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# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## The National Strength and Conditioning Association (NSCA) Announces 2022 Boyd Epley Award for Lifetime Achievement Winner Michael J. Nitka, MS, CSCS,\*D, RSCC\*E, FNSCA\*E


**Colorado Springs, CO** – The National Strength and Conditioning Association (NSCA) is proud to announce the winners of the organization’s 2022 Career Awards. Each year, these distinguished awards honor those individuals who have made significant contributions to the strength and conditioning community throughout their careers. Each of the award winners will be formally recognized at the NSCA’s National Conference which will be held from July 6-9 in New Orleans, LA.

Awarded since 1993, the Boyd Epley Award for Lifetime Achievement honors individuals who exhibit historical impact, achievements, and dedication to the NSCA over the course of their career. This award is named after Boyd Epley, founder of the NSCA, and is considered the most prestigious award a member of the NSCA can achieve. The Board of Directors is honored to announce the 2022 recipient is **Michael J. Nitka, MS, CSCS,\*D, RSCC\*E, FNSCA\*E**.

Coach Nitka currently serves as an Adjunct staff member in the Exercise Science Department at Carroll University in Waukesha, WI. Prior to serving at Carroll, he coached high school football and wrestling and taught at Muskego High School for 38 years.

Coach Nitka has been a member of the NSCA since 1985. During this time, he served the NSCA as a speaker, volunteer, official international representative, reviewer, editor, and author. He chaired several committees and served twice on the Board of Directors.

Among his many NSCA accomplishments, Coach Nitka served both as Vice-President and Secretary/Treasurer on the Board of Directors, was the High School Corner column editor in the *Strength and Conditioning Journal*, served on the Coaching Performance Committee, Conference Committee, Nomination Committee, and as Chair on the Fellow Review Committee, and Chair of the High School Strength and Conditioning Coaches Special Interest Group. Most recently, Coach Nitka co-edited the *NSCA’s Guide to High School Strength and Conditioning*. He was awarded the Strength and Conditioning Professional of the Year – High School Affiliated in 1996, and holds



both the Registered Strength and Conditioning Coach, Emeritus (RSCC\*E) and Fellow of the NSCA, Emeritus (FNCSA\*E).

To learn more about the NSCA's awards program, please visit [www.nasca.com/membership/awards](http://www.nasca.com/membership/awards).

**Media Note:** To schedule an interview, contact [marketing@nsca.com](mailto:marketing@nsca.com).

### **About the National Strength & Conditioning Association**

Founded in 1978, The National Strength and Conditioning Association (NSCA) is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world.

The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world who further industry standards as researchers, educators, strength and conditioning coaches, performance and sport scientists, personal trainers, tactical professionals, and other related roles.