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## Highly Engaged Member

BEGIN LEADERSHIP

Join a State Advisory Board or Professional Development Group (PDG)

Join the Executive Council on a Special Interest Group (SIG)

Become an RSCC

Speak at an NSCA State Clinic or Regional Conference

Collaborate with others in your field of interest

Submit article for online NSCA publications

Share your expertise by commenting on SIG or PDG posts

~1-3 HOURS/MONTH

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## Subject Matter Expert

GROW LEADERSHIP

Join PDG leadership or lead a SIG

Apply for a Committee or State Director role

Join an NSCA task force

Speak at a National NSCA Conference

Submit speaking proposal for NSCA TV educational content

Contribute content on NSCA SIG/PDG Facebook pages

Submit an abstract

Become a mentor through the Foundation's Assistantship Program

~1-3 HOURS/MONTH

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## Thought Leader

ADVANCE LEADERSHIP

Become a Regional Coordinator, Committee Chair, or lead a PDG

Join an NSCA task force or NSCA Committee

Earn RSCC\*D or RSCC\*E

Lead a Roundtable Discussion or Career Talk at the national level

Speak at an NSCA Global Conference

Submit articles to the NSCA Journals

Review articles for online NSCA publications

Write NSCA TV Content

Lead a mentorship program

~2-4 HOURS/MONTH

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## Industry Legacy

STRATEGIC LEADERSHIP

Lead the NSCA Nomination Committee

Lead the NSCA Board of Directors

Become an NSCA Fellow

Speak as Keynote at an NSCA National or Global Conference

Host an NSCA TV Content Series

Get published in industry books such as with Human Kinetics

Launch a mentorship program

~3-5 HOURS/MONTH

**Serve as a Leader**

**Serve as a Speaker**

**Serve as a Writer or Mentor**