



NSCA™
National Strength and Conditioning Association

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PRESS RELEASE

For Immediate Release

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2010 Strength of America Award Winner

COLORADO SPRINGS, COLO. – The National Strength and Conditioning Association (NSCA) and the President’s Council on Physical Fitness and Sports are proud to announce Homewood-Flossmoor High School as a 2010 Strength of America award recipient. This award recognizes Homewood-Flossmoor High School to have represented the gold standard in strength and conditioning programs.

Lead by Coach Steve Szymkowiak to improve his school’s curriculum, Homewood-Flossmoor High School was measured in four major categories: Supervision, Education, Program, and Facilities. Selected from hundreds of eligible schools, Homewood-Flossmoor High School will be honored during the NSCA’s 33rd National Conference Awards Banquet on Fri. July 16 at the Walt Disney World Swan and Dolphin Resort Orlando, Fla.

With the increasing number of inconsistent gym conditions and strength programs across the country, the NSCA and the President’s Council on Physical Fitness and Sports are working together to provide all high schools concise guidelines. “I am proud to have Homewood-Flossmoor High School be part of our ongoing mission to improve the education and programs for all our youth,” says Dr. Jay Hoffman, NSCA President. Coach Steve Szymkowiak states, “Our approach to improving student-athletic performance is rooted in a cutting-edge program design that emphasizes commitment and hard work. The recognition from NSCA reinforces the daily effort our students make as they try to become the best they can through training and fitness.”

For more information regarding the Strength of America Award or to schedule an interview, please contact Alexandra Garritano at 708-335-5581 or agarritano@hfhighschool.org.

MISSION STATEMENT

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

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