

## High School Strength & Conditioning Coach of the Year Award Criteria Sheet

Covering the Calendar Year 2025

Name of Nominee: \_\_\_\_\_

Criteria	Yes or No	Expiration Date
<b>Eligibility Requirements</b>		
Current NSCA Member		
NSCA CSCS Certification		
Not a previous recipient		
Cover letter, Resume or CV received		
<b>General Criteria</b>		
Years of CSCS	1 pt per year held	
NSCA Registered Strength Coach (RSCC) (select highest level of designation)	2 pts RSCC 3 pts RSCC*D 4 pts RSCC*E	
Additional NSCA certification	2 pts	
Bachelors Degree (select highest degree earned)	2 pts	
Masters Degree (select highest degree earned)	3 pts	
Doctorate Degree (select highest degree earned)	4 pts	
<b>Subtotal</b>		
<b>NSCA Involvement</b> (Documentation Required) Points are for 202x unless otherwise noted.		
Board of Directors Member (NSCA or Foundation), NSCA Regional Coordinator, State Director, Committee Chair, PDG Chair, or SIG Chair	4 pts ea.	
NSCA Committee Member, PDG Executive Council Member, Taskforce Member, SIG Executive Council Member, or State Advisory Board Member	3 pts ea.	
Contributing towards growth and development of the HS / LTAD SIG Facebook and LinkedIn Group Communities	1 pt per 5 posts (2 pts max)	
Attended NSCA Annual Conference (Coaches, TSAC, National, Personal Trainers)	3 pts ea.	
Attended NSCA Clinics (Live or Virtual)	2 pts ea.	
Attended NSCA State or Regional Clinic	2 pts ea.	
Instructor for NSCA Exam Prep, Foundations of Coaching Lifts, or NSCA Tactical Course	5 pts ea.	
NSCA Awards <i>lifetime</i>	1 pt ea.	
<b>Subtotal</b>		
<b>Educational/Coaching Activities</b> (Documentation Required) Points are for 202x unless otherwise noted.		
Hosted NSCA Exam Prep, Foundations of Coaching Lifts, or NSCA Tactical Course	2 pts ea.	
Hosted an NSCA Regional/State Clinic	5 pts ea.	
Strength and Conditioning Course and/or Physical Education / Exercise Related /Curriculum Development	2 pts/for each new and different course developed	

(Must be approved by the district. Verified by Assistant Principal /Athletic Director)	(no points for modification of existing courses)	
Currently Teaching Strength and Conditioning Classes or Coursework (1 semester class = 2 points)	2 pts/class	
Hosted a State or Local Coaches Clinic related to S & C	2 pts	
Attended Non-NSCA Strength Coach Event (State, Local Presentations, Webinars, etc)	1 pt ea. (4 pt cap)	
Supervisor of Student Teacher or Coach in S & C	2 pts per semester	
Received the Strength of America Award or NSCA School of Distinction	5 pts	
Team in post-season play	1 pt per team	
Team state, national championship or runner-up	2 pt per team	
Individual sport / event championship (e.g., division, section, region, state, national)	1 pt per athlete (1 pt cap per athlete)	
High School Gatorade State Player of the Year during the school year	1 pt	
Number of student-athletes on the Honor Roll (Must be verified by Assistant Principal / Athletic Director) during the school year; Number of Student-Athletes Receiving “Scholar-Athlete” Awards (Awarded for dual Academic-Athletic success - Must be verified by Assistant Principal / Athletic Director) during the school year	1 pt ea (2 pts max)	
Nominated NSCA All-Americans S&C Athlete of the Year, <i>this year</i>	2 pt each / 4 pts max	
<b>Subtotal</b>		
<b>Publications and Presentations</b> (Documentation Required) Points are for 202x unless otherwise noted.		
Authored or co-authored an article or column (JSCR, SCJ, TSAC Report, NSCA Coach, PTQ)	2 pts per article	
Editor / Reviewer for JSCR/SCJ/NSCA Coach/PTQ/TSAC Report	1 pt per 3 articles	
Editor / Author for NSCA book or chapter	2 pts ea.	
Non-NSCA peer reviewed articles	1 pt ea.	
Coaching/Fitness Industry Publications	1 pt ea.	
Presented at an NSCA Annual Conference, Clinic, State, or Regional Conference, Event, or Webinar (Live or Virtual)	5 pts ea.	
Podcast Guest - Strength and Conditioning Related	1 pt ea.	
Presenter - Non-NSCA Strength Coach Event ( <i>State, Local presentations, webinars etc</i> )	2 pt ea.	
<b>Subtotal</b>		
<b>Miscellaneous Category</b> (Documentation Required) *		
Volunteer coaching, after-school education, etc. with justification during either the school year or summer vacation	1 pt ea.	
Non-NSCA (Coaching Related) Awards – School, Local, State, etc	1 pt ea.	
<b>Total Maximum Points (no point minimum)</b>	<b>Points must come from at least two categories.</b>	