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# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## The National Strength and Conditioning Association (NSCA) Announces the 2022 NSCA Impact Award Winner Steve Bliss, Med, CSCS, RSCC\*E, FNCSA

**Colorado Springs, CO** – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization's 2022 Career Awards. Each year, these distinguished awards honor those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Each of the award winners will be formally recognized at the NSCA's National Conference which will be held from July 6-9 in New Orleans, LA.

The NSCA Impact Award, awarded since 1997, is given to an individual who has made significant contributions that have impacted a segment of the overall field of strength and conditioning. The 2022 recipient, as selected by the Board of Directors, is **Steve Bliss, Med, CSCS, RSCC\*E, FNCSA**.

Coach Bliss served as the first strength and conditioning coach at the University of Miami, The Ohio State University, and North Dakota State University. During his 50+ years in the industry, he has coached national champions and authored "Buckeye Football Fitness, 4th Down and One Rep to Go," which has been admitted the Jefferson Room at Library of Congress in Washington, DC. He currently serves as the Exercise Coordinator for Sanford Health in Sioux Falls, South Dakota.

Coach Bliss has served the NSCA in many capacities, including as President from 1987 to 1989, on the Board of Directors, State Director of South Dakota, and on NSCA committees. Steve help establish the NSCA Challenge Scholarship and the insurance liability programs while serving on the Board. He was awarded the NSCA Strength Coach of the Year in 1991 and the Boyd Epley Award for Lifetime Achievement in 2010. In 2018, Coach Bliss was recognized as a Fellow of the NSCA (FNCSA).


Steve has been married to wife Doenise for 35 years and has two grown sons, Evan and Joe.

To learn more about the NSCA's awards, please visit [www.nasca.com/membership/awards](http://www.nasca.com/membership/awards).

**Media Note:** To schedule an interview, contact [marketing@nsca.com](mailto:marketing@nsca.com).

### About the National Strength & Conditioning Association

Founded in 1978, The National Strength and Conditioning Association (NSCA) is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world.



The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world who further industry standards as researchers, educators, strength and conditioning coaches, performance and sport scientists, personal trainers, tactical professionals, and other related roles.