

## *ANTONIO SQUILLANTE, MS, CSCS,\*D, NSCA-CPT,\*D, RSCC*

### **Education**

2020 – Master of Science in Biokinesiology – University of Southern California

2018 – Master of Science in Sports Performance and Orthopedic Rehabilitation – A.T. Still University

2011 – Bachelor of Science in Physical Education – University of Rome

### **Biography**

Director of High Performance and Training - USA Track Cycling, Sprint Program

Antonio Squillante is a Registered Certified Strength and Conditioning Coach (RSCC) with more than 10 years of experience coaching high school, collegiate, and professional athletes competing at the national and international level. He graduated Summa Cum Laude with a Bachelor's degree in Physical Education from the Università San Raffaele in Rome, Italy. Antonio earned a Master of Science degree in Sports Performance and Orthopedic Rehabilitation from A.T. Still University and a Master of Science degree in Biokinesiology from the University of Southern California. As a PhD student, Squillante is currently conducting research at the Clinical Exercise Research Center, Department of Biokinesiology and Physical Therapy (University of Southern California, Los Angeles). His main interest in research lies in muscle physiology, looking at the effect of periodized resistance training on muscle function and performance in sport. Squillante is a faculty member at Setanta College. He has authored several books and textbooks on strength training for sport and periodization, and translated some classic readings in exercise physiology and sports science, including the work of Professor Carmelo Bosco and Dr. Vladimir M. Zatsiorsky. Squillante is a Registered Sport and Exercise Nutritionist (SENr).

### **NSCA Involvement**

- NSCA Pennsylvania Advisory Board, member (2014 – 2017)
- NSCA California Advisory Board, member (2017 – 2021)
- Weightlifting Special Interest Group, Chair (2018 – 2020)
- CSCS-Prep Instructor/Lead Instructor (2019 – present)
- NSCA ERP Sponsor/Director (2021 – present)
- NSCA Southern California State and Provincial Director (2022 – present)
- NSCA International Coordinator, NSCA Italy (2023 – present)

### **Vision Statement**

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Over the years I took on leadership positions at different levels of our organization. I have developed a strong connection with our members, one that has been nurtured working in the trenches alongside our fellow colleagues for well over a decade. I have acquired a profound understanding of the needs of our community, and I came to develop a genuine appreciation for the resourcefulness of our association. I developed the skills and the confidence I need to contribute to the betterment of our profession and to embrace the responsibility that comes when serving as a member of our Board of Directors.

As a member of the NSCA Board of Directors I believe my greatest contribution to our organization comes from my experience and expertise in the following areas:

**Education** - I believe in the importance of formal education and I stand by our vision of raising our expertise to an unprecedented level of excellence. Bridging the gap between science and practice is what made the NSCA the worldwide leading organization in our field and it is something the new generations of practitioners should ever so proudly represent. I am a great believer in the Education Recognition Program (ERP) and the up-and-coming Council on Accreditation of Strength and Conditioning Education (CASCE). If elected, I would be honored to further contribute to the development of such a rigorous accreditation process, working to grow the number and the quality of approved institutions around the country.

**Integration** - The field of strength and conditioning has grown over the years to include a wealth of different professional figures, from strength and conditioning specialists to personal trainers and certified special population specialists. Although their scope of practice may be different, their expertise comes from turning good quality, peer-reviewed scientific resources into practical know-how. As a researcher, I value the importance of evidence-based practice and I appreciate the extent of the endeavor that is necessary to publish good scientific evidence. If elected, I would be honored to serve as a bridge between different programs within our association to facilitate dialogue and opportunities for collaborations between researchers and practitioners.

**Inclusion** - Our association is now represented across several continents with a number of international members living and working overseas. A wealth of different cultures that call for the uttermost need for inclusion, equality, and diversity. As a first-generation immigrant, having been an international student myself and having taught and mentored many students living in Europe, under the patronage of ERP-approved institutions, I have witnessed the difficulty of unifying programs, goals, visions, and expectations across different countries with different socio-economics backgrounds and educational systems. If elected, I would be honored to help grow our international programs overseas in the effort to level the playing field under a culture of excellence that overcomes social barriers with no bias or prejudice.

I take immense pride in being a member of the National Strength and Conditioning Association. I am very well aware of the immense value the NSCA has to offer to the world of sports science. I believe joining the Board of Directors will give me the opportunity to serve our members by making my expertise available to support the growth of our association.