

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

August 4, 2021

**National Strength and Conditioning Association (NSCA) Announces
2021 Tactical Strength and Conditioning Professional of the Year Award
Winner: Jay Dawes, PhD, CSCS,*D, NSCA-CPT,*D, TSAC-F,*D, FNCSA**

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Jay Dawes, PhD, CSCS,*D, NSCA-CPT,*D, TSAC-F,*D, FNCSA, has been selected as the NSCA’s Tactical Strength and Conditioning Professional of the Year for 2021. Award winners are selected by a volunteer committee, the NSCA’s Awards Taskforce, who determine the winner based on their contributions to the NSCA and their community, and whose influential contributions to the field result in its advancement in a measurable way that exceeds the outcomes achieved by others.

Dr. Dawes is an Assistant Professor of Applied Exercise Science at Oklahoma State University (OSU) and the Co-Director of the OSU Tactical Fitness and Nutrition Lab. He has worked as a strength/performance coach, personal trainer, educator, and post-rehabilitation specialist for over 20 years. His research is aimed at improving the health, fitness, and occupational performance of police, fire, and military personnel. Additionally, Dr. Dawes served on the NSCA Board of Directors' Executive Council as both Vice President and Secretary/Treasurer (2016-2019).

“Dr. Dawes’ world-class leadership and groundbreaking research contributions were pivotal in establishing the foundation of the tactical strength and conditioning profession and continue to serve as the backbone of evidence-based best practices today,” said Mandy Nice, NSCA Tactical Program Manager (Public Safety). “His work has paved the way for thousands of tactical professionals and coaches to achieve meaningful and measurable success, and he continues to advance the field by selflessly putting the mission before himself. He is an industry inspiration. NSCA Tactical sends tremendous congratulations to him for earning this very well-deserved award.”

Dr. Dawes will be honored at the NSCA’s Tactical Annual Training Conference, which will be held in Norfolk, VA from August 3-6, 2021. It is the premiere educational event of the year. International public safety and military experts join forces to share cutting-edge, evidence-proven best practices and training methodologies that help tactical professionals systematically increase their readiness, performance, and resilience while also increasing their longevity and quality of life. For more information regarding the NSCA and our awards, please visit nsca.com.

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

ABOUT THE NATIONAL STRENGTH AND 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.