

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Announces 2021 Boyd Epley Award for Lifetime Achievement Winner Bill Allerheiligen, MS, FNSCA

Colorado Springs, CO – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization’s 2021 career awards. These distinguished awards are handed each year to those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Each of the award winners will be formally recognized at the NSCA’s National Conference which will be held from July 7-10, 2021 in Orlando, FL.

Awarded since 1993, the **Boyd Epley Award for Lifetime Achievement** honors individuals who exhibit historical impact, achievements, and dedication to the NSCA over the course of their career. This award is named after Boyd Epley, founder of the NSCA, and is considered the most prestigious award a member of the NSCA can achieve. The Board of Directors is honored to announce the 2021 recipient, **Bill Allerheiligen, MS, FNSCA**.

Bill Allerheiligen has been a high school, college, and professional strength coach for 35+ years. He has served as a college instructor in Exercise Science, Kinesiology, and program design. During his career, he has been a college strength coach at Nebraska, Kansas State, Notre Dame, Wyoming, and the University of Arkansas-Little Rock, a professional coach with the Houston Oilers, and has trained four World Champion boxers. Bill was the 1988 National Strength Coach of the Year. Additionally, he has been an active volunteer at local high schools and non-profits in his community.


Allerheiligen has been a profound and active supporter of the National Strength and Conditioning Association. During the 1970s Bill became one of the founding members of the NSCA and the first state director for Kansas. In the 1980s, Bill served on the NSCA’s Board as the Vice-President of Development and Region III Director, as well as, assisted with the establishment of the CSCS, served on the CSCS Item Writing Committee, and on the Executive Council of the CSCS Agency. During the 1990s, he continued to serve on the Executive Council of the Certification Commission, served as NSCA liaison to the NCAA, as a CEU Committee member, and as State Director Board of Wyoming. From the 2000s to present, Allerheiligen served as President of the NSCA from 2003 – 2006, and since his presidency, continued to be active on several committees including the Fellow Review. Bill is a native of Holdrege, Nebraska and presently lives in Mauldin, South Carolina.

For more information regarding the NSCA and these awards, please visit www.nasca.com.

Media Note: To schedule an interview 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.