



2025 **TACTICAL** NSCA **ANNUAL TRAINING**

Earn 2.0 CEUs



San Antonio, TX & Online | AUG 26 - 29, 2025

Make a Strategic Investment in Readiness

Join the Leading Event for Tactical Human Performance

Tactical professionals across public safety and military settings face tighter budgets, staffing shortages, and higher performance expectations. Rise to the challenge with **2025 Tactical Annual Training**. Unite with our community this **August 26–29** in **San Antonio, TX**, for evidence-based strategies to optimize readiness, reduce injury risk, and extend longevity — delivering **immediate operational impact**.

Learn from the Founders of Tactical Strength and Conditioning

Home to the **Tactical Strength and Conditioning Facilitator® (TSAC-F®)** — the first and only NCCA-accredited tactical training certification — and TSAC Report journal, the NSCA remains the authority in **tactical human performance**.

"Tactical Annual Training was excellent! Everything was first-class, including the speakers, topics, exhibits, food, and so forth. The perfect conference."

— Doug Briggs

PhD, CSCS,*D, USAW, RSCC*E

Holistic Health and Fitness (H2F) Program Director, U.S. Army

The True Cost of Tactical Performance

The hidden expenses of poor performance — costly injuries, burnout, absenteeism, and early retirements — take a toll on budgets and operational effectiveness.

2025 NSCA Tactical Annual Training delivers proven, actionable tactics designed to:

- » **Reduce injury risk, drastically cutting medical expenses and downtime**
- » **Boost retention by enhancing resilience and mitigating turnover**
- » **Improve performance with limited resources and data-driven methods**

Invest in tactical performance training now — and avoid the greater costs of compromised readiness later.

Keep Your Edge

COMMIT NOW to connect, collaborate, and learn hands-on with our community at the forefront of tactical performance.
REGISTER EARLY & SAVE

2025 TACTICAL NSCA ANNUAL TRAINING

Benefits of Attending

Compare the advantages of each attendance option

Benefits	In Person (Best Value)	Online
EXPERIENCE Cutting-Edge Educational Sessions	Choose and attend more sessions plus in-person-only activities like roundtables and professional interest meetings.	Watch pre-selected sessions live-streamed during event.
ENGAGE with Expert Speakers	Ask questions and interact one-on-one with presenters. Participate hands-on to learn directly from the pros.	Ask questions in select sessions via the Q&A feature.
ENJOY Travel Convenience	Extend your stay and enjoy the venue! Make it a workcation and take advantage of the amenities under our \$137 (+ taxes and discounted \$10 resort fee) room rate.	Gain knowledge and skills without leaving home.
CONNECT at Multiple Receptions	Expand your professional connections at designated networking sessions and several social receptions.	
EXPLORE the Exhibit Hall	Touch and feel the latest tools, products, and technologies and talk shop with experienced exhibitors.	
EARN Continuing Education Credits (CEUs)	Receive 2.0 Category A CEUs toward your 2024–2026 NSCA recertification.	
REVISIT Session Recordings	Receive 1-year of access to all presentation slides and session recordings to review and implement at your own pace (delivered approximately 2 weeks after the event).	

Registration Pricing

	Through July 9	July 10 – August 13	August 14 – On-site
In-Person or Online Attendance	\$460	\$510	\$560

2025 TACTICAL NSCA ANNUAL TRAINING

Job Tasks	Conference Connection
Apply advanced knowledge of exercise science (e.g., anatomy, physiology, biomechanics) that incorporates the latest scientific research.	Improve performance and reduce injury risk. <ul style="list-style-type: none"> » Understanding allostatic load management and recovery » Reducing injury risk with foot, ankle, and trunk biomechanics
Design training programs that maximize performance and minimize injury potential using various training methods, exercise selection, exercise order, intensity, volume, and periodization.	Build an efficient and effective strength and conditioning program. <ul style="list-style-type: none"> » Implementing non-linear periodization with biofeedback tools » Applying minimal effective dose training to mitigate constraints
Adapt training for unique tactical athlete considerations (e.g., age, sex, training status, limitations, and specialized needs or conditions).	Create custom training programs. <ul style="list-style-type: none"> » Customizing around shift schedules, injury status, and pain » Tailoring drills for diverse training statuses, roles, and contexts
Teach and evaluate proper exercise technique , including movement preparation, resistance training, Olympic weightlifting, plyometrics, speed/sprint technique, agility, and recovery.	Program with a deeper understanding of the benefits, limitations, and applications of exercises. <ul style="list-style-type: none"> » Coaching tactical-specific agility and change-of-direction skills » Optimizing barbell technique using biomechanical analysis
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.	Apply nutritional principles related to training to optimize performance outcomes. <ul style="list-style-type: none"> » Applying tactical nutrition strategies for performance and recovery » Leveraging bloodwork for targeted nutritional interventions
Select and administer appropriate evidence-based tests and technology to optimize reliability and validity and design or modify training programs.	Learn what to test and how to use your metrics to maximize results. <ul style="list-style-type: none"> » Using wearable technology, predictive analytics, and monitoring » Incorporating applied sport science into tactical environments
Understand the multiple dimensions (e.g., psychological and physical development, personal growth, nutrition, recovery, interventions) of tactical athlete preparation in relation to the training process.	Make important interdisciplinary connections. <ul style="list-style-type: none"> » Integrating cognitive and fascial techniques to optimize resilience » Enhancing leadership, communication, and holistic collaboration
Hold an active, independently accredited industry certification.	Stay on track for the 2024-2026 recertification cycle by securing 2.0 Category A CEUs to maintain your NSCA certification.

Dear

I am requesting your approval to attend 2025 NSCA Tactical Annual Training on August 26–29 in San Antonio, TX. Presented by the National Strength and Conditioning Association (NSCA), this event offers highly specialized hands-on learning and networking opportunities specifically for tactical professionals.

As the premier event for tactical human performance, Tactical Annual Training unites experts across law enforcement, fire and rescue, and military communities to deliver evidence-based, immediately actionable strategies. My attendance will directly enhance my ability to:

- Apply the latest scientific research to improve readiness and resilience
- Implement proven strategies to reduce injury risk and associated costs
- Stay ahead of evolving job demands, improving our strategic preparedness
- Foster interdisciplinary collaboration and holistic approaches to wellness

I have identified several key sessions that directly align with our program's top priorities:

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

Additionally, I will be able to explore innovative tactical products and tools in the Exhibit Hall. Upon my return, I will share insights, resources, and best practices with our team to support immediate application. Below is a detailed cost estimate:

	Through July 9	July 10 – August 13	August 14 – On-site
Registration	\$460	\$510	\$560
Estimated Airfare			
Estimated Hotel			
Total			

Attending also fulfills 2.0 continuing education units (CEUs) required to maintain my NSCA certification, ensuring I stay on track for the 2024-2026 recertification cycle. Registering early will maximize our budget dollars and overall return on investment. Given the event's specialized insights and collaborative opportunities, I am confident Tactical Annual Training will deliver lasting value to our program.

Thank you for your consideration.

Very Respectfully,