



Steve Bliss - President July, 1987 to July, 1989

1987 – 1989 Steve Bliss, MEd, CSCS served as NSCA President. He has been involved with the NSCA from the very beginning and continues to serve the NSCA as the NSCA South Dakota State Director.

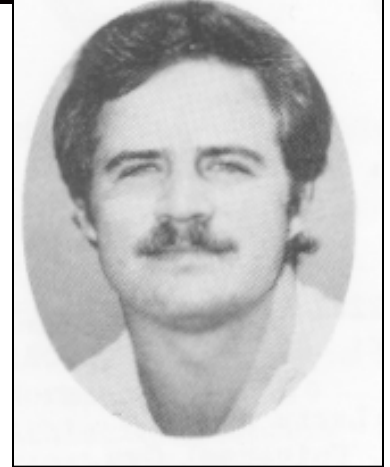
1987, - A preparation packet was completed to assist members in preparation of the CSCS exam.

1987, - The NSCA national office was moved into the third floor of the old City Hall Building in Lincoln, Nebraska.

1987, - The NSCA did a Journal exchange with Elipzig University of the Physical Culture of the German Democratic Republic..

1987, - The NSCA signed an agreement with the Morinaga to establish an NSCA chapter in Japan and April 16, 1991 the NSCA Japan was established.

1987, July - At the Las Vegas Convention, College Strength and Conditioning Professional of the Year Award is presented to Doug Semenick from the University of Louisville.



1987 – 1989 Steve Bliss, MEd, CSCS is NSCA President



NSCA Japan is formed.



Bob Hoffman

1987, July - The NSCA Presidents Award was presented to William Kraemer, John Garhammer, Jerry Simmons, Bill Foran, Bruno Pauletto, and Doug Semenick.

1987, July - The Alvin Roy Award was presented to Bob Hoffman of York Barbell. Bob Hoffman is known as the Father of Weightlifting in America. He was the Olympic Lifting Coach for many years and produced many Olympic Champions. He also made a tremendous impact in the strength training industry with his York Barbell Company and his exercise magazines.

1988, - Meg Ritchie became the first female strength coach in Division I at the University of Arizona. Meg Ritchie was the first female to be an association officer and opened many doors for women in the strength training industry. She later married one of the top strength researchers in the nation Dr. Michael Stone.



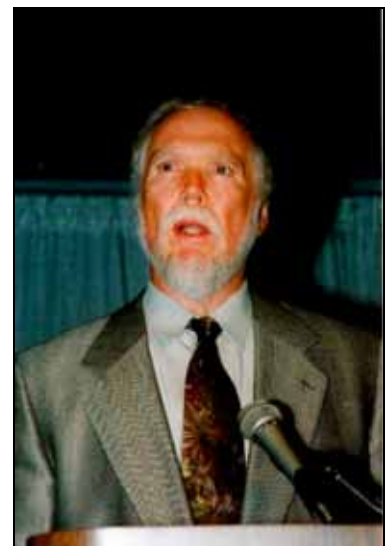
Meg Ritchie is now Meg Stone

1988, June 24 - at the Orlando, Florida Convention Dr. Terry Todd was the featured speaker.

1988, June 24 - College Strength and Conditioning Professional of the Year Award was presented to Bill Allerheilgen of the University of Wyoming.

1988, June 24 - The NSCA celebrated their 10 year birthday and presented a Founders Award to each of the 76 members that attended the first conference in Lincoln, Nebraska.

1988, June 24 - The NSCA Presidents Award was presented to Meg Ritchie, Deise Gater, Lori Gilstrap, Jan Todd, Lynn Stoessel, Jean Holloway, Sue Hillman, and David Gater.



Dr. Terry Todd



Founders Award presented after ten years

1988, October - Professional liability insurance was made available to the NSCA members at the request of President Steve Bliss.

1988, November 12 - The first NSCA Australasia Convention and Trade Show was held in Sydney.

1989, January - The National Strength and Conditioning Foundation was created to fund anticipated research. Officers elected were Steve Bliss, Bill Kraemer, and Doug Semenick.

1989, July - at the NSCA convention in Denver the College Strength and Conditioning Professional of the Year Award was presented to Dan Wathen of Youngstown State University.



Dan Wathen

1989, July - The NSCA Presidents Award was presented to Doug Semenick, Susan Cloidt, Gary Goranson, and Larry Armstrong.

1989, August - A position paper was published; *Strength Training for Female Athletes*.

1989, An NSCA Steroid Education Packet was produced.



President Steve Bliss



President Bliss hands over gavel to President Kraemer