Sports and Nutrition have teamed up to improve strength programs across the country. The Strength of America Award recognizes high schools that represent the gold standard in strength and conditioning programs. High schools who earn this award have demonstrated excellence in their school's athletic supervision, education, program, and facilities.

Applications for the Strength of America Award must be received by May 15<sup>th</sup>. Award winners are formally announced during the NSCA's National Conference Award Ceremony held every July. To learn more about the Strength of America Award, please contact Boyd Epley at 800-815-6826 or email [bepley@nsca-lift.org](mailto:bepley@nsca-lift.org).

## **About the National Strength & Conditioning Association**

The National Strength and Conditioning Association (NSCA) is an international nonprofit educational association founded in 1978. Evolving from a membership of 76, the association now serves nearly 30,000 members in 52 countries. Drawing upon its vast network of members, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings.

Unlike any other organization, the NSCA brings together a diverse group of professionals from the sport science, athletic, allied health, and fitness industries. These individuals are all in pursuit of achieving a common goal—the utilization of proper strength training and conditioning to improve athletic performance and fitness.

Central to its mission, the NSCA provides a bridge between the scientist in the laboratory and the practitioner in the field. By working to find practical applications for new research findings in the strength and conditioning field, the association fosters the development of strength training and conditioning as a discipline and as a profession.

Headquartered in Colorado Springs, Colorado, the NSCA serves as a valuable resource for its members, the fitness industry, general public, and the media. The association provides a wide variety of resources and opportunities designed to strengthen, build, advance, and unify.

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