

April 9, 2020

Dear CSCCa Member,

I am reaching out to you on behalf of the CSCCa Board of Directors. We want you to know that each of you and your families continue to be in our thoughts and prayers. Truly, we are all in this together, and together we will get through this. It is an extremely difficult time, and we encourage you to reach out to other strength and conditioning coaches to check on them and their families to let them know you are thinking about them and are concerned for their welfare. This unity and show of care and support for one another is what will strengthen us and make us more compassionate and grateful for one another and the camaraderie we share.

Due to increasing restrictions that are being enforced in states across the country, it is necessary for CSCCa staff members to begin working remotely from home beginning April 9. The best way to contact the CSCCa National Office will be through emailing info@csc.ca.org. If you need to speak with a CSCCa staff member, just let us know through email, and we will schedule a call. We will be continuing to conduct the business-related activities and responsibilities of the CSCCa National Office during this time and will re-evaluate the situation in two weeks. We will keep you updated through social media and the home page of the CSCCa website.

We announced that with the cancellation of the 2020 CSCCa National Conference to have been held in Orlando, Florida, we will be offering a "Virtual" 2020 CSCCa National Conference in its place. Those who purchase access to this virtual conference will have access to 15 speaker presentations during a 3-month window. Participants will have the opportunity to review the presentations and accompanying printable handout of the slide presentation for note taking, during this time as often as they would like. A 5-question multiple choice quiz will follow each of the presentations, but it will only be necessary to complete 5 of the 15 quizzes in order to receive the 15 CEUs that are normally awarded for attending the CSCCa annual national conference. **The tentative release date for the virtual national conference is Thursday, May 7, 2020.**

Some have questioned the need for any quizzes as this is not required for obtaining CEUs for attending the annual national conference. This requirement is in keeping with the requirements set forth by the CSCCa Education Board to ensure compliance with

NCCA guidelines for maintaining NCCA accreditation. The quizzes are not difficult. They are simply a way to ensure that the individual has watched at least 5 of the 15 presentations. Anyone who watches the presentations will be able to successfully complete the quizzes.

We are aware that many groups are putting on webinars and other online events relating to strength and conditioning. Many are free of charge or are being offered for a minimal fee or donation. We commend these groups and the individuals who are participating, and we are confident that many will greatly benefit from participating in these events. The virtual national conference that the CSCCa is offering is not a webinar or a clinic but is an ongoing educational opportunity. Again, this opportunity will provide a three month window from the release date for individuals to study and review the valuable and pertinent information that will be available through this medium. We spent a great deal of time and effort developing this option as a way to provide an ongoing educational opportunity and the ability to earn CEUs for maintaining the SCCC certification and to keep the organization unified and connected during this extremely difficult time.

The CSCCa is a non-profit organization. Our mission is to provide and promote education, unity, and respect for strength and conditioning coaches of collegiate and professional athletic teams. We have always worked to provide the greatest value at the least cost possible for our member coaches. We strive to provide outstanding speakers, activities, food events, and valuable gifts for those who attend the annual national conference each year. Every dollar that is taken in from conference registration fees, as well as additional CSCCa general funds, is spent on the national conference each year. The CSCCa does not profit from conference registration fees. The cancellation of the 2020 CSCCa National Conference has resulted in the loss of substantial revenue for the organization through the refunding of the exhibit booth registrations fees and some sponsorships, as well as the funds that have already been spent on the 2020 CSCCa National Conference. The offering of the 2020 Virtual CSCCa National Conference for the same registration fee as the member coach would have paid to attend the national conference in person is seen as a “win-win” situation for CSCCa member coaches and for the financial solvency of the CSCCa as an organization.

It is our sincere hope that those of our member coaches who are in a financial position

to roll over their 2020 conference registration fees to the 2020 CSCCa Virtual National Conference will do so. **Those who cannot are not expected to do so, nor do we want them to.** There are other ways CSCCa-approved CEUs can be obtained, and we will work diligently with our SCCC certified coaches to make them aware of these alternative options.

Again, we are all in this together, and we will work together to get through this difficult time. We are doing everything possible to ensure that the CSCCa will continue to be here to help and serve our member coaches for many decades to come. The CSCCa is unique in that it was created **BY** strength and conditioning coaches **FOR** strength and conditioning coaches. It was created 20 years ago to meet your unique needs as a strength and conditioning coach. Remember, the CSCCa is **YOUR** organization. You have an investment in its continued success.

The virtual conference will feature many of the same speakers as announced for the 2020 CSCCa National Conference to be held in Orlando, as well as additional ones dealing relevant topics for strength and conditioning coaches.

2020 CSCCa Virtual Conference Program

- **Cory Schlesinger**, *Reimagining Weight-Lifting for Performance*
- **Joel Smith**, *Assessing & Cultivating Athleticism Through Body-Weight Training Methods*
- **Lewis Caralla**, *Being More Than a Coach*
- **Don Decker**, *Living Inside the Boundaries*
- **Jeanne Rankin**, *The Cares and Concerns of the Female Strength and Conditioning Coach*
- **Steven Hartman**, *The Cares and Concerns Facing Strength & Conditioning Coaches at Smaller Schools*
- **Dr. Brent Feland**, *Health and Safety Concerns in Training: Emerging Data on Loads, Fatigue, Biomechanics and Adjunctive Training Tools*
- **Christopher DeSanto**, *Training Collegiate Soccer: Developing A System For You*
- **Corliss Fingers**, *Communication, Collaboration, Cooperation - Helping the process of creating a winning Coach-Coach Relationship*
- **Chris Doyle**, *Acceleration Training*
- **Dr. Pat Eisenman**, *Training the Proper Energy System*
- **Dr. Tom Nesser**, *Low CHO Diets: Not All Calories are Equal*

- **Sue Falsone**, *The Nervous System: What Do You Really Need to Know?* (Sponsored by Perform Better)
- **Lance Walker**, *Need for Speed: Practical Solutions for Testing, Teaching and Training Linear Speed* (Sponsored by Perform Better)
- **Dr. Eric Freese**, *Monitoring Training Load & Recovery in Collegiate Athletes* (Sponsored by Gatorade)
- **Bryan Morin**, Sports Brand Category Manager for NOW Foods, **Christopher Mohr**, PhD, RD a nutrition spokesperson and consultant. Co-Owner, Mohr Results, Inc, *From Testing to Trust: How to Identify “Free From” Supplements Athletes Can Trust to Help Improve Their Performance.*

More information will be forthcoming regarding the confirmed date the virtual conference will become available. Again, our target release date is Thursday, May 7.

God bless you and your family.

Sincerely,



Dr. Chuck Stiggins
CSCCa Executive Director