

PRESS RELEASE
FOR IMMEDIATE RELEASE

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National Strength and Conditioning Association (NSCA) Announces 2020 Alvin Roy Award for Career Achievement winner Michael H. Stone, PhD, CSCS, FNSCA

Colorado Springs, CO – The National Strength and Conditioning Association (NSCA) is proud to announce the winner of the organization’s 2020 career awards. These distinguished awards are handed out each year to those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Due to the cancellation of the 2020 National Conference because of the public health concerns of COVID-19, award winners will receive special recognition of their 2020 accomplishment at the 2021 NSCA National Conference, which will be held next year in Orlando, FL from July 7 – 10.

The **Alvin Roy Award for Career Achievement** was created in honor of Alvin Roy, who helped establish strength and conditioning as the cornerstone of any training program, and has been awarded since 1986. Roy was one of the first coaches to show that lifting weights would improve both speed and power, and he helped debunk the myth that lifting weights made athletes slower. In his honor, this esteemed award is given to an individual whose career achievements made a substantial impact on the scientific understanding, methodologies, and practice of resistance training as a component of sports conditioning. The NSCA Board of Directors is honored to announce the 2020 recipient is **Michael H. Stone, PhD, CSCS, FNSCA**.

Dr. Mike Stone is internationally recognized as a favorite presenter at events across the nation and considered one of the leading minds in research in the field of sport science. Now at East Tennessee State University (ETSU), Stone has served as the Director of the Exercise and Sports Science Lab since August 2005. Stone helped establish the Center of Excellence for Sport Science and Coach Education in October of 2008. Stone has also helped to implement the first Sport Physiology and Performance PhD program in the nation at ETSU. During his more than 45-year academic career, Stone has been on the faculty at five different foreign and domestic universities and has seen his work published more than 250 times. Additionally, he has served multiple positions with the United States Olympic Committee, and as the Head Strength and Conditioning Coach at Louisiana State University and as a strength and conditioning coach for Basketball at Auburn University. He has coached several international and national level weightlifters—including one Olympian—and throwers in both the United States and Great Britain. He continues to consult with several professional and collegiate teams concerning their strength and conditioning programs. Stone was recognized as the recipient of the ETSU award for Distinguish Research Faculty in 2008. He is a Fellow of the NSCA and United Kingdom Strength and Conditioning Association (UKSCA). He holds the Certified Strength and Conditioning Specialist® (CSCS®) certification from the NSCA and Accredited Strength and Conditioning Coach (ASCC) certification from UKSCA. In 1991, the NSCA named Stone the Sports Scientist of the Year. Nine years later, the NSCA also honored him with the Lifetime Achievement Award.

“Congratulations to all the award winners for these well-deserved awards,” said NSCA Executive Director Michael Massik. “Each of these individuals have changed many lives and exemplify what it is to be an NSCA professional. We are proud to have them as part of our community.”

The NSCA is the worldwide authority on strength and conditioning, and for more information regarding NSCA and their awards, please visit www.nasca.com.

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



everyone stronger

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.