

Type:				
<input type="checkbox"/> Career	<input type="checkbox"/> Annual	<input checked="" type="checkbox"/> Service	<input type="checkbox"/> Special	<input type="checkbox"/> Honor
Award Sponsor(s):		NSCA L.I.F.T. Committee		
Proposed Award or Honor Name:		ELEVATE Award		
Current Award/Honor Name, if applicable:				
Rationale (If new, cannot overlap with a current award or honor):				
<p>This award is a recognition given to NSCA members that have demonstrated exceptional commitment to and effectiveness in Equity, Leadership, Empowerment, Visibility, Access, Training, and Excellence within Strength and Conditioning. Recipients of this award are those who have innovated in expanding the practice of strength and conditioning into new communities and/or fields of practice. This award celebrates achievements by those who have innovated the application of the profession, inspiring increased participation and tangible results.</p>				
Conference award is to be given at or presented:				
<input type="checkbox"/> Coaches	<input checked="" type="checkbox"/> National	<input type="checkbox"/> Tactical	<input type="checkbox"/> Personal Trainer	
Minimum eligibility requirements to be considered for this award/honor (include membership, certification, degree, etc.):				
<p>At least three consecutive years of membership with the NSCA; at least one completed, full year of service within a volunteer role to the NSCA and/or the NSCA Foundation.</p>				
How will this award/honor be evaluated? Check all that apply. Include draft procedures of each item checked.				
<input type="checkbox"/> Subjective	<input checked="" type="checkbox"/> Objective	<input type="checkbox"/> Criteria Sheet	<input checked="" type="checkbox"/> Essay	<input type="checkbox"/> Conference presentation submission

Objective Scorecard

Minimum Eligibility	Total Possible Points
3 consecutive years of NSCA membership	3 points
At least 1 full year serving in a volunteer role	1 point
Total	4 points
Additional Criteria	
Additional years of consecutive NSCA membership (1 point per 3 consecutive years; 2 points max)	2 points
Completed term in an NSCA volunteer position beyond required (1 point per completed term; 3 points max)	3 points
Completed term on the L.I.F.T. committee (1 point per term; 2 points max)	2 points
Served as Chair of the L.I.F.T. committee (1 point max)	1 point
Total	12 points

Essay/Personal Statement Rubric

** The essay/personal statement may be submitted either as a written or a recorded video statement.*

**To be reviewed by at least three members of the NSCA L.I.F.T. Committee*

**Impact of involvement is a letter of reference from an individual familiar with your ELEVATE work. A tie will be broken by committee vote.*

**Award recipients will be required to send a video that captures the impact of the ELEVATE-related initiatives; an NSCA media-release waiver will be provided to be signed by all participants.*

Definitions

Excellent	<ul style="list-style-type: none"> • Definition: Demonstrates outstanding leadership, promotes equity, adds significant value, empowers others, and ensures accessibility in all aspects of strength and conditioning. • Example: A coach who consistently inspires their team, actively promotes diversity and inclusion, introduces innovative training methods that significantly improve performance, empowers athletes to take ownership of their development, and ensures all training resources are accessible to everyone, regardless of their background or abilities.
Very Good	<ul style="list-style-type: none"> • Definition: Shows strong leadership, supports equity, contributes valuable insights, empowers others effectively, and maintains good accessibility. • Example: A professional who frequently motivates their members, supports fair

	treatment and equal opportunities, contributes valuable strategies that enhance team performance, regularly encourages team members to develop their skills, and maintains good accessibility to training resources for most team members.
Good	<ul style="list-style-type: none"> • Definition: Provides solid leadership, considers equity, offers useful contributions, empowers others adequately, and ensures reasonable accessibility. • Example: A coach who provides solid guidance, shows awareness of equity issues, offers useful contributions that help the team perform effectively, encourages team members to take on new challenges, and ensures reasonable access to training resources.
Fair	<ul style="list-style-type: none"> • Definition: Exhibits basic leadership, has some awareness of equity, makes moderate contributions, occasionally empowers others, and maintains minimal accessibility. • Example: Someone who exhibits basic leadership skills, occasionally addresses equity issues, makes moderate contributions that sometimes benefit the team, occasionally supports team members in their development, and provides minimal access to training resources.
Poor	<ul style="list-style-type: none"> • Definition: Lacks leadership, neglects equity, offers limited value, rarely empowers others, and fails to ensure accessibility. • Example: A coach who lacks effective leadership, neglects equity issues, offers limited contributions that rarely benefit the team, rarely encourages or supports team members, and fails to ensure access to necessary training resources.

	Excellent	Very Good	Good	Fair	Poor
Involvement in ELEVATE initiatives in workplace or school (consider years of involvement/volunteer service)	5	4	3	2	1
Involvement in ELEVATE initiatives in community (consider scope and quality of community engagement)	5	4	3	2	1

Contributions and commitment to NSCA ELEVATE initiatives or programs (Consider how their leadership has encouraged more mentoring activities or engagement with the NSCA)	5	4	3	2	1
Impact of involvement in ELEVATE-related initiatives or programs (Consider the specific impact evidenced by the letter of recommendation)	5	4	3	2	1
Total					