

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Hebron Academy Receives the 2018 Strength of America Award

Hebron Academy raises strength and conditioning standards creating safer programs and facilities for their athletes.

Colorado Springs, CO - The National Strength and Conditioning Association (NSCA) and the President's Council on Sports, Fitness and Nutrition are proud to announce Hebron Academy in Hebron, Maine as a 2018 Strength of America award recipient. This award recognizes Hebron Academy to have represented the gold standard in strength and conditioning programs.

This award was made possible through the relationship of Moving Me Forward Foundation (MMF), Central Maine Community College (CMCC), and Hebron Academy. MMF provides health and fitness professionals the ability to cultivate strategies impacting health/wellness through mentoring, programming and resources. MMF utilizes professionals to create, administer, and carry out strength and conditioning programs at Hebron Academy. Oversight is provided by Jim St. Pierre, strength and conditioning coordinator at Central Maine Community College. Programming is carried out by Alex Jenelle, a student in the Physical Fitness Specialist Program at CMCC and Jody Knoren, a graduate of the Physical Fitness Specialist Program at CMCC and a 2018 NSCA All American Athlete of the Year.

Hebron Academy was measured in four major categories: Supervision, Education, Program, and Facilities. Selected from hundreds of eligible schools, Hebron Academy was recognized during the NSCA's National Conference Awards Banquet in Indianapolis, IN.

The NSCA and the President's Council on Sports, Fitness, and Nutrition are working together to provide all high schools concise guidelines. "I am proud to have Hebron Academy be part of our ongoing mission to improve the education and programs for all our youth," says Coach Scott Caulfield, the NSCA's head strength and conditioning coach. Coach St. Pierre states, "Hebron Academy has made an impressive commitment to provide safe and effective strength and conditioning programming for its student-athletes. This recognition is important as it reflects Hebron Academy's efforts to reduce injuries, improve performance, and promote health and fitness."

Congratulations again to Hebron Academy. 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 St. Pierre, contact Mike Hobson at 800.815.6826 x 109 or Michael.Hobson@nsca.com.

About the National Strength & Conditioning Association

The National Strength and Conditioning Association (NSCA) is an international nonprofit professional association founded in 1978 and is dedicated to advancing the strength and conditioning profession around the world.

The NSCA advances the profession by supporting strength and conditioning professionals devoted to helping others discover and maximize their strengths. The organization disseminates research-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, and continuing education opportunities. The NSCA community is composed of more than 45,000 members and certified professionals who further industry standards as researchers, educators, strength coaches, personal trainers, and other roles in related fields.



everyone stronger

Headquartered in Colorado Springs, Colorado, the NSCA serves as a valuable resource for its members, the fitness industry, general public, and the media. The association provides a wide variety of resources and opportunities designed to strengthen, build, advance, and unify.