



Bill Kraemer - President June, 1989, to June, 1991

1989 - 1991 William J. Kraemer, PhD, CSCS

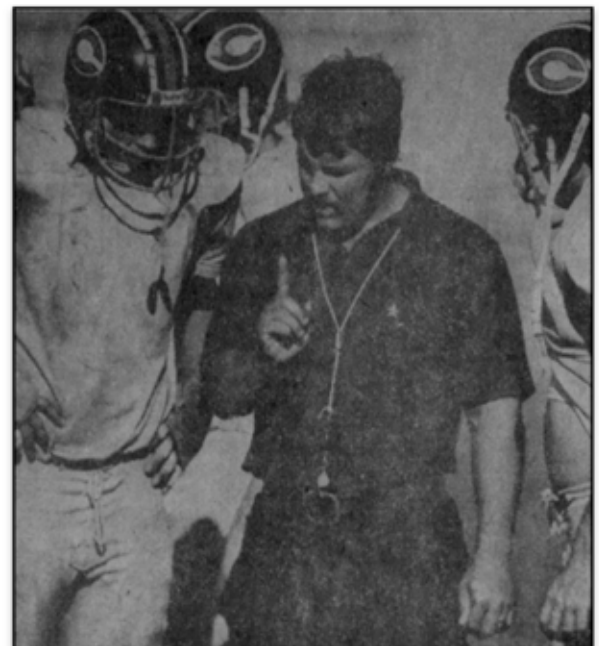
President Kraemer says “I was a college football coach, wrestling coach, and the strength and conditioning coach at Carroll College in Wisconsin at the time of the founding of the NSCA in 1978. As an original member I had the opportunity to visit Coach Boyd Epley prior to the first meeting but was unable to attend in July due to typical summer football camps that in which I coached. Thus, as a former coach I had been in the trenches and gained first hand knowledge of the challenges of a strength coach from the junior high school through the collegiate ranks having worked with over 30 sports. As a former athlete who had used strength training to gain the advantages in competition over the years, I knew firsthand how valuable strength training was in helping develop the physical capabilities of an athlete that would enhance performance.”



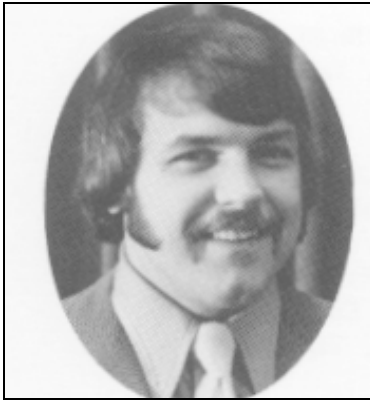
1989 - 1991 William J. Kraemer, PhD, CSCS is NSCA President

One striking observation Dr. Kraemer made during his undergraduate and master's degree program prior to 1978 was that there was so little knowledge on strength and conditioning in the scientific literature. With the scarcity of research publications he found during his early career he made the decision to leave coaching and pursue a doctoral degree and to dedicate himself to becoming a scientist and to make the study of resistance exercise an acceptable pursuit. He then pursued his doctoral degree in the fields of physiology and biochemistry.

Ultimately the degree served him well as with such training his research was able to show that sophisticated endocrine and cellular techniques could be involved with the study of resistance training. This was demonstrated by the first symposium on resistance training held in 1988 at the meeting of the American College of Sports Medicine that Dr. Kraemer chaired with presentations by Dr. Dudley, Fleck, Stone, and Sale. The next generation of scientists in the world of exercise and sport science came out of graduate school in the late 1970s and early 1980's but different from so many others had an interest in strength and conditioning as reflected by the careers of such NSCA members and scientists as Drs. Fleck, Garhammer, Dudley, and Stone. This promoted a new interest in the field of exercise and sport science for this line of study.



Coach William J. (Bill) Kraemer



President Dr. William J.
(Bill) Kraemer

Dr. Kraemer was the first scientist elected as president of the National Strength and Conditioning Association (NSCA) in 1989. He says, "The efficacy of my election and acceptance by the membership in 1989 arose from my years as a football, wrestling, and strength coach on the junior high school/high school levels from 1975 on through the college ranks after my college career as a small college football player at the University of Wisconsin-LaCrosse."

It was becoming apparent that the impact of strength training was starting to go way beyond the confines of collegiate weight rooms and athletics as the field of personal training, fitness centers, and private gyms were making unprecedented growth. By the end of the 1980's, the interest in strength training and its related occupations was gaining real momentum as collegiate strength coaching positions were at a premium.



President Dr. William J. (Bill) Kraemer

Dr. Kraemer's desire was to demonstrate to the world that the NSCA was not only an organization for high level strength and conditioning coaches but also one that valued science and could make a real contribution to every field that utilized strength and conditioning practices. This was needed to keep the focus on the NSCA as the world's leader in strength and conditioning.

At that time having a Ph.D., and being professor and an active scientist that studied resistance training at the Pennsylvania State University, in the Center for Sports Medicine, he was able to help the NSCA gain a new level of exposure and credibility by other sports medical and scientific organizations during his presidency. This became evident when he collaborated with two other major sports medicine organizations to fight the "Knight Commission's" time restrictions in strength and conditioning. Dr. Kraemer says, "While ultimately restrictions were put in place, we fended off even greater time restrictions on strength and conditioning coaches' interactions with athletes ultimately allowing more voluntary training time under supervision of a strength and conditioning coach and for warm-ups before games. "

1989 – Dr. Kraemer says, “Ken Kontor, then NSCA Executive Director, was a key supporter during my presidency.” The NSCA had to deal with a host of issues that had been maturing over the first 11 years of the organization’s existence. The first major issue that had to be addressed was the role of anabolic drugs in sports as the NCAA had now initiated testing and penalties along with a federal law making it illegal. The anabolic drug issue had spanned over 40 years of development in the athletic arena and it was now the time for the NSCA to enter the fray and fight it.



President Dr. William J.
(Bill) Kraemer

President Kraemer initiated the development of a position stand utilizing a “blue ribbon” panel of experts on anabolic drug use. He says, “We developed extensive teaching tools and educational materials for the coach to support them as field practitioners with the necessary materials and strategies to work with athletes, parents, and school administrators.” His efforts coincided with the NCAA requirements for random drug testing and the public persona of many in prior years that a strength coach was part of the anabolic drug problem. The NSCA held many press conferences on the topic with NSCA experts, clinics on the effects of anabolic drug use, and positioned the organization as a source of knowledge for alternatives to such anabolic drug abuse with optimizing strength and conditioning and nutritional supplement practices. During this time the public relations initiatives by the NSCA for its members was a dramatic success. Nevertheless, the NSCA role was solidified during these times as the organization with solutions and members that were now looked at as a source of education and alternatives to anabolic drug use using scientifically based strength and conditioning programs and nutritional interventions to offset the temptations of anabolic drug use. Training clean became a new motto for the profession and the challenge to make natural training even more effective placed even greater demands on the importance of research to validate nutritional supplement and conditioning programs. The NSCA beat back the many misperceptions by promoting the strength and conditioning coach as a source of solid information. In this process the NSCA also had to make hard decisions with the “ethics committee” and deal with membership and the penalties for behaviors not consistent with the NSCA ethical mission and stance for anabolic drug use.

1989, it was apparent the NSCA now needed to gain the interest and attention of scientists worldwide in order to make an impact in the acceptance of strength and conditioning as a viable field of study. More importantly we also needed to train even more young scientists with an interest in the NSCA’s mission of “bridging the gap”. For the NSCA to be a major player in the sports medicine and exercise and sport science field, we needed to have a research focal point that represented the NSCA commitment to the science of strength and conditioning. That scientific element within the NSCA would be the Journal of Scientific Research.

1989, - The NCAA voted to require random drug testing in football programs.

As President of the NSCA, Bill looked at the promotion of the scientific practices in the field and the need for more published research as being one of the major pushes needed for the organization. Having led a task force in 1982 to 1984 on the development of a new research journal for the NSCA, the Journal of Applied Sport Science Research was born in 1987 as a pullout from the NSCA Journal. The Journal moved to a standalone journal shortly thereafter.

The resulting exposure in the sports and exercise science world was huge. The JSCR is now published each month by Lippincott, Williams and Wilkins and stands as the most important applied exercise and sport science journal in the world focused on the applied and practical applications of exercise and sport science and on testing and training practices involved with strength and conditioning.

Bill said, "During my presidency we also saw the important value of getting more students involved in the NSCA at the grass roots level. To promote this concept, we developed the concept of a NSCA Student Club within university structures. While I was at Penn State, I started the first NSCA student chapter which was an official club at the university. Today the training of young strength and conditioning professionals from undergraduate to graduate NSCA approved curriculums remains vital to the process of supporting a scientifically based approach to strength and conditioning. During my presidency we continued to work to achieve grass roots involvement in the NSCA and we achieved the first election of all 50 state directors by their respective state memberships. As a former junior high school coach and teacher I saw the importance of starting preparatory type training early and therefore strength training and for younger children became a major initiative. Such an emphasis eventually led to a position stand and a new sensitivity for strength coaches working on the junior high school and high school levels. We also organized a systematic set of requirements for all standing and permanent committees with reporting timelines and liaisons from the Board of Directors that continues in similar form today. A topic that was also major initiative during my presidency and a major agenda of mine as a former collegiate strength coach was the special concern related to the involvement of the college strength coaches in the NSCA owing to the growth of the organization. The elite nature of such positions at the collegiate level meant the finite number of members held such prestigious positions and were becoming a smaller and smaller percentage of the total membership. To address this, I worked with our Board of Directors and we appointed a chair and created a special interest group for this important part of our membership. The Head Strength Coach at the University of Iowa, Coach Ray Moran was asked to lead this special interest group and committee. This continues today as a major challenge for the organization that once upon a time was made up primarily of collegiate strength coaches. Nevertheless, even today for the collegiate strength coach, it is apparent that no other organization can provide more resources than the NSCA to help its members to enhance professional capabilities in helping better train athletes and to interface with political clout with the NCAA."

1990, Spring - 100 members have joined the National Strength and Conditioning Foundation.

President Kraemer says, “Interestingly, the NSCA Foundation was established during my presidency as we thought there was a need for foundation to hold and invest money and to help secure donations and major funding to support the long term mission of the NSCA. It was even proposed that one day the NSCA would develop an Institute for training and research. While the NSCA Foundation as a funding source has now been regenerated and is in full operation today, its further development by the end of my presidency was dramatically limited due to budgetary problems at the national office. Lift America which was a very successful program for helping special athletes with coaching and training in conjunction with Special Olympics continued to thrive. However, this and other programs which might have contributed to the Foundation by the end of my presidency were hampered by lack of qualified professionals managing the money in the national office. By the end of my presidency and as I went on as Past President for next two years, it was apparent we had been working with financial numbers that were not correct and dramatic funding short falls had occurred. This realization was apparent to us and the new incoming President Bruno Pauletto had to work with the current budget person in the national office who struggled with such finances and it was apparent that a new Executive Director and more help was needed.

Bruno’s Pauletto’s business insight along with the eventual hiring of Executive Director Maelu Fleck, a former Blue Cross/Blue Shield Executive, and hiring Clark Ginter as the lead accountant, returned the NSCA to financial stability and continued to an upward trend in growth. The Foundation’s development was negatively impacted by such budget constraints and laid dormant as a viable function until President Lee Brown resurrected it almost 15 years later in the early part of his presidency.



President Dr. William J. (Bill) Kraemer



Dr. John Garhammer is the College Strength and Conditioning Professional of the Year

1990, July - the College Strength and Conditioning Professional of the Year Award is presented to Dr. John Garhammer of Cal State University – Long Beach.

1990, July - The NSCA Presidents Award was presented to Doug Semenick, Mike Clark, Carl Maresh, David Pearson, Tim McClellan, Doug Catlin, Steve Fleck, Karl Friedl, Michael Carter, John Garhammer, Bill Kroll, Gary Shankman, and Patrick O’Shea.

1990, Fall - Penn State formed the first NSCA Student Chapter.



High School Strength Coach of the Year First presented in 1991

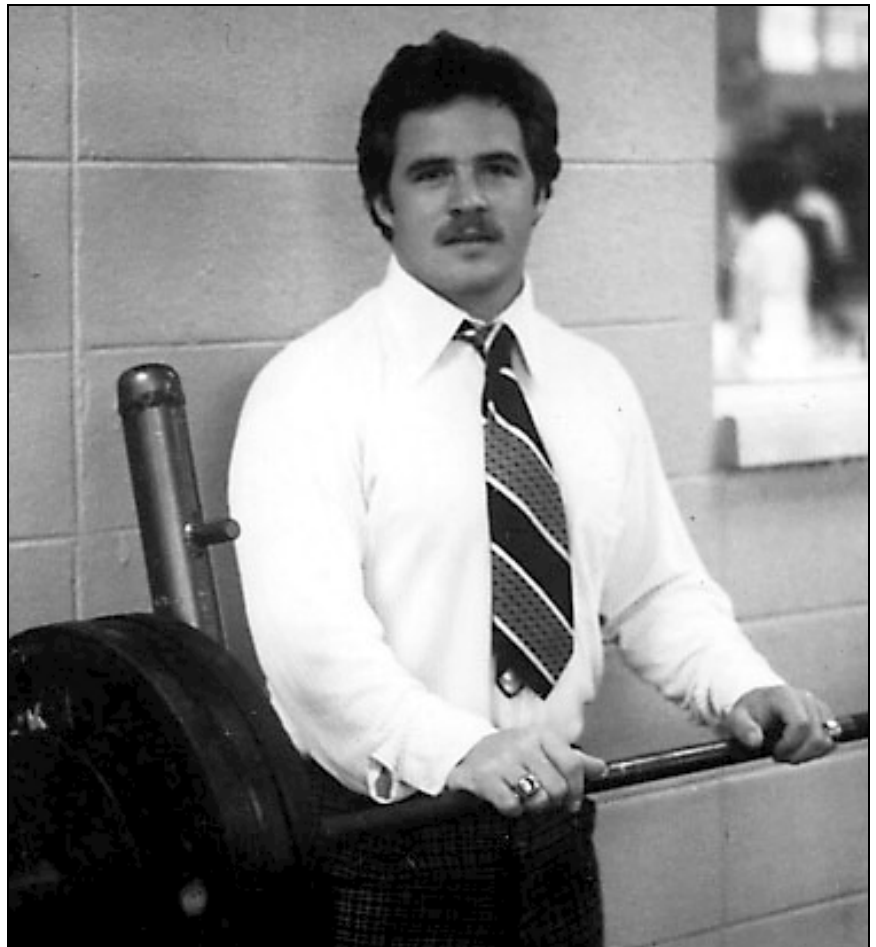
1991, June - State Directors are now elected by the members in their state every four years.

1991, June - The High School Strength Coach of the Year award was established and presented in 1991 to John Waters at Big Foot High School in Wisconsin. The name of the award was later changed to High school S&C Professional of the Year.

1991, January - NCAA legislation was amended to permit unlimited, voluntary training time under the supervision of the strength and conditioning staff.

1991, June - The NSCA Presidents Award was presented to Robert Cincotta, Karen Manzella, Todd Hendrickson, Karl Friedl, John Garhammer, Mike Stone, Joan Kraemer, Gary Goranson, Elise Reising, and Donna Welsh.

1991, June – The College Strength and Conditioning Professional of the Year Award is presented to Steve Bliss of North Dakota State University.



Steve Bliss wins the College Strength and Conditioning Professional of the Year Award

1991, June - The William J. Kraemer Outstanding Sport Scientist Award was first given in 1991 to Mike Stone and Steve Fleck under the name of Outstanding Sport Scientist Award. In 2006 the name changed to honor Dr. Kraemer. This NSCA award remains unique as one of the few organizations to give such an award dedicated to research contributions to applied sport science that an individual would make over a prior 8 to 10 year period.

Dr. Kraemer says, “Over the two years of my presidency and as a Board of Directors we met unique challenges to place the NSCA on the national and world scene as an organization. We pushed hard for membership involvement on the grass roots level with the organization of state elections for their leadership. We nurtured the development of a major center piece of the organization with the push for the *Journal of Strength and Conditioning Research* to stand alone and be a major source for research in strength and conditioning. We pushed hard to give the public a clear persona of what a strength and conditioning coach was and positioned s/he as the source of scientifically based knowledge in strength and conditioning and alternatives to anabolic drug use. We also positioned the organization as a whole representing a “train clean” mantra and changed the perceptions by the general public, government and other sport organizations. We pushed hard to increase the awareness of the benefits for youth from strength training. We pushed for a position stand on resistance training and women to highlight both the similarities and unique differences when training women. We saw the need for more involvement of collegiate strength and conditioning coaches in the NSCA and developed a significant interest group model to promote their unique agenda as members. We continued to promote “Lift America” as a charitable means by which NSCA coaches could help the less fortunate people with disabilities thrive and achieve their potential.

We collaborated with other organizations and took our place as equal partners in the world of athletics, sports medicine, and exercise and sport science. We developed the basis for what is now the premiere organization in the world for strength and conditioning with emphasis on practical applications derived from scientific fact. As with any leadership term, it is about more than one person and therefore one must credit many others for any success we had in meeting the daunting challenges of at that point in history. Thus, I thank so many for the great amount of work and the accomplishments we were able to achieve and credit needs to be shared by Board members, committee chairs, committee members, and multitude of members as a whole all of whom saw the challenges and took responsibility at that point in history to act, give of their time, respond, and achieve in order to keep the organization strong while serving its membership. Finally, we always kept the athlete as the centerpieces of all our efforts as a membership organization dedicated to making each professional better each day in their professional capabilities to serve the many people we worked with.”



Dr. Steven Fleck

1991 - Outstanding Sport Scientist



Dr. Michael Stone

1991 - Outstanding Sport Scientist