



Keith Kephart- President, June 1985, to July, 1987

**1985 – 1987** Keith Kephart served as NSCA President

**1985**, - President Kephart worked with those pushing forward with our desire to put in place "certification" - wanting to bridge the gap between science and those in the trenches or the field.

President Kephart said, "My primary focus is to in some way work with Athletic Administrators to have their strength coaches working for the athletic department and not under the power of football. Too many coaches were held in place based upon the success of the football program and they should be considered as a part of the athletic program, not JUST football.

**1985, August** - The NSCA released a position paper; *Prepubescent Strength Training*. Showing that strength training can be safe for the prepubescent athlete.

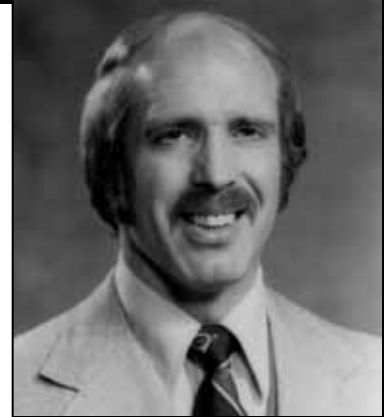
**1986**, - The NSCA Anabolic Steroid Position Statement was distributed nationally denouncing steroid use explaining that strength coaches must face this issue head-on.

**1986, January 17** - The NSCA Code of Ethics was adopted by the NSCA Board.

**1986, July** - College Strength and Conditioning Professional of the Year Award is presented to Bruno Pauletto from the University of Tennessee.

**1986, July** - The NSCA Presidents Award was presented for the first time to the following: Thomas Baechle, Dan Wathen, Bill Allerheiligen, Gary Dudley, John Garhammer, William Kraemer, Steve Fleck, Duane Buturusis, Mike Stone, James Wright, and Benjamin Harrison.

**1986** - President Kephart was a key factor in NCAA legislation governing strength coaches being able to conduct warm-up drills for football and basketball.



**1985 – 1987** Keith Kephart is NSCA President



Bruno Pauletto is College Strength and Conditioning Professional of the Year



President Award presented first in 1986



Alvin Roy

**1986, July** - The NSCA presented the Alvin Roy Award for the first time. This award is given posthumously to a surviving family member and the first award was presented to the Alvin Roy family. Alvin was one of the first strength coaches in history.

**1986, July** - State Director's Award Was originally called the *State Director of the Year*. It was first presented in 1986 to: Region 1 - Wes Emmert, Region 2 - Bruno Pauletto, Region 3 - Russ Ball, Region 4 - Neil Wolkodoff, Region 5 - John Arce.

**1986** - Certification exams were held in New Orleans, New York and Los Angeles.

**1987, January** - The Journal of Strength and Conditioning Research was published for the first time. This Journal helped "Bridge the Gap" between the practitioner and the sport scientist.



State Director Award is presented for the first time



Original Alvin Roy Award first presented in 1986



Current Alvin Roy Award



The Journal of Strength and Conditioning Research was published for the first time.