



# STRENGTH OF AMERICA AWARD™ APPLICATION BOOKLET



## The Strength of America Award for Excellence in High School Strength and Conditioning

Winners of the Strength of America Award represent the finest of high school strength and conditioning programs in the world. The Strength of America Award is based on a score that indicates how well a high school compares to what the President's Council on Fitness, Sports & Nutrition and the National Strength and Conditioning Association (NSCA) consider to be the gold-standard in high school strength and conditioning programs.

The school score is determined by excellence in the following major components:

\_\_\_\_\_ Supervision | 35 possible points

\_\_\_\_\_ Education | 15 possible points

\_\_\_\_\_ Program | 22 possible points

\_\_\_\_\_ Facility | 33 possible points

A minimum of 90 points is required to be recognized for the Strength of America Award.



## Step One

Download and save this Award Application Booklet.

## Step Two

Fill in your school's score on each of the four major areas using the section score sheet.

## Step Three

Your school supervisor, athletic director, or principal must sign each of the four score sheets.

## Step Four

Scan and email each of the four score sheets, along with photos, log sheets and other support materials to Scott Caulfield, NSCA Coaching Education Manager/Head Strength and Conditioning Coach, at [Scott.Caulfield@nsca.com](mailto:Scott.Caulfield@nsca.com).

You may also mail your completed Award Application Booklet including your contact information to:

National Strength and Conditioning Association  
c/o Strength of America Award  
1885 Bob Johnson Dr.  
Colorado Springs, CO 80906

All applications must include the following:

Name of School \_\_\_\_\_

Name of Coach \_\_\_\_\_

Name of Supervisor/Athletic Director/Principal \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

## Step Five

You will receive confirmation from the NSCA on receipt of your application. Once the NSCA has approved your Strength of America Award application, you will be notified and receive a large Strength of America Award certificate for your school and a smaller version for the strength and conditioning coach. You will also be invited to attend the NSCA National Conference in July. The Strength of America Award is recognized for a three-year period unless there is a change in strength and conditioning coaches. Award winners may proudly display this honor in the gym or weight room with the purchase of a large, overhead banner for \$175 (shipping included).

## Supervision Score Sheet

Points Earned	Points Possible	Requirements	Materials Needed
	5 – 20 <ul style="list-style-type: none"> <li>• NSCA Member: 5</li> <li>• NSCA-CPT: 10</li> <li>• CSCS: 15</li> <li>• RSCC: 20</li> </ul>	An NSCA Registered Strength and Conditioning Coach® (RSCC), NSCA Certified Strength and Conditioning Specialist® (CSCS®), NSCA-Certified Personal Trainer® (NSCA-CPT®), or NSCA Member needs to be present at all times when the weight room is open to students or staff. The weight room should never be left unattended.	Proof of supervisor’s qualifications (member # or certification #).
	5	Emergency procedures and weight room rules need to be posted in each facility prior to any activity.	Include document or photo of posted procedures.
	5	Orientation meetings are mandatory with new and returning participants prior to the use of the weight room each year.	Include example of meeting agenda.
	5	Performance Enhancing Drug Prevention program in place.	Outline of program.
<b>Total Points Earned</b>			

School Administrator Signature \_\_\_\_\_

## Supervision Support Materials

An NSCA Registered Strength and Conditioning Coach® (RSCC), NSCA Certified Strength and Conditioning Specialist® (CSCS®), NSCA-Certified Personal Trainer® (NSCA-CPT®), or NSCA Member needs to be responsible for the day-to-day operation of the high school resistance training facility. This individual is also accountable for the supervision of all staff that have instructional responsibilities in the facility.

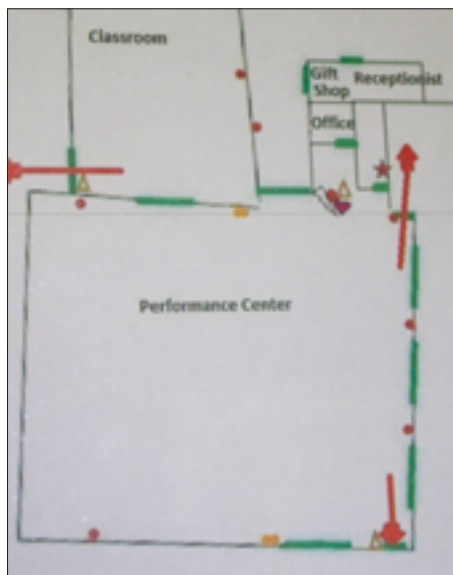
Please list the certification number or include photocopies of certificates or membership card for facility supervisor.

- \_\_\_\_\_ RSCC
- \_\_\_\_\_ CSCS
- \_\_\_\_\_ NSCA-CPT
- \_\_\_\_\_ NSCA Membership

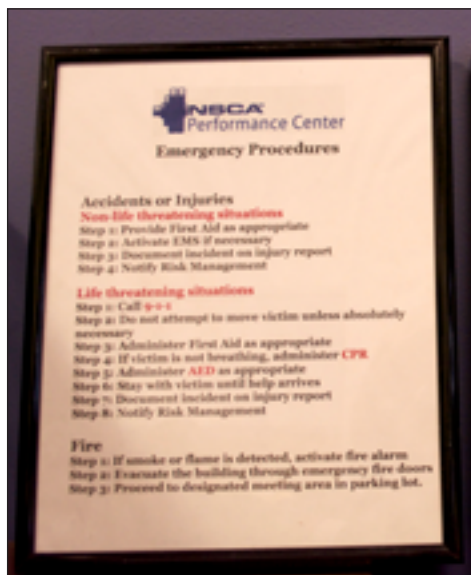


## Supervision Support Materials

- Emergency Procedures and Weight Room Rules need to be posted in each strength facility. The NSCA policies and procedures can be downloaded [here](#).
- Include document or photo of posted procedures with application booklet.
- Orientation meetings are mandatory with new and returning participants prior to use of the weight room each year. Explain the rules of the facility, the dangers and potential risk for injury. Review spotting techniques, safety issues and equipment operation. Explain emergency procedures and the weight room evacuation plan. Show where these procedures are located.
- School Administrator must provide a verification letter documenting the occurrence of orientations and the number of students that participated in these meetings. This letter must contain a summary of content covered in the orientation.
- Demonstrate that a Performance Enhancing Drug Prevention Program is in place. For reference, please download the Position Stand on Androgen and Human Growth Hormone Use [here](#).
- Read NSCA Strength and Conditioning Professional Standards and Guidelines, available [here](#).



Example emergency evacuation map



Example of posted emergency procedures



Position Stand on Androgen and Human Growth Hormone Use

## Education Score Sheet

Points Earned	Points Possible	Requirements	Materials Needed
	10	Supervisor has earned at least 2.0 NSCA-approved Continuing Education Units (CEUs) in the past two years. Each unit is worth 5 points.	Proof of CEU reporting.
	5	Conduct annual in-service educational program for staff.	Outline of program.
<b>Total Points Earned</b>			

School Administrator Signature \_\_\_\_\_

## Education Support Materials

- Supervisor has earned at least 2.0 NSCA-approved continuing education units in the past two years.
- Include copies of certificates, receipts or other documentation for participation in continuing education activities.
- Conduct annual in-service educational strength and conditioning programs for physical education and coaching staff. NSCA Standards and Guidelines can be used as an outline.
- Include copy of education program, date and speaker list.

## Program Score Sheet

Points Earned	Points Possible	Requirements	Materials Needed
	10	Training programs must follow the basic principles of training and technique progression as described by the NSCA.	Include sample program.
	5	Periodization—provide a summary of periodization training for a sport program in your school.	Include sample of periodized program.
	5	Evaluation and goal setting.	Include example.
	2	Participation in the NSCA All-American program to honor a male and/or female athlete.	Include nominated athletes' names.
<b>Total Points Earned</b>			

School Administrator Signature \_\_\_\_\_

## Program Support Materials

Training programs must follow the basic principles of training as described by the NSCA (see *Essentials of Strength and Conditioning*, 4th Edition, chapter 17, pages 439 – 469). These principles are overload, progression and specificity.

The main focus in the weight room should be on teaching and developing technique, and not push the overload too forcefully. It is not how much weight is on the bar, but the proper mechanics and technique of the exercise that is important.

- Attach a summary of how you are adhering to these training principles (overload, progression and specificity) and provide a sample training program (including resistance and conditioning) to demonstrate that you are following these principles. In addition, please provide a summary of how you teach technique and progression of exercise.



Periodization—is a systematic methodology for modifying training variables in order to have the individual peak at the appropriate time and reduce the risk of overtraining.

- Attach a copy of the periodized training program for a sport and summarize how it meets NSCA guidelines regarding periodization. This summary should describe changes in exercise, intensity, volume, mode of training, and rest interval.

Evaluation and goal setting are important parts of a successful athletic and physical education program. An example of evaluation and goal setting program is available [here](#).

- Attach an example of goal setting and evaluation for your strength and conditioning program.

Participate in the NSCA All-American Strength and Conditioning Athlete of the Year Award by nominating one male and/or one female athlete from your school. Log in using your member ID, select Member Services, the Awards. Click the Nominate Online Now button to nominate your athletes. Nominations are online between February 1st through March 1st of each year. Click [here](#).

- Provide an example of the two athletes that were nominated.

### Athlete #1

Institution Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

### Athlete #2

Institution Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Example of a vertical jump test

## Facilities Score Sheet

Points Earned	Points Possible	Requirements	Materials Needed
	5	A daily inspection of the training facility is required by the strength and conditioning coach to ensure the area is free of obvious hazards.	Provide log.
	5	All weight lifting equipment must be inspected by the qualified supervisor. All equipment, including free weights, should be cleaned and/or disinfected regularly as deemed necessary by staff. Equipment and free weights in need of repair must be immediately removed from service or have a "Do Not Use" sign attached until serviced and repaired.	Provide log and sign in sheet.
	2	It is strongly recommended that anyone using this facility outside of the normal physical education classroom should have a current physical or waiver on file prior to participation as per NSCA strength and conditioning professional standards and guidelines.	Provide example.
	5	Arrange equipment to use the space in the most efficient and safe manner possible, allowing for students with disabilities. Safety should always be the top priority when arranging equipment.	Include photo of weight room.
	10	Provide documentation of the participation of students and athletes in strength and conditioning classes and/or programs.  80% = 10 points 70% = 8 points 60% = 6 points 50% = 4 points	Include letter signed by administrator.
	2	The recommended temperature of the weight room is 68 to 78 degrees Fahrenheit.	Temperature check.
	2	Provide a variety of lifting bars with the appropriate collars that can be used by students of varying strength levels and sizes. Examples can include children's (11 lb), women's (33 lb) and standard (45 lb) Olympic lifting bars. The children's and women's bars have a smaller diameter, which is more appropriate for individuals with smaller hands and lower strength levels.	Include photos.
	2	Provide lifting platforms or designate space and bumper plates for Olympic-style exercises.	Include photos.
		<b>Total Points Earned</b>	

School Administrator Signature \_\_\_\_\_



## Facilities Support Materials

A daily inspection of the training facility is required by the strength and conditioning coach to ensure the area is free of obvious hazards. The purpose of this inspection will be to identify potential risks for injury and take appropriate measures to eliminate them.

Maintain a log to enter time and date the facility was checked and attach a copy of a page from your log.

Date	Time	Facility	Print Name	Signature
10/13/16	7:15 am	Weight Room	Jake Smith	
10/14/16	7:15 am	Weight Room	Wendy Cantrell	
10/15/16	9:45 am	Gym, Wrestling Room	JR Jones	
10/15/16	9:45 am	Basketball Court	Jake Smith	
10/15/16	7:15 am	Track	Jake Smith	

All weight lifting equipment must be inspected by the qualified supervisor. All equipment, including free weights, should be cleaned and/or disinfected regularly as deemed necessary by staff. Equipment and free weights in need of repair must be immediately removed from service or have a “Do Not Use” sign attached until serviced and repaired.

A log should be maintained to enter the time and date the equipment and pads were cleaned and the name of the qualified supervisor. Attach a copy of a page from your log and a copy of your “Do Not Use” sign.

### Daily Log for Equipment Inspection

	Date	Time	Print Name	Signature
Damaged Equipment	10/12/16	7:00 am	Jake Smith	
	Rubber casing on the Lat-Pulldown is starting to fray. Put “Do Not Use” sign up.			
	Order New Cable			
Damaged Equipment	10/13/16	6:30 am	Jake Smith	
Damaged Equipment	10/14/16			
Damaged Equipment	10/15/16			

This piece of  
Equipment is Out  
of Order.

**DO NOT USE**

Example of “Do Not Use Sign”

## Facilities Support Materials

It is strongly recommended that anyone using this facility outside of the normal physical education classroom should have a current physical or waiver on file prior to participation as per NSCA strength and conditioning standards and guidelines.

- Attach an example of your participation waiver approved by your school board or risk management department.

While the strength and conditioning programs are approved by the strength and conditioning coach, it is outside the scope of practice for the strength and conditioning coach to diagnose or evaluate an individual's medical clearance and answer questions about participation.

Arrange equipment to use the space in the most efficient and safe manner possible. Safety should always be the top priority when arranging the equipment. Refer to the NSCA *Essentials of Strength Training and Conditioning*, 4th edition, Chapter 23, pages 623 – 633 – Facility Organization and Risk Management for Proper space recommendations. Facility must be accessible for students with disabilities.

- Include a photo showing an example of proper spacing and explain how your facility can accommodate students with disabilities.

Example of a participation waiver



Example of a properly set up weight room

## Facilities Support Materials

- Provide documentation of the participation of students and athletes in strength and conditioning classes.
- Attach a letter stating the total number of students and percentage of total student body participating in the strength and conditioning program. This can include the school's physical education program, before or after school programs and the school's sports programs. This letter must be signed by the qualified supervisor and appropriate school administrator (i.e. athletic director, department chair or principal).

### NAME OF SCHOOL | 2015 – 2016

Class	# of Registered Students	# of Students in PE, Lifting, Sports Programs	% of Students Participating
Freshman	252	206	
Sophomore	243	202	
Junior	187	152	
Senior	156	127	
<b>Totals</b>	<b>838</b>	<b>687</b>	<b>82%</b>

Qualified Coach/Teacher Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_

Date: \_\_\_\_\_

<p>% and Points Earned:</p> <p>80% = 10 points</p> <p>70% = 8 points</p> <p>60% = 6 points</p> <p>50% = 4 points</p>
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## Facilities Support Materials

The recommended temperature of the weight room is 68 to 78 degrees Fahrenheit with a minimum of 8 – 12 air exchanges per hour. If the room temperature is too hot or too cold, the quality of the strength training session is reduced.

- Attach a copy of your log with the weekly temperature check by the school maintenance staff.

### Temperature Log

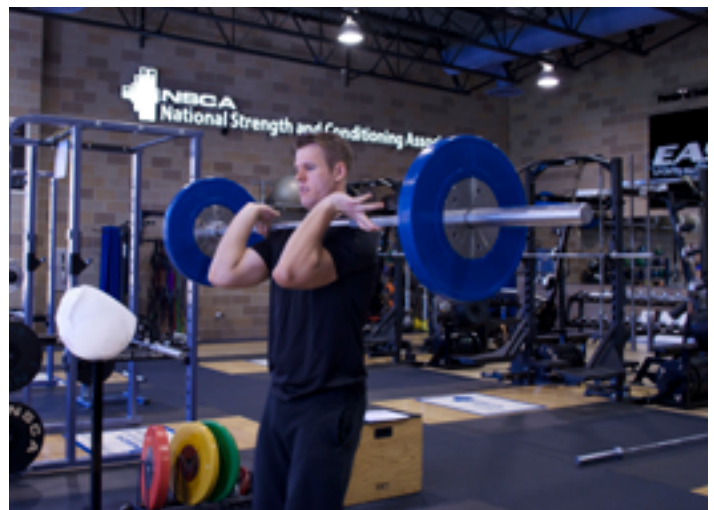
Date	Time	Temperature	Print Name	Signature
10/13/16	7:00am	70°	Jake Smith	
10/14/16	7:00am	72°	Jake Smith	
10/15/16	7:00am	69°	JR Jones	

Not all schools can afford a sound meter or a light meter, however the school should be aware of the recommendation for volume and lighting. The sound volume in the room should be low enough to allow for communication at all times between spotters, teachers and students. If students were allowed to use iPods/headphones, spotters would not be able to communicate and safety would become an issue. The recommended sound level should not exceed 90 decibels. The weight room lighting should be 75 to 100 foot candles measured or read at the floor.

- Provide a variety of lifting bars with the appropriate collars that can be used by students of varying strength levels and sizes. Examples can include children's (11 lb), women's (33 lb), and standard (45 lb) Olympic lifting bars. The children's and women's bars have a smaller diameter which is more appropriate for individuals with smaller hands and lower strength levels.
- Include photos showing the facility, the different types of lifting bars, and collars that are used in your facility.
- Provide lifting platforms or a designated area, and/or bumper plates for Olympic-style exercises.
- Include an image showing that the facility has bumper plates for Olympic-style exercises.



Example of weight bar and collars



Example of a lifter with bumper plates



## School Total Score

### Total Score from Pages 4, 6, & 8 \_\_\_\_\_

Minimum total of 90 points is required to be recognized for the Strength of America Award.

In order to be considered for the current year's award, applications must be postmarked by May 15th each year. Applications received after May 15th will be considered in the next award cycle. Nominations with incomplete information will not be considered. Eligible applications will be reviewed and winners determined by the President's Council on Fitness, Sports & Nutrition and the National Strength and Conditioning Association (NSCA). Award decisions will be made and award winners will be invited to the NSCA National Conference Awards Banquet in July. The award is good for a three-year period unless there is a change in strength and conditioning coaches.

You will receive a confirmation email acknowledging receipt of the application within 7-14 business days. If you have questions, please contact Scott Caulfield at [Scott.Caulfield@nsca.com](mailto:Scott.Caulfield@nsca.com). If our auditors determine the school has not been truthful, the school will be notified they are not eligible for this award for a period of three years.

- Include all pertinent information including the name of the school, address, name of the Principal, Athletic Director, Strength and Conditioning Coach and Contact information including phone numbers and email addresses.
- Include a high quality photo of your strength facility, a photo of the strength and conditioning coach performing strength coaching duties and a camera-ready school logo, plus a note granting permission for the NSCA to use these materials in the promotion of the Strength of America Award.

The NSCA will provide each winning school a press release that can be distributed to local media outlets.



Example of the NSCA Strength of America Award certificate

## Award Certificate

A Strength of America Award certificate will be presented by the National Strength and Conditioning Association in conjunction with the President's Council on Physical Fitness, Sports & Nutrition. For the both the school and the coach.



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