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**IAN JEFFREYS** is an internationally renowned and award-winning coach, educator, and author. A former professional rugby player and international coach, he is regarded as a world authority in the development of speed and agility for team sports where his Gamespeed system and RAMP warm-ups have significantly impacted practice around the world. He is an Emeritus Professor in strength and conditioning and a visiting professor at Reykjavik University. Through his company, All-Pro Performance, he delivers education programs in a number of countries. In 2021, he was awarded a career achievement award by the Strength and Conditioning Society. Jeffreys has authored/edited 12 books, over 30 book chapters, and over 100 peer-reviewed strength and conditioning articles. He is the Editor of Professional Strength and Conditioning and is on the Editorial Board for the NSCA's Strength and Conditioning Journal and the Journal of Australian Strength and Conditioning. He is a much sought-after conference presenter, having delivered talks and workshops in over 20 countries. A Fellow of the NSCA, Jeffreys has been a member of the organization since 1989. He was on the Board of Directors of the NSCA between 2016 and 2019, was the organization's Vice President between 2018 and 2019, and was the NSCA High School Professional of the Year in 2006. He is a Founding Member and Fellow of the United Kingdom Strength and Conditioning Association and was a member of the Board of Directors from the organization's inception in 2004 through 2013.

**DUNCAN FRENCH** is globally recognized as a leading expert in high performance sport, having 25 years of experience working with athletes from over 40 different professional and Olympic sports. Presently, French is the Vice President of Performance for the UFC Performance Institute. He is responsible for directing high performance services to 650 UFC fighters globally, as well as managing three state-of-the-art high performance facilities in Las Vegas and Shanghai, with

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Mexico City opening in 2023. Prior to joining the UFC, French was the Director of Performance Sciences and the Director of Strength and Conditioning for Olympic Sports at the University of Notre Dame. Before residing in the USA, he was a Technical Lead for Strength and Conditioning at the English Institute of Sport. He has supported three Olympic cycles and has been the national lead for strength and conditioning to both the Great Britain Basketball Team and Great Britain Taekwondo. French is the former Head of Strength and Conditioning at Newcastle United FC in the English Premier League. As a strength and conditioning coach, he has coached Olympic, World Championship, and Commonwealth Games medalists, as well as world-record holders. As a researcher, he has authored or co-authored over 60 peer-reviewed scientific manuscripts, nine book chapters, and is the co-editor for the NSCA's Essentials of Sport Science textbook. He was the chairman of the UK Strength and Conditioning Association from 2011 – 2013 and received an Honorary Fellowship in 2014 for his services to the strength and conditioning industry.

**JAYNIE BJORNARAA** has been physical therapist since 1984, specializing in sports and orthopedic injuries (APTA Board certified in Sports). She is a Certified Strength and Conditioning Specialist (CSCS) and Certified Special Populations Specialist (CSPS) by the National Strength and Conditioning Association (NSCA). She served on the NSCA Certification Committee (chair and member), NSCA-CPT and CSPS item writing committees, NSCA Nomination Committee, and on the NSCA Board of Directors. She is also certified as an athletic trainer (ATC) and has worked extensively with various sports teams, traveling nationally and internationally. Bjornaraa served as the Chair of the Nominating Committee for the Sports PT Academy (AASPT) of the American Physical Therapy Association (APTA), the MNAPTA Nominating Committee, and AASPT item writing and cut score committees as a content expert. After 15 years of teaching at St. Catherine University in Minneapolis/St. Paul Minnesota in the Doctor of Physical Therapy (DPT) program, she recently shifted from core faculty (full professor) to adjunct professor. Her teaching responsibilities included anatomy (including dissection) and various orthopedic injury management and intervention topics. She also added advanced strength and conditioning to the DPT curriculum where students learn and experience Olympic and Power Lifting exercises. Her area of research predominantly included ACL injury and biomechanical analysis of high-risk movement patterns. She is currently the Senior Vice President of Rehab Services and Digital Fitness Solutions at American Specialty Health where she manages the medical necessity review team of PT/OTs and oversees digital fitness programming for health plan members.

**SHAWN M. ARENT** is a Professor and Chair of the Department of Exercise Science at the University of South Carolina in the Arnold School of Public Health, which houses one of the top-ranked PhD and sport science programs in the nation. He is also the Director of the USC Sport Science Lab. Previously, he was a Professor at Rutgers University, where he directed the Center for Health and Human Performance and the graduate program. His research focuses on the relationship between training, nutrition, and stress and the implications for health, performance, and recovery. Dr. Arent has been honored with the 2017 NSCA William J. Kraemer Outstanding Sport Scientist Award, a Lifetime Service Recognition from the US Army 3-314th Field Artillery Thunder Battalion (the first such award given to a civilian), and the 2016 International Foundation for Nutrition and Health Director's Award for Excellence. Additionally, he has worked with the United States Special Operations Command (USSOCOM) as well as teams and athletes with the NHL, MLB, NBA, NFL, US Ski and Snowboard, the US Soccer Federation, and several teams at the youth, high school, and collegiate levels.

**ALEXIS BATRAKOULIS** is a multi-award-winning exercise professional with almost three decades of experience who currently works as an Adjunct Professor, personal trainer, and fitness educator based in Greece. He holds a Bachelor of Science in Physical Education and Sports Science, a Master of Science in Exercise and Health, and a PhD in Clinical Exercise Physiology. He has authored over 80 international peer-reviewed publications on exercise with over 1,100 citations, including a chapter in the latest editions of the NSCA's and ACSM's personal training textbooks. He is the Founder of the International Obesity Exercise Training Institute (IOETI), teaching internationally approved continuing education courses for personal trainers in 45 countries across five continents. Dr. Batrakoulis serves on several NSCA committees and as a reviewer for Personal Training Quarterly (PTQ), and previously served as a sponsor of the NSCA Education Recognition Program (ERP) in Greece. He is also the Vice Chair of the NSCA's Personal Trainers Professional Development Group and was recognized with the 2020 NSCA Personal Trainer of the Year Award.

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**JAY DAWES** is a Professor of Applied Exercise Science in the Department of Kinesiology, Health and Recreation at Oklahoma State University. Dr. Dawes has worked as a university athletic performance coordinator, strength/performance coach, personal trainer, and educator for over 20 years. Additionally, he also worked as the Director of Education for the NSCA from 2007–2010 and served on the NSCA Board of Directors' Executive Council from 2016–2019 as both Vice President and Secretary/Treasurer. While he still conducts research in the area of sports performance, his primary research interests are focused on improving the health, fitness and human performance for tactical athletes/first responders. In 2021, Dr. Dawes was recognized by the NSCA as the Tactical Strength and Conditioning Professional of the Year for his contributions in this area.

**DISA L. HATFIELD** is currently a professor and department chair at the University of Rhode Island in the Department of Kinesiology. Dr. Hatfield is certified by the NSCA as a Strength and Conditioning Specialist with Distinction and has served on the NSCA's Education Committee, Research Committee and the Nominating Committee and as an Associate Editor for *the Journal of Strength and Conditioning Research*. Dr. Hatfield's research focus is multidisciplinary and focuses on strength and conditioning, athletic performance, nutrition and supplementation, perception of exercise, exercise endocrinology and non-nutritional ergogenic aids. Dr. Hatfield's 60+ published research articles and numerous book chapters have an overarching focus on how these factors interact and are affected by resistance training and exercise across the lifespan. Dr. Hatfield has also worked as a strength and conditioning coach in the private sector and as a personal trainer. She is formerly a 3-time U.S.A.P.L. National Champion Powerlifter, I.O.C. World Games athlete, 2-time American Bench Press record holder and former head coach for the Men's Pan American Powerlifting team.

**KIMBERLEY (KIM) KOY** is President and Chief Executive Officer of Employers Council. Kim joined Employers Council in 2000. From 2000 – 2005, Kim worked with Employers Council members in employment law related matters. From 2005 - 2014, Kim was the Director of the Southern Regional Office of Employers Council concentrating on business and member development in southern Colorado. From 2014 – 2019, Kim served as Vice President and Chief Operating Officer for Employers Council and was promoted to CEO in 2020. Prior to Employers Council, Kim worked in employment and insurance defense for Burg & Eldredge, P.C. in Inverness, Colorado and completed a clerkship with Denver District Court. She has a Bachelor's degree in Political Science with a minor in English from Washington State University and a Juris Doctorate from University of Denver, College of Law. Kim currently serves on the Denver Downtown Partnership Board of Directors, the Employers Association of America Board of Directors and is a member of Colorado Concern. Kim's former community engagement includes serving as a member of the Certification Committee for the National Strength and Conditioning Association, the Griffith Centers for Children Board of Directors, the Colorado Judicial Institute's Board of Directors and the Rocky Mountain Health Care Services Board of Directors. Kim is a graduate of Leadership Pikes Peak class of 2004, and was recognized as a Woman of Influence by the Colorado Springs Business Journal in 2008.

**ANTONIO SQUILLANTE** is a Registered Certified Strength and Conditioning Coach (RSCC) with more than 10 years of experience coaching high school, collegiate, and professional athletes competing at the national and international level. He graduated Summa Cum Laude with a Bachelor's degree in Physical Education from the Universita' San Raffaele in Rome, Italy. Antonio earned a Master of Science degree in Sports Performance and Orthopedic Rehabilitation from A.T. Still University and a Master of Science degree in Biokinesiology from the University of Southern California. As a PhD student, Squillante is currently conducting research at the Clinical Exercise Research Center, Department of Biokinesiology and Physical Therapy (University of Southern California, Los Angeles). His main interest in research lies in muscle physiology, looking at the effect of periodized resistance training on muscle function and performance in sport. Squillante is a faculty member at Setanta College. He has authored several books and textbooks on strength training for sport and periodization and translated some classic readings in exercise physiology and sports science, including the work of Professor Carmelo Bosco and Dr. Vladimir M. Zatsiorsky. Squillante is a Registered Sport and Exercise Nutritionist (SENr).