

PRESS RELEASE
FOR IMMEDIATE RELEASE

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Dickinson High School Receives the 2022 Strength of America Award

Dickinson High School raises strength and conditioning standards creating safer programs and facilities for their athletes.

Colorado Springs, CO - The National Strength and Conditioning Association (NSCA) is proud to announce Dickinson High School in Dickinson, Texas as a 2022 Strength of America award recipient. This award recognizes Dickinson High School to have represented the gold standard in strength and conditioning programs.

Led by Coach Welch to improve his school's curriculum, Dickinson High School was measured in four major categories: Supervision, Education, Program, and Facilities. Selected from hundreds of eligible schools, Dickinson High School will be recognized on the NSCA website as having achieved the Strength of America distinction.

The NSCA provide all high schools concise guidelines. "I am proud to have Dickinson High School be part of our ongoing mission to improve the education and programs for all our youth," says Eric McMahon, the NSCA's Coaching and Sport Science Program Manager. Coach Welch states, "It is a pleasure working with the NSCA to educate and train our athletes at DHS"

Congratulations to Coach Welch and for an updated list of Strength of America award winners, visit www.nasca.com.

Media Note: For additional information for the NSCA Strength of America Award visit www.nasca.com or to make arrangements for an interview with Coach Welch, 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.