



*“Tactical Annual Training was excellent! Everything was first-class, including the speakers, topics, exhibits, food, and so forth. **The perfect conference.**”*

– Doug Briggs, PhD, CSCS,\*D, USAW, RSCC\*E

Each year, hundreds of military, law enforcement, and fire & rescue leaders join forces at **Tactical Annual Training** — the world’s premier gathering of tactical strength and conditioning professionals. This August, the NSCA invites you to unite with your tactical community in Norfolk, VA, for state-of-the-art research and education designed to optimize your preparation.

## JUSTIFICATION TOOLKIT CONTENTS AND STEPS

Use the following steps and advice to seek attendance approval from your employer:

- Compare the **Benefits of Attending** in person or online and make a case for which option best fits your organization’s goals.
- Examine the **Job Tasks/Conference Connections** to help articulate how the event will advance your professional development.
- Cross-reference any areas of improvement on your most recent evaluation with the **event schedule** to identify specific sessions that will support your personal growth.
- Customize and send the **Justification Letter** to your supervisor or director and arrange a meeting to present your ideas in person.
- Offer to lead a debriefing session with your team or department afterward, where you will share the experience, knowledge, and resources you gained from the event.

### WHAT WILL YOU ACHIEVE AT #NSCATactical24?

- » Learn and participate in lectures and hands-on sessions covering crucial tactical topics
- » Discover revolutionary research as well as emerging technology in the Exhibit Hall
- » Expand your network to include tactical coaches, directors, specialists, and more

As the only event tailored to optimizing tactical performance, **Tactical Annual Training** delivers highly specialized insights that can be easily applied to your program.

Strategically investing in your attendance can pay your program dividends in **improved performance and injury prevention.**

# 2024 TACTICAL NSCA ANNUAL TRAINING

## Benefits of Attending

Compare the advantages of each attendance option

Benefits	In Person (Best Value)	Online
<b>EXPERIENCE</b> Cutting-Edge Educational Sessions	Choose and attend more sessions plus in-person-only activities like roundtables and professional interest meetings.	Watch pre-selected sessions live-streamed during event.
<b>ENGAGE</b> with Expert Speakers	Ask questions and interact one-on-one with presenters. Participate hands-on to learn directly from the pros.	Ask questions in select sessions via the Q&A feature.
<b>ENJOY</b> Travel Convenience	Extend your stay and explore Norfolk! Visit the world's largest naval base and more under our \$107 (+ taxes) room rate.	Gain knowledge and skills without leaving home.
<b>CONNECT</b> at Multiple Receptions	Expand your professional connections at designated networking sessions and several social receptions.	
<b>EXPLORE</b> the Exhibit Hall	Touch and feel the latest tools, products, and technologies and talk shop with experienced exhibitors.	
<b>EARN</b> Continuing Education Credits (CEUs)	Receive 2.0 Category A CEUs toward your NSCA recertification.	
<b>REVISIT</b> Session Recordings	Receive 1-year of access to all presentation slides and session recordings to review and implement at your own pace (delivered approximately 2 weeks after the event).	

## Registration Pricing

	Through June 19	June 20 – July 24	July 25 – On-site
<b>In-Person or Online Attendance</b>	\$460	\$510	\$560

# 2024 TACTICAL NSCA ANNUAL TRAINING

Job Tasks	Conference Connection
Apply advanced knowledge of <b>exercise science</b> (e.g., anatomy, physiology, biomechanics) that incorporates the latest scientific research.	<p><b>Improve performance and reduce injury risk.</b></p> <ul style="list-style-type: none"> <li>» Understanding allostatic load and mitigating stress damage</li> <li>» Successfully training strength and aerobic abilities concurrently</li> </ul>
<b>Design training programs</b> that maximize performance and minimize injury potential using various training methods, exercise selection, exercise order, intensity, volume, and periodization.	<p>Build an <b>efficient and effective</b> strength and conditioning program.</p> <ul style="list-style-type: none"> <li>» Building a strong foundation for performance and resiliency</li> <li>» Integrating performance and wellness in academy settings</li> </ul>
<b>Adapt training</b> for unique tactical athlete considerations (e.g., age, sex, training status, limitations, and specialized needs or conditions).	<p><b>Create custom training programs.</b></p> <ul style="list-style-type: none"> <li>» Adjusting programming for special operations and non-operators</li> <li>» Outlining female nutrition considerations for tactical populations</li> </ul>
Teach and evaluate proper <b>exercise technique</b> , including movement preparation, resistance training, Olympic weightlifting, plyometrics, speed/sprint technique, agility, and recovery.	<p>Program with a <b>deeper understanding</b> of the benefits, limitations, and applications of exercises.</p> <ul style="list-style-type: none"> <li>» Using agility and change of direction to enhance career longevity</li> <li>» Examining running form analysis, teaching, and return to training</li> </ul>
Use basic <b>nutritional insights</b> to maximize physical performance and recovery, including awareness of the effects, risks, and alternatives of common supplements and performance-enhancing substances.	<p>Apply <b>nutritional principles</b> related to training to <b>optimize performance outcomes.</b></p> <ul style="list-style-type: none"> <li>» Fueling for physical, cognitive, and occupational readiness</li> <li>» Selecting specific nutrients to optimize cognitive performance</li> </ul>
Select and administer appropriate <b>evidence-based tests and technology</b> to optimize reliability and validity and design or modify training programs.	<p>Learn what to test and how to use your metrics to <b>maximize results.</b></p> <ul style="list-style-type: none"> <li>» Implementing health and fitness testing from the start in tactical</li> <li>» Building occupational readiness with assessments and technology</li> </ul>
Understand the <b>multiple dimensions</b> (e.g., psychological and physical development, personal growth, nutrition, recovery, interventions) of tactical athlete preparation in relation to the training process.	<p>Make important <b>interdisciplinary connections.</b></p> <ul style="list-style-type: none"> <li>» Making mindfulness relevant and meaningful for tactical athletes</li> <li>» Using exercise and adventure to control and train stress response</li> </ul>
Hold an active, independently accredited <b>industry certification.</b>	<p>Start the 2024-2026 recertification cycle strong and secure <b>2.0 Category A CEUs</b> toward maintaining your NSCA certification.</p>

Dear

I'm writing you to request to attend the 2024 NSCA Tactical Annual Training on August 6-9 in Norfolk, VA. Since 2005, the National Strength and Conditioning Association (NSCA) has partnered closely with tactical communities to create training solutions and professional development tailored to tactical environments.

As the premier event in the tactical profession, Tactical Annual Training unites military and public safety experts to present the latest research and its practical applications. I will be able to attend hands-on sessions and lectures led by industry leaders and participate in valuable discussions with other professionals. In addition to learning content directly applicable to my role, I will be able to:

- Leverage the latest science in tactical strength and conditioning
- Implement strategies to increase performance and reduce injury risk
- Identify future job task demands based on the direction of the field
- Increase inter-organizational communication and collaboration

After reviewing the event schedule, I have identified several sessions that align with our department's top priorities, including but not limited to the following:

- 1.
- 2.
- 3.
- 4.
- 5.

Plus, I will be able to explore hundreds of new products and tools in the Exhibit Hall. When I return, I will share my knowledge, experience, and materials and begin applying these insights immediately. I am seeking sponsorship for attendance and have included a detailed cost breakdown below.

	<b>Through June 19</b>	<b>June 20 – July 24</b>	<b>July 25 – On-site</b>
<b>Registration</b>	\$460	\$510	\$560
<b>Estimated Airfare</b>			
<b>Estimated Hotel</b>			
<b>Total</b>			

This conference also earns me 2.0 continuing education units (CEUs) needed to maintain my NSCA certification, allowing me to get ahead for the 2024-2026 recertification cycle. I hope you agree that my participation in Tactical Annual Training will benefit not only me but our entire program. If so, I would like to sign up as soon as possible so we can save budget dollars with discounted early pricing.

Thank you for your consideration.

Very Respectfully,