

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Celebrates 2020 State/Provincial Director of the Year Award Winner Vanessa L. Cazás-Moreno, PhD, CSCS,*D, USAWL1

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Dr. Vanessa L. Cazás-Moreno has been selected as the NSCA’s State/Provincial Director of the Year for 2020. This award has been given out since 1986. Award winners are selected based on their leadership in their respective states and Canadian provinces, their advocacy of the NSCA and strength and conditioning professionals, and their contributions to continuing education.

Cazás-Moreno earned her PhD from Concordia University Chicago with a focus in Leadership and Human Performance, her Master’s degree in Kinesiology with a concentration in Strength and Conditioning from California State University (CSU), Fullerton and Bachelor’s degree in Kinesiology with an emphasis in Sport Management and History. She is currently a Clinical Assistant Professor in the Human Performance and Sport Science department at Tennessee State University (TSU), Nashville. Before teaching at TSU, she was a manager of a sport and medical facility, an adjunct faculty member at CSU Fullerton, a strength and conditioning coach in the private sector, and a wellness coach for special populations (i.e., COPD, stroke, cardiac patients). Cazás-Moreno is a Certified Strength and Conditioning Specialist with Distinction through the National Strength and Conditioning Association (NSCA) and a reviewer for their flagship journal, *The Journal of Strength and Conditioning Research*. Also, she is USA Weightlifting, Level 1 certified. Her primary research interests are in human performance, specifically strength and conditioning, and post-activation potentiation. Cazás-Moreno has published multiple peer-reviewed articles and national abstracts, contributing to the human performance field. Currently, she is actively serving her industry as the NSCA Tennessee State Director.

“Vanessa has selflessly served the NSCA at the regional and state level,” said Tom Palumbo, NSCA’s Southeast Regional Coordinator. “She has taken an active role with the regional clinics and has the *two* highest rated state clinics. We are fortunate to have her as the TN state director.”

Due to the cancellation of the year’s National Conference because of the public health concerns of COVID-19, Vanessa Cazás-Moreno will receive special recognition of her 2020 accomplishment at the 2021 Annual NSCA National Conference which will be held next year 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. The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit www.nasca.com.

Media Note: To schedule an interview with the award winner, contact Marketing@nsca.com.

ABOUT THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION



everyone stronger

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.