

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Celebrates 2021 High School Strength and Conditioning Coach of the Year Winner Sam Melendrez, MS, CSCS, RSCC*D

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Coach Sam Melendrez has been selected as the NSCA's High School Strength and Conditioning Coach of the Year for 2021. Melendrez becomes the 28th recipient of the award, which has been handed out since 1991. Award winners are selected by a volunteer committee, the Coaching Task Force, who determine the winner based on their contributions to the NSCA, their community, and excellence to the field high school strength and conditioning.

Sam Melendrez is in his 13th year as the full-time strength and conditioning coach at Discovery Canyon Campus High School in Colorado Springs, CO where he oversees the training of student-athletes from all sports in strength & conditioning classes during the day and in before and after school programs. Prior to making the decision to work in the high school setting Sam did internships at the Olympic Training Centers in Colorado Springs and Lake Placid, was an assistant at the United States Air Force Academy and a graduate assistant at the University of New Mexico. Sam truly loves working with his athletes at Discovery Canyon, and sees his role as great opportunity to develop not only better athletes but better people. He and his wife Joni, have been happily married for 13 years and have two sons, Sammy 10 and Zachary 7.

Sam Melendrez will receive special recognition of his 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.nsca.com.

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