



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAGoaches22

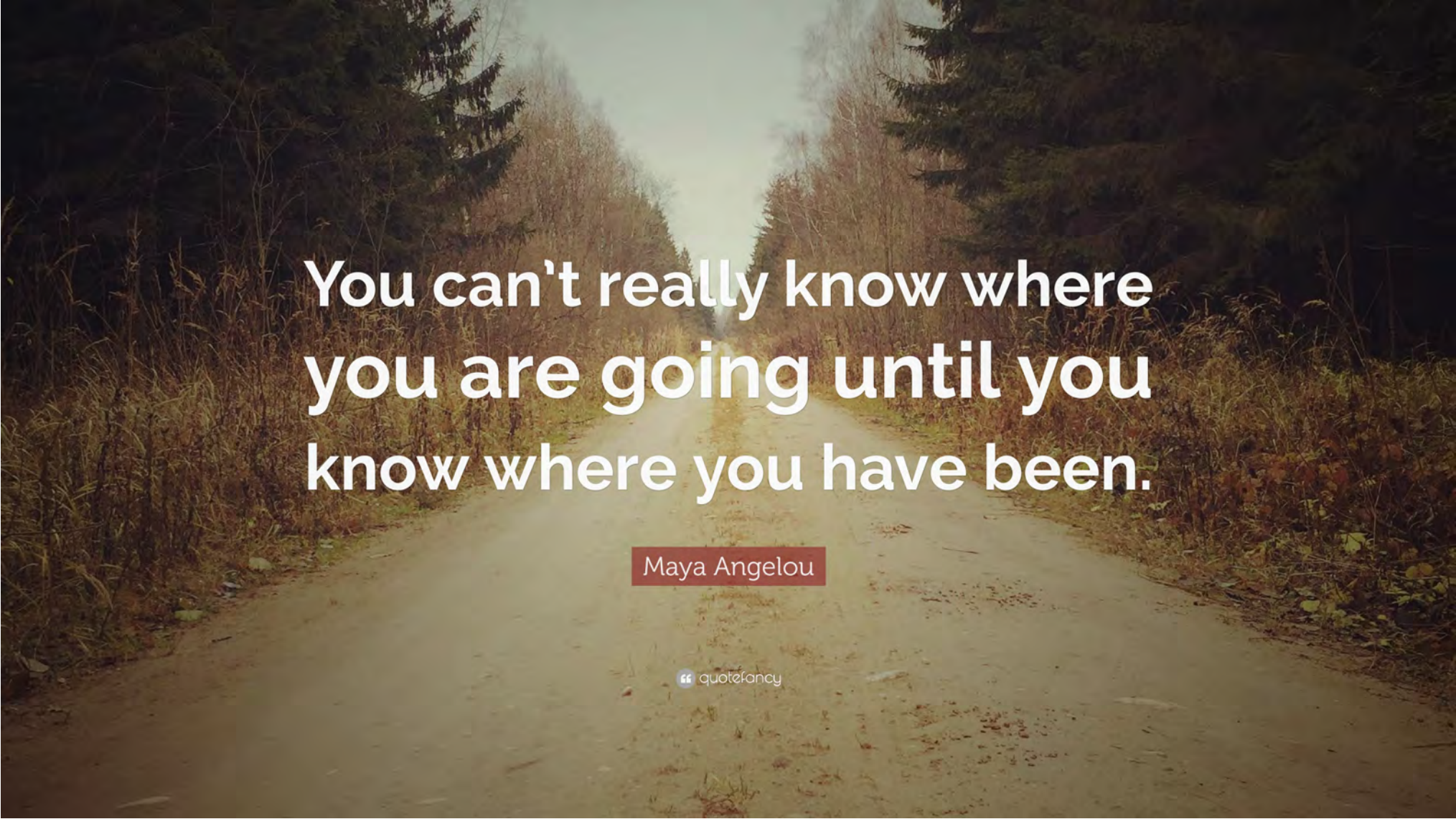
CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Acknowledgements

- The NSCA & Eric McMahon for challenging me with this opportunity and trusting me to talk
- All of you here today for taking your valuable time to spend with me
- All the strength coaches, sport coaches, sports medicine personnel & front office executives that I've had the pleasure of working with or who have shared knowledge with me over the years
- All the tremendous athletes that I have had the pleasure to coach, and can now count as friends
- My family & friends for all their support
- All of the men & women of the US military for fighting for my freedom to do what I love for a living

DO THE SIMPLE THINGS SAVAGELY WELL



You can't really know where
you are going until you
know where you have been.

Maya Angelou

“ quote fancy

A LITTLE HISTORY LESSON.....

In July 1978, 76 attendees went to the first
"NATIONAL STRENGTH COACHES ASSOCIATION" conference, organized by
Boyd Epley in Lincoln, NE



*first NSCA logo

...the profession grows

In 1981, the name of our association was changed to what we know it as now:

The National Strength & Conditioning Association



In June 1985, the first CSCS examination took place, with 126 of 168 testers passing.



There are currently nearly 40,000 individuals that hold the CSCS credential....think about that

1990's....

- January 1993: introduction of the "NSCA Strength & Conditioning for Football" conference...preceded the annual AFCA Convention

- * Summer 1996: NSCA Atlanta, I take and pass my CSCS

21st Century....

- July 2005: The Registered Strength & Conditioning Coach program is initiated



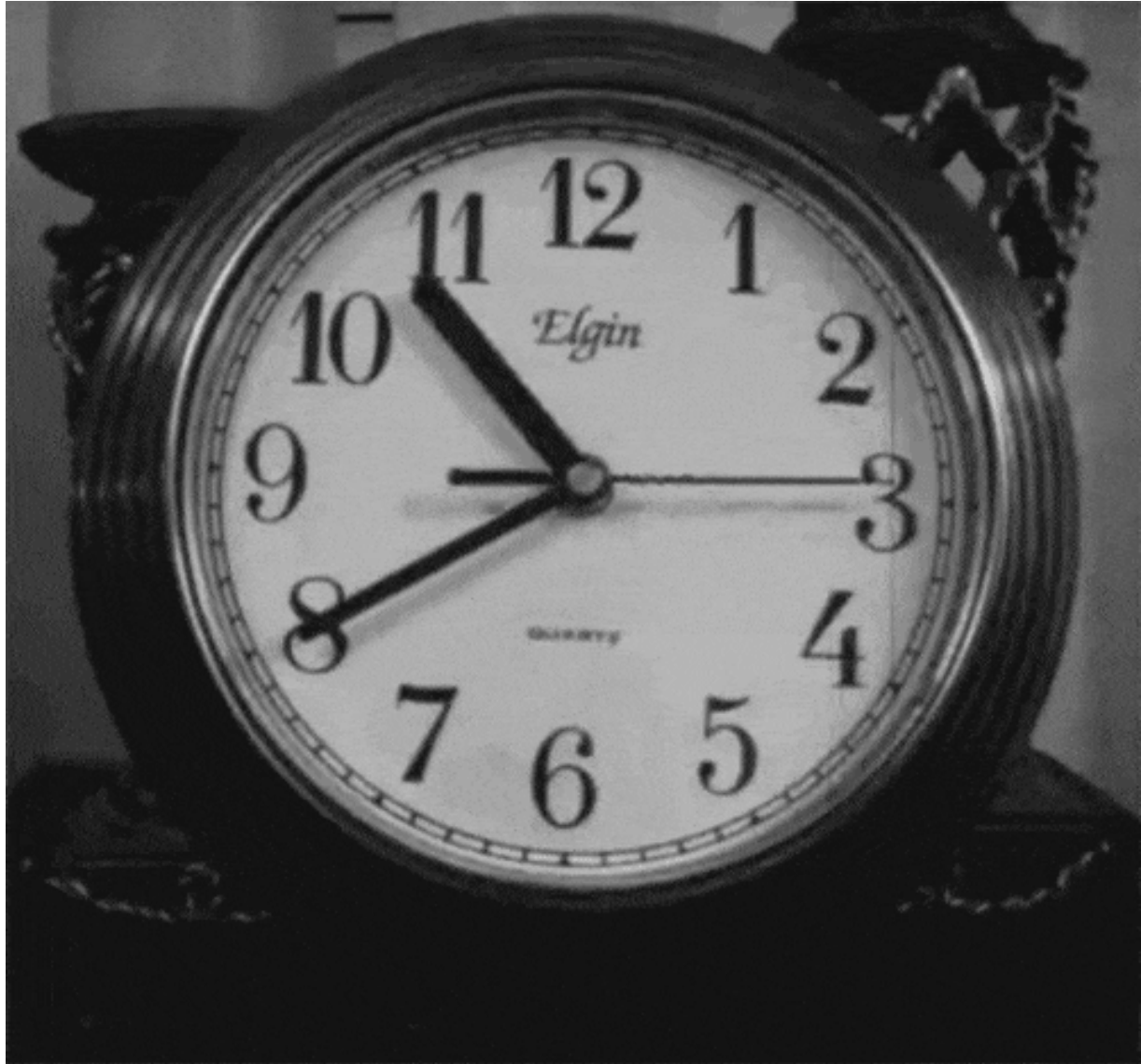
RSCC by the numbers...

RSCC: 1200

RSCC*D: 260

RSCC*E: 180

- 2010: The "Sport Specific Conference" become the "Coaches Conference"
- 2021: this year's Coaches Conference has over 1000 people registered, between virtual & live participants



**OK, enough
“history”, let’s get
to the task at
hand....**



**What are the needs
of the game??**



**What are the
fundamentals of your
program???**

**What is your work
back???**

WHAT ARE YOUR GUIDING PRINCIPLES??.....

- Ground based lifting & running (energy system development)
- Lift heavy to elicit adaptation & get strong
- Run hard/fast to get fast!
- Move well to be efficient
- Squat, lunge, hinge, push, pull, carry
- Value of the BAR! But....can you move/brace/brake? Don't rush to load, but in the long run? You will have to LOAD!
- Monitor load/fatigue – simple: “how do you feel?”

WHO ARE YOUR INFLUENCERS?....

And in what domain do they influence you?...

Influencers: Family, mentors, professional peers

- We tend to gravitate to like minded people but be open to dialogue! Listen! When you have dialogue (sometimes spirited dialogue), there is a strong likelihood that you will find something of value that you can use to supplement/enhance your program without compromising or changing your whole philosophy!

EXERCISE SELECTION

POWER 5 & GROUP OF 5

POWER 5

- CLEAN
- SQUAT
- SPRINT
- BENCH
- DEADLIFT



GROUP of 5

- TPD
- LUNGE/UNI-LAT LEG
- ROW/CHIN
- PUSH PRESS
- FARMER WALK

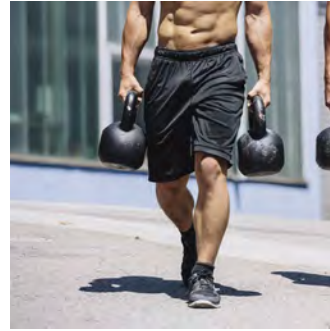
Progress
Takes Time
Just Work Hard
And Be
Patient



INITIALLY, THESE WERE OUR ASSESSMENTS...



OUR KPI's...



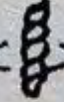
Outs Above Average																
Rk.	Player	Team	Year	Pos	Runs Prevented	OAA	To				RHB		Success Rate	Estimated Success Rate	Success Rate Added	
							In	Player's Right	Player's Left	Back	LHB	LHB				
1	 Frazier, Adam		2019	2B	9	11		1	2	7	1	6	5	94%	90%	4%
2	 Reynolds, Bryan		2019	LF	2	2		0	1	-1	2	1	1	86%	85%	1%
3	 Marte, Starling		2019	CF	2	2		0	3	1	-2	0	2	87%	87%	0%



NOW...

Grow your toolbox over time....



——
Sometimes
I have to
REMIN
myself
that I don't
have to do
what
EVERYONE
ELSE
is doing.
——

**“Absorb what is
useful.
Discard what
is not,
Add what is
uniquely your
own.”**



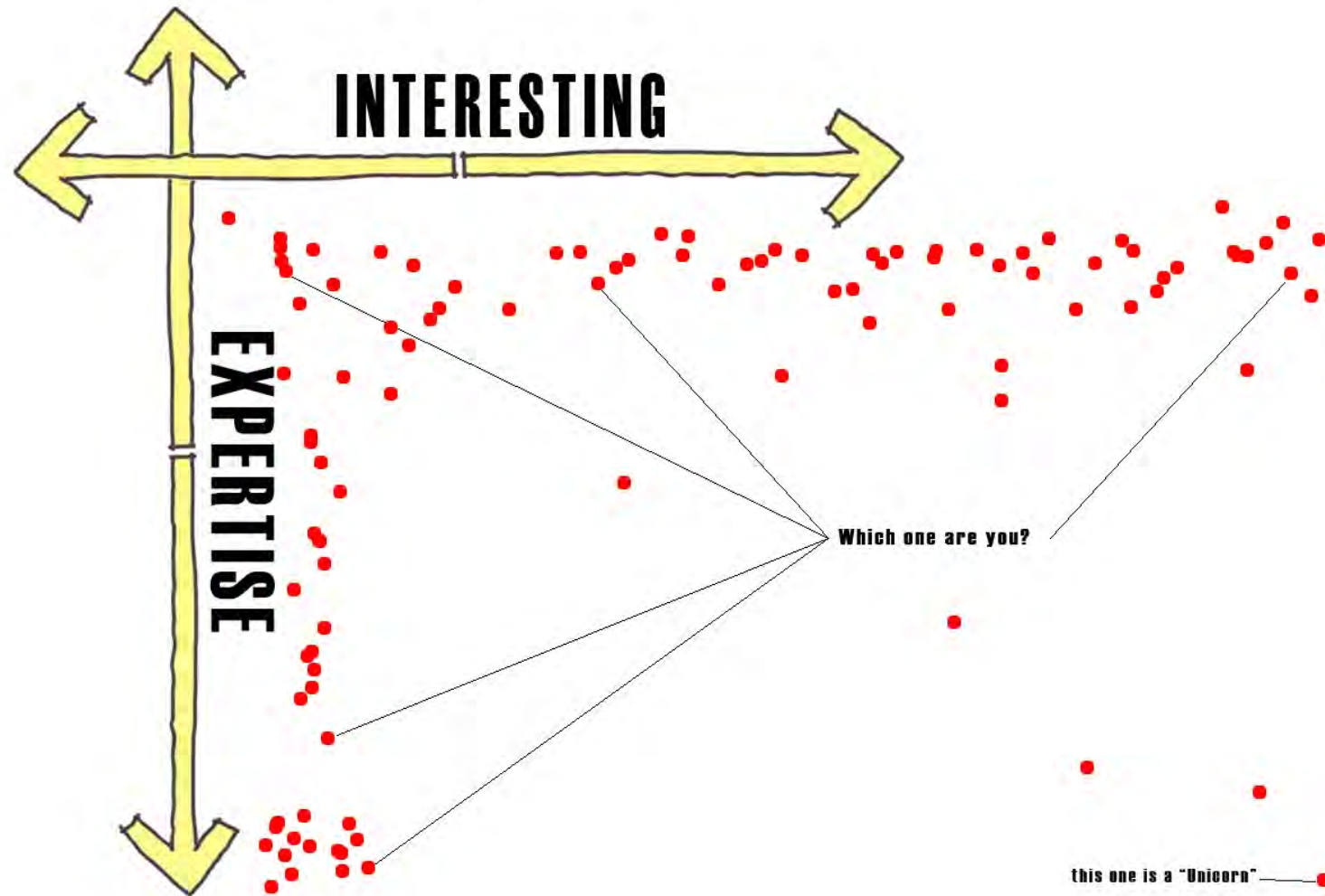
ELEMENTS & CONSIDERATIONS

- **GENERAL ADAPATATIONS/SPECIFIC ADAPTATIONS**
- **FITNESS**
- **FILL GAPS! GIVE THEM WHAT THEY DON'T GET**
- **CONTINUE TO IDENTIFY LIMITATIONS, ONGOING ASSESSMENT – DON'T THINK OF IT AS "TESTING"**
- **CONSISTANT, REPEATABLE, VALID**
- **IN THE END, THE GAME WILL TELL YOU (AND YOUR ATHLETE)**

The inherent problem with being a “jack of all trades” is that the quality of your work will inevitably be sacrificed in the name of quantity.



INCH
WIDE
MILE
DEEP







“Before I studied the art, a punch to me was just like a punch, a kick just like a kick. After I learned the art, a punch was no longer a punch, a kick no longer a kick. Now that I’ve understood the art, a punch is just like a punch, a kick just like a kick. The height of cultivation is really nothing special. It is merely simplicity; the ability to express the utmost with the minimum.”

~BRUCE LEE



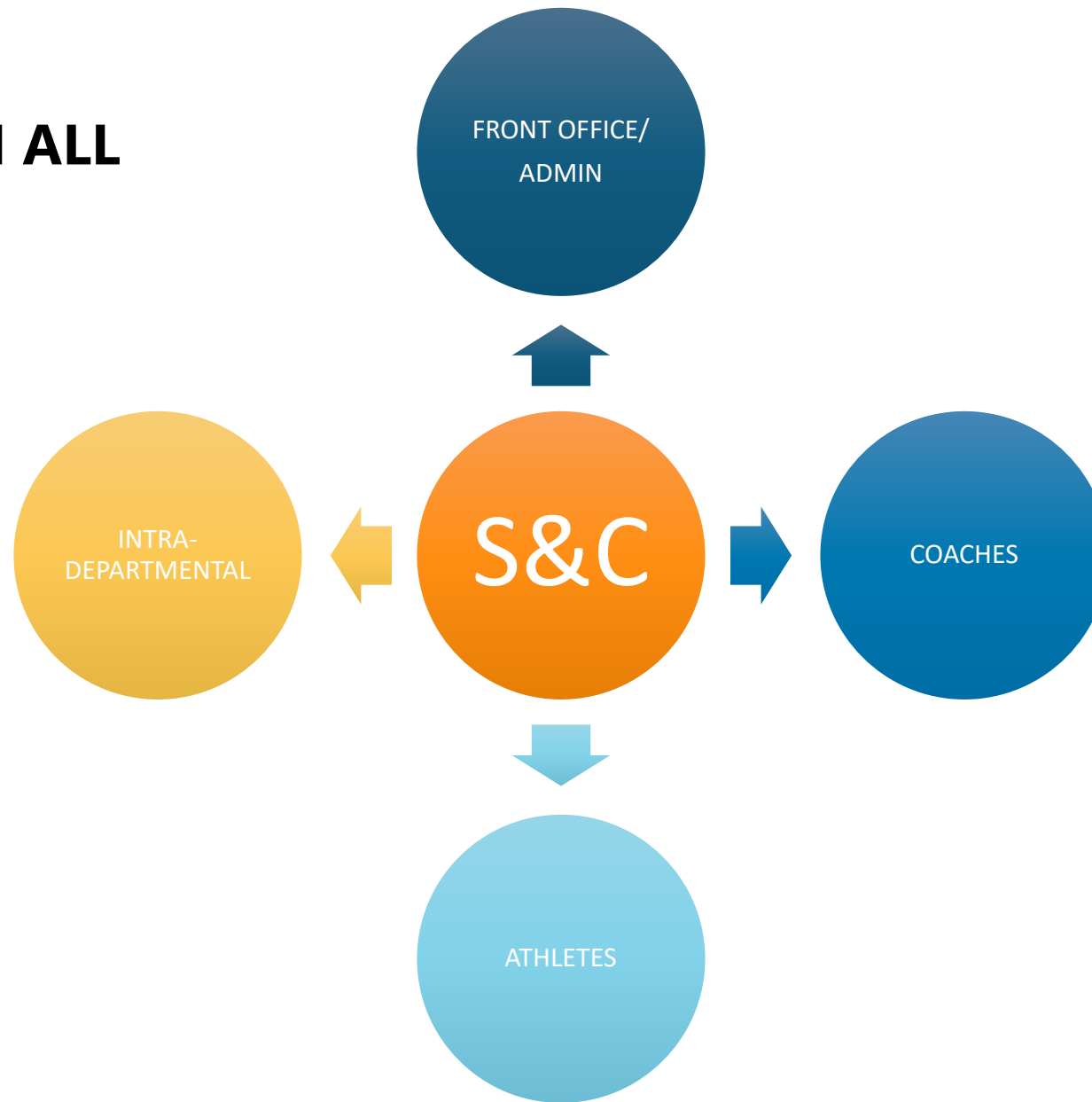


"You had me at Coach"





EDUCATE & COMMUNICATE IN ALL DIRECTIONS





STRENGTH COACH

SPORTS SCIENTIST

STRENGTH & CONDITIONING COACH

PERFORMANCE COACH

PHYSICAL PREPARATION COACH

DIRECTOR OF PERFORMANCE

In the end.....

As strength & conditioning practitioners, we are entrusted to ensure safe and effective programming for those that we are there for

AS WE
LOSE OURSELVES
IN THE
service
OF OTHERS
WE DISCOVER
our own lives
AND OUR
OWN
happiness
—Dieter F. Uchtdorf—

“Taking care of myself doesn’t mean ‘me first.’ It means ‘me, too.’”
— *L.R. Knost*



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Thank You