

# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## National Strength and Conditioning Association (NSCA) Celebrates 2022 Terry J. Housh Outstanding Young Investigator Award Winner Timothy Suchomel, PhD, CSCS,\*D, RSCC

**Colorado Springs, CO** – The National Strength and Conditioning Association is proud to announce that Dr. Timothy Suchomel has been selected as the NSCA's Terry J. Housh Outstanding Young Investigator Award winner for 2022. Dr. Suchomel becomes the 34<sup>th</sup> recipient of the award, which has been handed out since 1998. A volunteer committee, the NSCA's Research Committee, as well as past recipients of this award determine the winner based on their contributions to the NSCA, their community, and research in strength and conditioning.

**Dr. Suchomel** is currently an Associate Professor of exercise science and the program director for the Sport Physiology and Performance Coaching graduate program at Carroll University in Waukesha, WI. In addition to his teaching, he also the Director of the Carroll University Sport Performance Institute (CUSPI) and works as a Human Performance Coach with several teams. Timothy serves the National Strength and Conditioning Association (NSCA) in a variety of roles including working as the Wisconsin State Director (2019 NSCA State/Provincial Director of the Year), Research Committee member, Chair of the Sport Science and Performance Technology Special Interest Group, and as a Senior Associate Editor and Associate Editor for the Journal of Strength and Conditioning Research and Strength and Conditioning Journal, respectively. He has published 9 book chapters and over 90 peer-reviewed journal articles on topics that include weightlifting movements and their derivatives, strength and power development, and athlete monitoring. He is a Certified Strength and Conditioning Specialist® with Distinction (CSCS,\*D®) and Registered Strength and Conditioning Coach (RSCC) through the NSCA.

"Congratulations to Dr. Suchomel for this well-deserved award," said Michael Massik, NSCA Executive Director. "He has changed many lives and exemplifies what it is to be an NSCA professional. We are proud to have him as a member."

Dr. Suchomel will receive special recognition of his accomplishment at the NSCA National Conference which will be held in New Orleans from July 6-9. 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](http://www.nasca.com).



**Media Note:** To schedule an interview with an award winner, contact [Marketing@nsca.com](mailto: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.