



AUG 22-25, 2023 » LAS VEGAS, NV & ONLINE
2023 NSCA TACTICAL ANNUAL TRAINING

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 22-25, the NSCA invites you to unite with your tactical community at the 2023 Tactical Annual Training in Las Vegas, NV, for another incredible industry showcase and educational experience.

JUSTIFICATION TOOLKIT CONTENTS AND STEPS

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

- Compare the **Benefits of Attending** table showing in person versus online and make an argument for which attendance option best aligns with your organization’s goals.
- Review the **Job Tasks/Conference Connections** table to help you articulate how Tactical Annual Training will advance different areas of your role or 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 career 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 after the event, where you will share the experience, knowledge, and resources gained from the event.

WHAT WILL YOU ACHIEVE AT THE BIGGEST TACTICAL EVENT OF ITS KIND?

- » Uncover new and tried-and-true strategies for performance and injury prevention
- » Connect with an unrivaled network of experts, leaders, coaches, and researchers
- » Explore emerging tools and technologies in the Exhibit Hall and earn 2.0 CEUs

As the only event tailored to optimizing tactical performance, **Tactical Annual Training** delivers unique insights specific to tactical environments that can be easily applied to your program. Demonstrating the event’s value to your employer can help convince them to invest in your attendance.

2023 NSCA TACTICAL ANNUAL TRAINING



Benefits of Attending

Compare the advantages of each attendance option

Benefits	In Person	Online
EXPERIENCE Cutting-Edge Sessions	Choose and attend more sessions plus in-person-only activities like the Tactical Professional Development Group meeting.	Watch pre-selected sessions live streamed during event.
ENGAGE with Expert Speakers	Ask questions and interact one-on-one with presenters. Participate in hands-on practical sessions to learn techniques and ques directly from the pros.	Ask questions in select sessions via the Q&A feature.
ENJOY Travel Convenience	Take advantage of Las Vegas's affordable flights as a major travel hub and experience the luxurious M Resort at exclusive government room rates (\$120 + taxes).	Gain knowledge and skills without leaving home.
CONNECT at Multiple Receptions	Expand your professional network between sessions and at several social receptions (First Timer's Orientation, Opening Ceremonies, Kick-Off Party, Exhibitor Reception).	
EXPLORE the Exhibit Hall	Touch and feel the latest tools, products, and technologies. Talk shop with experienced exhibitors.	
EARN Continuing Education Credits (CEUs)	Receive 2.0 Category A CEUs toward your NSCA recertification.	
REVISIT Session Recordings	Gain 1 year of access to all sessions to review and implement at your own pace.	

Registration Pricing

	Through July 14	July 15 – August 4	August 5 – On-site
In-Person or Online Attendance	\$450	\$500	\$550

Job Tasks	Conference Connection
Apply advanced knowledge of exercise science (e.g., anatomy, physiology, biomechanics) that incorporates the latest scientific research and statistics.	Use your enhanced understanding of the human body to improve performance and reduce injury risk . <ul style="list-style-type: none"> » <i>It's All in the Hips: How to Assess and Train the Hips and Pelvis for Elite Performance, Injury Risk Reduction, and Management of Low Back Pain in the Tactical Athlete</i> » <i>Injury Risk Mitigation for Tactical Athletes: Mastering the Basics</i> » <i>Finding Ways to Continue Training While Injured</i> » <i>How Human Physiology and Individualized Data Provide Pathways to Injury Prevention</i> » <i>Run with CLASS: Gait Retraining for Musculoskeletal Injury One Step at a Time</i>
Design training programs that maximize performance and minimize injury potential using various training methods, exercise selection, exercise order, intensity, volume, and periodization.	Build an effective strength and conditioning program upon a strong foundation of scientific principles. <ul style="list-style-type: none"> » Periodization for Aerobic Development in Tactical Athletes » How to Implement Micro-dosed Programming for TSAC Facilitators » Example Strength, Power, and Hypertrophy Training in a Large Police Academy Setting » Practical Strategies for Doing More with Less While Training Large Groups » Integrating Evidence-Based Tactical Athlete Training at a Senior Military College » Energy System Development Methods and Prescription
Adapt training for unique tactical athlete considerations (e.g., age, sex, training status, limitations, and specialized needs or conditions).	Create custom training programs that account for duty-specific or overarching considerations in strength and conditioning; understand the underlying factors that affect performance. <ul style="list-style-type: none"> » Strong as a Mother – Postnatal Return-to-Training » Utilizing Biological Sex-Informed Training Interventions to Develop Prospective U.S. Air Force Special Warfare Candidates » Understanding Motor Control and Coordination Implications in Load Carriage Performance: Comparing Warfighter Injury Risk Between Men and Women » Ignite Firefighter Wellness – Optimizing Firefighter Recruit Performance
Identify and address critical job tasks and their associated physiological, movement, and injury risk factors across tactical domains .	Tailor your training to meet the distinct needs of tactical professionals in military or public safety settings. <ul style="list-style-type: none"> » Firefighter Health, Safety, and Readiness: Occupational Threats and Countermeasures » The Reality of Training Law Enforcement: Why It Matters » The Rookie: The Reality of Training Today's Police Recruits from Recruitment to Real World Policing » Training Methods to Prepare Fighter Pilots for BFM (Basic Fighter Maneuvers) » U.S. Border Patrol Academy: Lessons in Cutting Attrition Without Killing Standards
Collaborate with tactical sector experts such as strength and conditioning coaches, subject matter experts, sport scientists, nutritionists, wellness coordinators, program directors, and other health and performance professionals.	Connect with professionals across the industry, explore sessions outside your scope, and gain strategies that can increase your organization's communication and collaboration . <ul style="list-style-type: none"> » Tactical Strength and Conditioning Professional Development Group Meeting » No Small Parts: How a Strength and Conditioning Coach Can Affect Multi-Echelon Integration of the H2F System into a Battalion » Values Based Decision Making to Create and Sustain High Performance Teams » Imperial H2F Battalion Integration Concept
Use basic nutritional insights to maximize physical performance and recovery, including awareness of the effects, risks, and alternatives of common supplements and performance-enhancing substances.	Employ sound knowledge of nutritional principles related to training toward optimizing performance outcomes . <ul style="list-style-type: none"> » Fuel for the Fight: Nutrition Considerations When Glycogen Is Low » The Fat of the Matter: Body Composition in Special Warfare Candidates » Sleep, Caffeine, & Alcohol; Perception Is Not Reality

Job Tasks	Conference Connection
<p>Teach and evaluate proper exercise technique, including movement preparation, resistance training, Olympic weightlifting, plyometrics, speed/sprint technique, agility, and recovery strategies.</p>	<p>Upgrade your programming with a deeper understanding of the benefits, limitations, and applications of different exercises.</p> <ul style="list-style-type: none"> » Give LEO Injuries Arrest: Movement Prep for Dynamic Police Work » Allostatic Load Management for the Tactical Professional: Optimize, Don't Annihilate » A Tactical, Operational and Strategic Guide to Load Carriage Across the Tactical Spectrum » Barbells and Combat: Improving Control Tactics through the Weight Room » Title to be determined – Kettlebell Training
<p>Select and administer appropriate evidence-based tests to maximize test reliability and validity and use the results to design or modify training programs.</p>	<p>Get expert guidance and recommendations for test selection, administration, testing technology, and how to maximize results using your metrics.</p> <ul style="list-style-type: none"> » Managing Your Measures! Cutting Through the Chaos of Data Paralysis by Analysis by Developing and Implementing Efficient & Comprehensive Monitoring Strategies » Data: Where Does It Lie? » From Testing to Training: Evolving Test Batteries to Impact Program Design for Special Operations Personnel » The Scientific Validation Process for Law Enforcement Fitness Testing Standards and Implementation
<p>Understand the multiple dimensions (e.g., psychological and physical development, personal growth, nutrition, recovery, interventions) of tactical athlete preparation in relation to the training process.</p>	<p>Gain exposure to a wide breadth of sessions that allow you to explore new areas of expertise, make important interdisciplinary connections, and advance your professional development.</p> <ul style="list-style-type: none"> » Sport Science in Tactical Training – Evaluating Aerobic and Anaerobic Performance without Fancy Equipment » Data, Statistics, and Human Performance: 5 Things I Wish I Had Known Much Earlier in My Career » Perception and Cognition for Tactical Performance » Exploring Integration Strategies for Physical, Tactical, and Cognitive Training » Growth and Development Through Policy and Leadership in the Fire Service
<p>Employ stress management and recovery methods that promote mental health and wellness and improved performance.</p>	<p>Study the science and impacts of sleep, stress, and mindfulness specific to tactical environments.</p> <ul style="list-style-type: none"> » The Science of Sleep: Linking Sleep Hygiene to Tactical Performance » Mindful Breathing Practices to Promote Recovery and Situational Awareness in Academy Recruits » Tactical Mobility Recovery and Evaluation » Stress on Stress: The Reality of the Job
<p>Initiate effective strategies that can improve readiness, resiliency, longevity, and overall quality of life.</p>	<p>Introduce evidence-based strategies that can increase retention and enhance tactical athlete holistic health and development.</p> <ul style="list-style-type: none"> » Readiness, Longevity, and Overall Quality of Life » Redefine ROI-Prioritize Quality of Life » A Longitudinal Approach to Supporting the Career Lifespan of a Police Officer » Persuade-Change-Influence. Giving Your Service Members Recognition and Purpose in Order to Retain Them
<p>Stay up to date on important industry advancements, including emerging tools, methods, and technology.</p>	<p>Keep up with key changes in the field, safely apply exciting trends, and explore hundreds of new products firsthand in the Exhibit Hall.</p> <ul style="list-style-type: none"> » Law Enforcement Physical Training and Fitness Standards Across the United States – What WE Learned and How It Can Help TSAC Practitioners » Modernizing Physical Employment Standards; Adventures and Lessons Learned in the Pursuit of a New Physical Standard for Police Duty » Holistic Health & Fitness (H2F): Culture Change in the US Army
<p>Hold an active, independently accredited industry certification.</p>	<p>Secure 2.0 Category A CEUs to maintain your NSCA certification in the final stretch of the 2021-2023 recertification cycle.</p>

Dear

I'm writing you to request to attend the 2023 NSCA Tactical Annual Training on August 22-25 in Las Vegas, NV. 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.

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 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.

	Through July 14	July 15 – August 4	August 5 – On-site
Registration	\$450	\$500	\$550
Estimated Airfare			
Estimated Hotel			
Total			

This conference also earns me 2.0 continuing education units (CEUs) needed to maintain my NSCA certification, which is due for recertification at the end of this year. 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,