

**Professional Strength and Conditioning Coach of the Year Award  
Criteria Sheet**

**Covering the 20xx Calendar Year**

**Name of Nominee:** \_\_\_\_\_

Criteria	Yes or No	Expiration Date
<b>Eligibility Requirements</b>		
Current NSCA Member		
NSCA Membership – Minimum 2 years		
NSCA CSCS Certification		
NSCA Registered Strength Coach (RSCC)		
Head S & C Coach of a professional sports team or Olympic Team		
Not a previous recipient		
Cover letter, Resume or CV included		
<b>General Criteria * For this section only – points are cumulative during your career</b>	<b>Value of Item</b>	<b>Points Awarded</b>
Years of CSCS	1 pt each 3 year period	
Registered Strength Coach (RSCC) Level	3 pts RSCC*D 4 pts RSCC*E	
Additional NSCA certification	2 pts ea.	
Bachelor’s degree (select highest degree earned)	2 pts	
Masters Degree (select highest degree earned)	3 pts	
Doctorate Degree (select highest degree earned)	4 pts	
<b>Subtotal</b>		
<b>NSCA Involvement (Documentation Required)* Points are only for 20xx unless otherwise noted.</b>		
NSCA Regional Coordinator or State Director	4 pts	
NSCA Committee Chair / Member	3 pts	
SIG Chair / Executive Council Member	3 pts	
Attended NSCA Annual Conference (Coaches, TSAC, National, Personal Trainers)	3 pts ea.	
Attended NSCA Clinics (Live or Virtual)	2 pts ea.	
Attended NSCA State or Regional Clinic	2 pts ea.	
NSCA Awards *lifetime	1 pt ea.	
RSCC Mentor for NSCA Student Assistantship or Serving as a Documented Internship Advisor	2 pts each (4 pts max)	
Instructor for NSCA Exam Prep or Foundations of Coaching Lifts	2 pts each	
<b>Subtotal</b>		

<b>Educational/Coaching Activities (Documentation Required)* Points are only for 20xx</b>		
Strength and Conditioning Course / Curriculum Development / Academic Teaching Assignments	2 pts / course / semester – 4 pts max	
Hosted NSCA Exam Prep or Foundations of Coaching Lifts	2 pts each	
Hosted an NSCA Regional / State Clinic	5 pts each	
Hosted a State or Local Coaches Clinic related to S & C	2 pts each	
<b>Subtotal</b>		
<b>Publications &amp; Presentations (Documentation Required)* Points are only for 20xx</b>		
Authored / Co-authored for JSCR, SCJ, TSAC Report, NSCA Coach, PTQ)	2 pts per article	
Editor / Reviewer for article or column (JSCR, SCJ, TSAC Report, NSCA Coach, PTQ)	1 pt. per 3 articles	
Editor / Author for NSCA book or chapter	2 pt ea.	
Non-NSCA peer reviewed articles	1 pt ea.	
Authored Coaching/Fitness Industry Publications	1 pt ea.	
Presented at an NSCA Annual Conference, Clinic, State, or Regional Conference, Event, or Webinar (Live or Virtual)	3 pts ea.	
Strength and Conditioning Podcast or Video	1 pt ea.	
Presenter - Non-NSCA Strength Coach Event ( <i>State, Local Presentations, Webinars, etc</i> )	2 pts ea.	
<b>Subtotal</b>	<b>6 Pts. Max</b>	
<b>Miscellaneous Category (Documentation Required)* Points are only for 20xx</b>		
Volunteer coaching or teaching assignments, etc. with justification for this year	1 pt ea.	
Non-NSCA (Coaching Related) Awards – School, Local, State, etc.	1 pt ea.	
<b>Subtotal</b>		
<b>Total Points</b>	<b>Points must come from at least two categories..</b>	