

PRESS RELEASE  
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## **National Strength and Conditioning Association (NSCA) Celebrates 2021 State/Provincial Director of the Year Award Winner Julia Dianne Carol Olsen, MS, CSCS,\*D, TSAC-F**

**Colorado Springs, CO** – The National Strength and Conditioning Association is proud to announce that Delaware State Director Ms. Julia Olsen has been selected as the NSCA’s State/Provincial Director of the Year for 2021. This award has been given out since 1986. The award winner is selected based on their leadership in their respective states and Canadian provinces, their advocacy of the NSCA and strength and conditioning professionals, and their contributions to continuing education.

Julia Olsen is a Professor of Practice for the Public and Allied Health Sciences department at Delaware State University and adjuncts for Maryville University’s Exercise Science program. In the last year, she has worked with the military and fire populations, inspiring her to earn the Tactical Strength and Conditioning Facilitator (TSAC-F) certification. The TSAC-F is in addition to her holding the Certified Strength and Conditioning Specialist certification, with distinction. Julia joined the Delaware State Advisory Board in 2014 and has attributed much of her success thus far to her involvement with the NSCA.

Ms. Olsen will receive special recognition of her accomplishment at the NSCA National Conference which will be held in Orlando, FL from July 7-10. The conference brings together the best of the best from all reaches of the strength and conditioning industry to provide an educational experience unlike any other. From cutting-edge presentations to dynamic hands-on sessions by renowned professors, researchers, strength coaches, and personal trainers, attendees receive the tools to help expand their knowledge and further their careers. For more information regarding the NSCA and their awards, please visit [www.nasca.com](http://www.nasca.com).

**Media Note:** To schedule an interview with an award winner, 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.