



Held annually for over 45 years, the **NSCA National Conference** is the largest gathering of the strength and conditioning community—and the only event that unites the entire profession. We invite you to join your colleagues worldwide at NSCACon 2023 in Las Vegas July 12-15 for an outstanding blend of research and application.

JUSTIFICATION TOOLKIT CONTENTS AND STEPS

Use the following steps and advice to seek attendance approval from your employer:

- Compare the **Benefits of Attending** table showing in person versus online and make an argument for which attendance option best aligns with your organization's goals
- Review the **Job Tasks/Conference Connections** table to help you articulate how NSCACon 2023 will advance different areas of your role or professional development
- Cross-reference any areas of improvement on your most recent evaluation with the **event schedule** to identify specific sessions that will support your career growth
- Customize and send the **Justification Letter Template** to your supervisor or director and arrange a meeting to present your ideas in person
- Offer to lead a debriefing session with your team or department after where you will share the experience, knowledge, and resources gained from the event

WHAT WILL YOU ACCOMPLISH AT THE MOST ANTICIPATED EVENT OF THE YEAR?

- » Experience 45+ relevant, evidence-based sessions led by expert speakers
- » Discover and apply the latest industry advancements, technology, and trends
- » Expand your professional network to include thousands of diverse attendees

As the premier event for strength and conditioning professional development, NSCACon delivers practical takeaways that empower you to enhance your program or practice. Proving the event's value to your employer can help persuade them to invest in your attendance.

Benefits of Attending

Compare the advantages of each attendance option

Benefits	In Person	Online
EXPERIENCE Cutting-Edge Educational Sessions	Choose and attend more sessions plus in-person-only activities like round tables, Professional Development Group, and Special Interest Group meetings.	Watch pre-selected sessions live streamed during event.
EARN Continuing Education Credits (CEUs)	Receive 2.0 Category A CEUs and get an additional 1.0 Category D CEUs after passing a free quiz.	Receive 2.0 Category A CEUs.
ENGAGE with Expert Speakers	Ask questions and interact one-on-one with presenters. Participate in hands-on practical sessions to learn techniques and ques directly from the pros.	Ask questions in select sessions via the Q&A feature.
ENJOY Travel Convenience	Spend less on airfare to one of the cheapest places to fly to in the US. Plus, enjoy discounted room rates of \$149 + \$27 daily resort fee (+taxes).	Gain knowledge and skills without leaving home.
CONNECT at Networking Receptions	Expand your professional network between sessions, at round tables, and during two social receptions.	
EXPLORE the Exhibit Hall	Touch and feel the latest tools, products, and technologies. Talk shop with experienced exhibitors.	
REVISIT Session Recordings	Gain 1 year of access to all sessions to review and implement at your own pace	

Job Tasks	Conference Connection
Apply advanced knowledge of exercise science (e.g., anatomy, physiology, biomechanics) that incorporates the latest scientific research and statistics.	Use your enhanced understanding of the human body to improve performance and reduce injury risk . <ul style="list-style-type: none"> » Muscle Fiber Types: What Are They? Why Do We Care? » Pronation: A Full Body Experience
Design training programs that maximize performance and minimize injury potential using various training methods, exercise selection, exercise order, intensity, volume, and periodization.	Build an effective strength and conditioning program upon a strong foundation of scientific principles. <ul style="list-style-type: none"> » Under Construction: Building a Complete Strength, Speed & Conditioning Program » General Strength Circuit Design » Reverse Engineering in Strength & Conditioning: Determining a High-Performance Roadmap
Adapt training for unique athlete or client considerations (e.g., age, sex, training status, specific sport or activity, limitations, and specialized needs or conditions).	Create custom training programs that account for sport-specific or overarching considerations in strength and conditioning; understand the underlying factors that affect performance. <ul style="list-style-type: none"> » Dancers as Athletes: Recommendations for Enhancing Competitive Performance » How to Train Effectively Without Lower Back Pain or Injury » Sex, Gender, and Psychosocial Influences; Research Challenges, Limitations, and Recommendations
Collaborate with organizational staff, such as strength and conditioning coaches, sport coaches, athletic trainers, sport scientists, nutritionists, and other health and performance professionals.	Connect with professionals across the industry, explore sessions outside your scope, and gain strategies that can increase your organizational communication and collaboration . <ul style="list-style-type: none"> » PDG and SIG Leadership Meetings » The Continuum of Certainty: Optimizing Communication in Human Performance » Research & Analysis in Applied Sport: Setting Up a Framework for Communicating Data to Decision-Makers
Use basic nutritional insights to maximize physical performance and recovery, including awareness of the effects, risks, and alternatives of common supplements and performance-enhancing substances.	Employ sound knowledge of nutritional principles related to training toward optimizing performance outcomes . <ul style="list-style-type: none"> » Pre-workout Supplements for Athletes: Considerations for Performance Safety » How to Evaluate Dietary Supplements » Control Issues with Caffeine Research

Job Tasks	Conference Connection
Teach and evaluate proper exercise technique , including movement preparation, resistance training, Olympic weightlifting, plyometrics, speed/sprint technique, agility, and recovery strategies.	Upgrade your programming with a deeper understanding of the benefits, limitations, and applications of different exercises. <ul style="list-style-type: none"> » Bridge the Gap Lecture & Practical: Implementing Eccentric Training: Applications for Improving Hypertrophy, Strength, & Power » Speed & Quickness Development for a Lifetime » Hand Speed & Skills Training Program
Select and administer appropriate evidence-based tests to maximize test reliability and validity and use the results to design or modify training programs.	Get expert guidance and recommendations for test selection, administration, testing technology, and how to maximize results using your metrics . <ul style="list-style-type: none"> » Testing and Profiling Athletes: Recommendations for Test Selection, Implementation, and Maximizing Information » Jump Testing & Iso Strength Testing
Understand the multiple dimensions (e.g., physical, sport development, personal growth, nutrition, recovery, psychological, interventions) of athlete or client preparation in relation to the training process.	Gain exposure to a wide breadth of sessions that allow you to explore new areas of expertise and make important interdisciplinary connections . <ul style="list-style-type: none"> » Bridge the Gap Lecture & Practical: Common Knee Injuries in Youth Athletes and their Implications for the Strength & Conditioning Professional » Profiling Drop Jump Performance: Using Kinetic Analysis to Inform Training Prescription
Design and implement a comprehensive curriculum that supports strength and conditioning and sport science best practices.	See what other schools are doing and improve your instruction with applied learning opportunities that can help students develop crucial problem-solving skills. <ul style="list-style-type: none"> » New: NSCA Educators' Special Interest Group Meeting » Creating Meaningful Learning Opportunities in Strength and Conditioning Education
Educate athletes or clients about effective strategies that can increase range of motion, promote recovery, improve readiness, and enhance quality of life.	Introduce evidence-based strategies that can enhance athlete or client holistic health and development. <ul style="list-style-type: none"> » Using Foot Wedges for Optimal Performance » Cryotherapy Reinvented: The Application of Phase Change Material Cooling in Athlete Recovery » Sleep – Recovery – Adaptation – Client Results: A Practical Coaching Framework
Stay up to date on important industry advancements, including emerging tools, methods, and technology.	Keep up with key changes in the field, safely apply exciting trends , and explore hundreds of new products firsthand in the Exhibit Hall . <ul style="list-style-type: none"> » Probiotics for Health and Performance: An Update » The Youth Physical Development Model 2.0: A 10-year Update » Application of Blood Flow Restriction Training to Maximize Exercise Benefits and Athletic Performance
Hold an active, independently accredited industry certification .	Secure up to 3.0 total CEUs to maintain your NSCA certification in the last leg of the 2021-2023 recertification cycle. <ul style="list-style-type: none"> » Earn 2.0 Category A CEUs regardless of how you choose to attend » Extra 1.0 Category D CEUs if you attend in-person and pass a free quiz
Maintain a current CPR/AED certification .	Required for recertification and often employment, keep your CPR/AED certification up to date with Red Cross training sessions available all day on Wednesday, July 12 (\$75 - Capacity Limited).

Registration Pricing

	Through May 22	May 23 – June 27	June 28 – On-site
Non-Member	\$540	\$570	\$655
Registration + Professional Membership	\$490	\$545	\$595
Professional Member	\$360	\$415	\$465
Registration + Student Membership	\$280	\$310	\$340
Student Member	\$210	\$240	\$270

Dear

I'm writing you to request to attend the 2023 NSCA National Conference (NSCACon) on July 12-15 in Las Vegas, NV. The National Strength and Conditioning Association (NSCA) has been the trusted source for strength and conditioning for over 40 years, and I am confident this event will enhance my performance and professional growth.

The NSCA's annual National Conference brings together all areas of the profession to present the latest research and its practical applications. I will be able to attend hands-on sessions and lectures led by top industry leaders and participate in valuable discussions with other professionals in our field. In addition to learning content directly applicable to my role, I will be able to:

- Leverage the latest science in strength and conditioning
- Implement strategies to increase performance and reduce injury risk
- Identify future job task demands based on the direction of the field
- Increase organizational communication and collaboration

After reviewing the event schedule, I have identified several sessions that align with our department's top priorities, including but not limited to the following:

- 1.
- 2.
- 3.
- 4.
- 5.

Plus, I will be able to explore hundreds of new products and tools in the Exhibit Hall. When I return, I will share my knowledge, experience, and materials and begin applying these insights immediately. I am seeking sponsorship for attendance and have included a detailed cost breakdown below.

	Through May 22	May 23 – June 27	June 28 – On-site
Registration			
Estimated Airfare			
Estimated Hotel			
Total			

This conference earns me 2.0 continuing education units (CEUs) needed to maintain my NSCA certification, and I can obtain an additional 1.0 CEUs at no extra cost if I attend in person. I hope you agree that my participation in NSCACon 2023 will benefit not only me but our entire program. If so, I would like to sign up as soon as possible so we can save budget dollars with discounted early pricing.

Thank you for your consideration.

Very Respectfully,