

PRESS RELEASE
FOR IMMEDIATE RELEASE

July 1, 2021

**National Strength and Conditioning Association (NSCA) Celebrates
2021 *Strength and Conditioning Journal (SCJ)* Editorial Excellence Award
Winner Whitney D. Leyva-Camberos, MS, CSCS,*D, NSCA-CPT,*D, RSCC**

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Ms. Whitney D. Leyva-Camberos has been selected as the NSCA's *SCJ* Editorial Excellence Award winner for 2021. Ms. Leyva-Camberos becomes the 23rd recipient of the award, which has been handed out since 1999. Award winners are selected by *SCJ* Senior Editorial Staff based on their contributions as a reviewer to the NSCA's *Strength and Conditioning Journal*.

Whitney D. Leyva-Camberos was born and raised in Fresno, California. She moved to beautiful Southern California where she received her Bachelor of Science in Kinesiology from California State University, Fullerton. While at the university, she then pursued her Masters in Kinesiology with an emphasis in Strength and Conditioning and graduated in 2016. She is one of 5 ladies who established the CSUF weightlifting club. She was also involved conducting physical evaluations with the Anaheim Ducks and other scientific research studies, while at the university.

After she graduated, she worked as a lecturer for California State University, Fullerton Kinesiology and Public Health Departments, and was the Strength and Conditioning Coach for CSUF's 16- time National Dance and Cheer team.

Leyva-Camberos began working at Fresno Pacific in the spring of 2020 as a lecturer and assistant strength and conditioning coach for FPU's swim and dive and water polo teams.


But when she is not lecturing about kinesiology and health science, she is logging hours as the Southern California Director for the National Strength and Conditioning Association, where she helps to host conferences for the region. She has reviewed multiple strength and conditioning publications and has published two of her own.

Ms. Leyva-Camberos will receive special recognition of her accomplishment at the NSCA National Conference which will be held 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. For more information regarding the NSCA and their awards, please visit www.nasca.com.

Media Note: To schedule an interview with an award winner, 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.