

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Announces 2021 NSCA Impact Award Winner G. Gregory Haff, PhD, CSCS,*D, FNSCA, ASCC

Colorado Springs, CO – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization's 2021 career awards. These distinguished awards are handed each year to 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 7-10, 2021 in Orlando, FL.

The **NSCA Impact Award**, awarded since 1997, is given to an individual whose career has greatly contributed to the advancement of the national or international strength and conditioning, or fitness industries. The 2021 recipient, as selected by the Board of Directors, is G. Gregory Haff, PhD, CSCS,*D, FNSCA, ASCC.

Dr. G. Gregory Haff is the Professor of Strength and Conditioning at the School of Medical and Health Sciences at Edith Cowan University. Professor Haff is currently researching ways to optimize the delivery of resistance training interventions as part of a variety of athlete's periodized training plans. As part of this work, his research team is examining the factors related to close quarter battle and the use of technology to quantify workloads in special forces soldiers. Overall, he is interested in how to better design periodized training plans in order to ensure operational readiness as well as enhance the overall health and wellness of soldiers.


Professor Haff served as the President of the National Strength and Conditioning Association (NSCA) from 2015-2018. He is the co-editor of the 4th edition of the NSCA Essentials of Strength Training and Conditioning and is a popular speaker at national and international conferences. He has consulted with the Chinese Olympic Committee (weightlifting/rowing), the English Institute of Sport (Track Cycling/Netball/Weightlifting), and professional sports teams (Jacksonville Jaguars, Adelaide Crows, Western Force, Wildcats, West Coast Fever, and several other teams). He currently serves as the Sport Scientist on the Australian Weightlifting High Performance Commission.

In 2014, Dr. Haff was named the United Kingdom Strength & Conditioning Association: Strength & Conditioning Coach of the Year for Education and Research. Additionally, in 2011 he was awarded the NSCA's William J. Kraemer Sport Scientist of the Year Award for his applied sport science research. Professor Haff is a Level 3 Weightlifting Coach in the United States and Australia. He has served as the Head Coach of the Australian Jr. Men's and Women's Oceania Weightlifting Teams and an Assistant Coach with the Australian Sr. Women's National Weightlifting Team. He is an Australian Strength and Conditioning Association Level-2 Strength Coach, a United Kingdom Strength and Conditioning Association Accredited Strength and Conditioning Coach, and a Certified Strength and Conditioning Specialist (NSCA).

For more information regarding the NSCA and these awards, please visit www.nasca.com.

Media Note: To schedule an interview 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.