



PRESS RELEASE

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FOR IMMEDIATE RELEASE

National Strength and Conditioning Association (NSCA) Celebrates 2022 High School Strength and Conditioning Coach of the Year Winner Richard C. Lansky, CSCS, RSCC*E

Colorado Springs, CO – The National Strength and Conditioning Association is proud to announce that Coach Richard C. Lansky, CSCS, RSCC*E has been selected as the NSCA's High School Strength and Conditioning Coach of the Year for 2022. Lansky becomes the 29th recipient of the award, which has been handed out since 1991. Award winners are selected by a volunteer committee, who determine the winner based on their contributions to the NSCA, their community, and excellence to the field of high school strength and conditioning.


Richard C. Lansky, CSCS, RSCC*E, ACSM-EP, USAW L5, USATF L1 will be returning to Manatee High School this coming school year as the Strength and Conditioning Coach, and where he previously served as a PE Teacher, Strength and Conditioning Coach and Weightlifting Coach. During his four-year interlude, he served as Department Lead for Physical Education/Health, Head Coach for Boys and Girls Weightlifting and Strength and Conditioning Coach for multiple sports at Braden River High School in Bradenton, Florida. He has also coached at Lakeland Christian, Sarasota Booker and with Venice Wrestling and Eckerd Rugby.

Throughout his 34 years of coaching, he worked in both the educational and private sector. Much of his time has been devoted to Weightlifting, having coached 5 Sr. National Champions, and serving as an official Team USA or personal coach on multiple international teams. While still involved with weightlifting at the club level and USAW coaching education, his primary focus is working with student athletes in the high school setting. Despite having coached internationally and working with pro athletes, he recognizes that he makes the biggest impact at the high school level as coach, mentor, and teacher.

He and his wife Ann have been married for 31 years and lived in Florida since the late 80s.

"Congratulations to Coach Lansky for this well-deserved award," said Eric McMahon, NSCA Sport Science and Coaching Program Manager. "As a dedicated high school strength and conditioning coach over many years, he exemplifies what it is to be an NSCA professional. We are proud to have him as a member."

Rich Lansky will receive special recognition of his accomplishment at the NSCA National Conference which will be held in New Orleans, LA from July 6-9. The conference brings together the best of the best from all reaches of the strength and conditioning industry to provide an educational experience unlike any other. From cutting-edge presentations to dynamic hands-on sessions by renowned professors, researchers, strength coaches, and



personal trainers, attendees receive the tools to help expand their knowledge and further their careers. For more information regarding the NSCA and their awards, please visit www.nsca.com.

Media Note: To schedule an interview with an award winner, contact 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.