

## *PATRICK T. MCHENRY, MA, CSCS,\*D, RSCC\*E*

### **Education**

1993 – Master of Art in Physical Education – University of Northern Colorado

1988 – Bachelor of Art in Elementary Education – Doan College

### **Personal Bio**

Patrick is the GS-12 Strength Supervisor/ Ops Manager with the Air Force Special Warfare Human Performance Training Squadron. He oversees the TACP training pipeline. He is a Level II Coach with USA Weightlifting, Certified FMS Level II (FMS) and Certified FCS. Patrick served two terms on the NSCA Board of Directors.


Patrick was the Director of Strength & Conditioning for 20 years in the Douglas Country School system. He developed the lifting & speed/agility programs for strength training classes as well as collaborating with the school sports teams. Several of his teams and individuals won state titles and were nationally recognized. He worked with athletes from a wide variety of sports, many of whom went on to play at the collegiate level from NAIA to NCAA Division I.

In 2003 Patrick was the regional Strength coach of the Year for American Football Monthly, 2005 he was the NSCA High School Strength Coach of the year and 2006 he received the Editorial Excellent Award from the Strength and Conditioning Journal. Patrick received the 2010 Strength of America Award from the President's Council on Fitness. Patrick was the 2012 Colorado High School Physical Education Teacher of the Year.

Patrick is an international presenter, speaking at conferences and Olympic training centers around the world; as well as presenting to sport coaches, strength coaches and physical education teachers at state, and national conferences. Patrick is the Co-Editor NSCA High School Guide to Strength & Conditioning, published in books, journals, manuals and videos.

### **NSCA Involvement**

- Board of Directors, Educational/Institutional Strength and Conditioning Professional (2014 – 2020)
- *Strength and Conditioning Journal*, reviewer (2005 – present)
- *NSCA's Guide to High School Strength and Conditioning*, Co-Editor (2021)
- *52-Week Baseball Training*, contributing author (2020)
- Strength of America Award (2010 – 2017)
- Developing the Core, chapter author (2014)
- Coaches Performance Committee, member (2009 – 2014)
- Conference Committee, member (2009 – 2014)
- High School Strength and Conditioning Coaches Special Interest Group, Chair (2008 – 2013)
- High School Strength and Conditioning Coaches Special Interest Group, member (2005 – 2008)
- Colorado State Director (2003 – 2006)

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- *Strength and Conditioning Journal* - Editorial Excellent Award, recipient (2006)
  - High School Strength and Conditioning Coach of the Year, recipient (2005)
  - Education Committee, member (1996 – 2000)

**Ballot information as submitted with application**

**Why do you want to serve on the Nomination Committee?**

I want to give back to the NSCA by helping with the Nomination Committee. Being on the board showed me specific qualities that are helpful during the meetings and taught me what to look for in future candidates. I feel that insight will help when talking to the candidates.

**What is your understanding of the organizational structure of the NSCA?**

I have an indepth knowledge of the NSCA structure because I have been a state director, education committee member, conference committee member and sat on the board of directors for two terms.

**One of the roles of the Nomination Committee is to find qualified candidates for Board of Director positions. How would you go about seeking or identifying candidates who would be representative of the diverse population of our membership, and consistent with the NSCA mission statement?**

I would find future BOD members by talking to the general membership at conferences, talking to members who particiate in SIGs and members I have met over the last 30's I have been in the NSCA.