

**EDUCATION:** **University of Colorado**.....Boulder CO  
*Master of Science* – Kinesiology, 1990

**University at Buffalo**.....Buffalo NY  
*Bachelor of Science* – Exercise & Sport Science, 1987

**EXPERIENCE:**

7/2001 – present **Excelsior Sports**.....Shelton CT  
*Proprietor & Director*

- Coaching/consulting service specializing in a multidisciplinary, best practices approach to professional development and education
- Presenter, U.S. Sports Congress – Henderson NV, December '09
- Faculty, Dartfish Sports Performance Symposium – Cortland NY, November '09
- Presenter, Midwest Sports Performance Conference – Lawrence KS, May '09
- Presenter, Long Island University Strength & Conditioning workshop – Brooklyn NY, December '08
- Presenter, 3rd annual Coaches & Sport Science College – Johnson City TN, December '08
- Keynote presenter, 6th International Conference on Strength Training – Colorado Springs CO, October-November '08
- Speaker, Southern Connecticut State University Exercise Science class – New Haven CT, October '08, April '06, April '04, September '03, April '03, March '03 & July '02
- Presenter/delegate, 31st annual NSCA Conference & Exhibition – Las Vegas NV, July '08
- Coordinator/presenter, “Sports Training Mastery” workshops – 24 locations, June '07 – June '08
- Keynote presenter, 6th annual UKSCA Conference – Belfast Ireland, June '08
- Consultant (performance training/videography), Long Island University Sports Sciences – Brooklyn NY, May '08
- Consultant (performance training/videography), Results Therapy & Fitness – Chambersburg PA, April '08
- Presenter, Annual NSCA New England Clinic – Stamford CT, March '08
- Presenter, 16th annual NSCA Sport-Specific Training Conference – Anaheim CA, January '08
- Presenter, 2nd annual Coaches & Sport Science College – Johnson City TN, December '07
- Guest lecturer, University of Rhode Island Kinesiology class – Kingston RI, November '07
- Presenter, NSCA Rhode Island Clinic – Smithfield RI, October '07
- Consultant (program design/periodization), University of Kansas Athletics – Lawrence KA, September '07
- Presenter, 5th annual Omaha Sports Medicine Alliance Summer Symposium – Omaha NE, July '07
- Faculty, NSCA “Advanced Periodization & Planning” Symposium – Storrs CT, June '07
- Consultant (functional training), Court House Plus Fitness & Wellness – Vernon CT, June '06
- Presenter, Perform Better “Functional Training” seminars – Columbus OH, May '04; San Francisco CA, January '04; Richmond VA, May '03; Columbus OH, May '02; Boston MA, March '02; Secaucus NJ, December '01
- Guest lecturer, Northwestern Connecticut Community College continuing education class – Winsted CT, February '04; November '03; February '03; August '02
- Consultant (strength training/nutrition), World Gym – Norwich CT, June '03
- Consultant (strength/power training), Emerson College Fitness Center – Boston MA, December '02
- Speaker, Masuk High School Athletic Department – Monroe CT, November '02
- Faculty, 3rd annual College & High School Athlete Sports Medicine Conference – Columbus OH, July '02
- Consultant (strength/power training), Equinox Fitness Training Institute – New York NY, July '02
- Speaker, Bulldog Instructional Football Camps – June '02 & '01
- Presenter, NSCA “Unified Strength to Aid Heroes” Benefit Clinic – New York NY, April '02
- Consultant (Strength & Conditioning facility upgrade), Trinity College Athletics – Hartford CT, Fall '01 – Spring '02
- Speaker, Sacred Heart University Strength & Conditioning class – Fairfield CT, February '02
- Faculty, 2nd annual College & High School Athlete Sports Medicine Conference – Florence KY, July '01

12/2002 – 4/2007 **Velocity Sports Performance**.....Trumbull CT  
*Sports Performance Director*

- Coordinated sports performance development programs for athletes of all ages and ability/skill levels seeking to maximize their potential
- Managed hiring and training of performance coaches/interns

## Steven Scott Plisk

- Conducted community outreach and customer relation programs, serving as lead contact with local sports coaches and administrators
- Member, VSP-NSCA partnership task group — Fall '06 – Winter '07
- Chair, lacrosse sport-specific program design task group — Summer '06
- Member, *Sports Performance, Exercise & Education Development* council tasked with promoting and enhancing franchise value through partnership with corporate franchisor — 2003-06
- Speaker, Central Connecticut State University Exercise Science class — New Britain CT, April '07
- Speaker, Springfield College Exercise Science class — Springfield MA, April '07
- Presenter, Southern Connecticut State University Soccer Coaches Showcase — New Haven CT, March '07
- Delegate, 15th annual NSCA Sport-Specific Training Conference — San Antonio TX, January '07
- Speaker, Southern Connecticut State University Exercise Science class — New Haven CT, October '06
- Presenter/delegate, 29th annual NSCA Conference & Exhibition — Washington DC, July '06
- Presenter, Perform Better Summit — Long Beach CA, June '06; Providence RI, June '05; Los Angeles CA, April '05; Warwick RI, June '04
- Delegate, 14th annual NSCA Sport-Specific Training Conference — Dallas TX, January '06
- Presenter, NSCA Rhode Island Symposium — Warwick RI, December '05
- Delegate, Springfield College Strength & Conditioning Symposium — Springfield MA, November '05
- Delegate, Springfield College Strength & Conditioning Student Symposium — Springfield MA, September '05
- Speaker, UConn Strength & Conditioning club — Storrs CT, November '05 & February '05; Trumbull CT, October '05 & March '05
- Host/presenter, NSCA Northeast Regional Symposium — June '05
- Presenter, AAHPERD National Convention & Exposition — Chicago IL, April '05
- Presenter, MEGA Football Clinic — Rye NY, February '05
- Presenter, Nike Football Clinic — Trumbull CT, February '05
- Delegate, 13th annual NSCA Sport-Specific Training Conference — Louisville KY, January '05
- Presenter, CAHPERD Conference & Exposition — Cromwell CT, November '04
- Presenter/delegate, 27th annual NSCA Conference & Exhibition — Minneapolis MN, July '04
- Faculty, NSCA “Lifting For Power” Symposium — Colorado Springs CO, June '04
- Presenter/delegate, 12th annual NSCA Sport-Specific Training Conference — Orlando FL, January '04
- Faculty, NSCA “Weight Training Essentials” Symposium — New York NY, June '03
- Event referee, CIAC Track & Field championships — New Britain CT, June '03
- Event referee, FCIAC Track & Field meets — Fairfield County CT, Spring '03
- Presenter, 5th annual NSCA New England Regional Symposium — Warwick RI, March '03
- Presenter, 11th annual NSCA Sport-Specific Training Conference — New Orleans LA, January '03

7/1997 – 11/2002

**Yale University**.....New Haven CT

*Director of Sports Conditioning*

- Coordinated year-round training programs for 33 *Ivy League* varsity teams
- Supervised associate/interns; revised duties and responsibilities, and compiled S&C Policies & Procedures handbook according to practitioner definition, performance domains and tasks defined in NSCA Certification Commission's *CSCS Examination Content Description*
- Coordinated use of videography for performance evaluation and instruction
- Participated in open house/recruiting presentations for prospective student-athletes
- Administered budget; collaborated with project management team in design and specifications for 7,000 ft<sup>2</sup> varsity weightroom; selected, purchased and installed equipment for optimal efficiency, effectiveness and safety
- Collaborated with exercise/sport science faculties at regional colleges and universities to provide practicum experiences for students/interns
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning” Symposium; delegate, 25th annual NSCA Conference & Exhibition — Las Vegas NV, July '02
- Host/faculty, NSCA “Level 2 Coaches’ College” & NSCA Certification Commission CSCS examination — June '02
- Host, 4th annual NSCA New England Regional Symposium — March '02
- Delegate, 10th annual NSCA Sport-Specific Training Conference — San Antonio TX, January '02
- Faculty, NSCA “Level 1 Coaches’ College” — Atlanta GA, August '01
- Presenter/delegate, 24th annual NSCA Conference & Exhibition — Spokane WA, July '01
- Faculty, NSCA “Level 4 Coaches’ College” — Carlisle PA, June '01
- Presenter/delegate, 3rd annual NSCA New England Regional Symposium — Warwick RI, April '01
- Delegate, Perform Better “Functional Training” seminar — Boston MA, March '01
- Delegate, 9th annual NSCA Sport-Specific Training Conference — Atlanta GA, January '01
- Delegate, NSCA UConn Huskies Clinic — Storrs CT, December '00
- Faculty, NSCA “Level 3 Coaches’ College” — Carlisle PA, July '00
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning”

## Steven Scott Plisk

- Symposium; presenter/delegate, 23rd annual NSCA Conference & Exhibition — Orlando FL, June '00
- Faculty, 4th annual USOC/ACSM Human Performance Summit, “Power Development in Athletes” — Indianapolis IN, June '00
- Delegate, NSCA 2000 Strategic Planning Summit — Colorado Springs CO, March '00
- Host/presenter, 2nd annual NSCA New England Regional Symposium — March '00
- Delegate, 8th annual NSCA Sport-Specific Training Conference — Anaheim CA, January '00
- Host, USA Weightlifting “Club Coach” certification courses — December '99 & '98
- Attended “Lactate Shuttle” visiting lecture, John B. Pierce Laboratory — October '99
- Delegate, NSCA “Level 3 Coaches’ College” — Colorado Springs CO, July '99
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning” Symposium; delegate, 22nd annual NSCA Conference & Exhibition — Kansas City KS, June '99
- Presenter, NSCA North & South Dakota Clinic — Bismarck ND, June '99
- Presenter, NSCA Rhode Island Clinic — Providence RI, May '99
- Presenter, NSCA New Hampshire Clinic — Manchester NH, May '99
- Faculty, NSCA “Level 2 Coaches’ College” — York PA, April '99
- Panel member, “Pioneers & Competitors: 25 Years of Ivy League Women’s Championships” — April '99
- Presenter, 14th annual Central Connecticut State University Sports Medicine Symposium — New Britain CT, March '99
- Host, 1st annual NSCA New England Regional Symposium — March '99
- Attended U.S. Rowing “Sports Medicine” visiting lecture — October '98
- Delegate, 21st annual NSCA Conference & Exhibition — Nashville TN, June '98
- Student Seminar Presenter, 49th annual NATA Meeting & Clinical Symposia — Baltimore MD, June '98
- Presenter, NSCA Rhode Island Clinic — Warwick RI, April '98
- Faculty, NSCA “Level 1 Coaches’ College” — York PA, April '98
- Presenter, NSCA Pennsylvania Clinic — West Lawn PA, March '98
- Participated in hosting Chinese Consulate General & Qinghua University delegation — February '98
- Chair/delegate, 6th annual NSCA Sport-Specific Training Conference — Dallas TX, January '98

8/1995 – 7/1997

### **University of Memphis**.....Memphis TN *Strength & Conditioning Coordinator*

- Coordinated year-round training programs for 16 *Conference USA* varsity teams
- Supervised associate/interns; revised duties and responsibilities, and compiled S&C Policies & Procedures handbook according to performance domains, tasks and KSAs defined in *NSCA Role Delineation Study*
- Conducted recruiting presentations for prospective student-athletes
- Administered budget; re-equipped 7,000 ft<sup>2</sup> varsity weightroom for optimal efficiency, effectiveness and safety
- Collaborated with Human Movement Sciences & Education faculty in scientific research and academic instruction
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning” Symposium; presenter/delegate, 20th annual NSCA Conference & Exhibition — Las Vegas NV, June '97
- Reviewer, NSCA Certification Commission “Exercise Techniques” manual and videotape for CSCS exam preparation — Spring '97
- Presenter, NSCA Rocky Mountain Region Symposium — Salt Lake City UT, May '97
- Presenter, Kentucky Rehabilitation Services NSCA Speed & Strength Clinic — Ft. Mitchell KY, May '97
- Presenter, Tiger Football Clinics — March '97 & '96
- Coordinator/presenter, NSCA Memphis Tigers Symposium — February '97
- Host, USA Weightlifting “Club Coach” certification course — January '97
- Presenter/delegate, 5th annual NSCA Sport-Specific Training Conference — Orlando FL, January '97
- Delegate, Gambetta Sports Training Systems “Building & Rebuilding The Complete Athlete” seminar — Atlanta GA, September '96
- Delegate, Human Kinetics “Overtraining & Overreaching in Sport” International Conference — July '96
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning” Symposium; presenter/delegate, 19th annual NSCA Conference & Exhibition — Atlanta GA, June '96
- Delegate, 4th annual NSCA Sport-Specific Training Conference — New Orleans LA, January '96

5/1995 – 8/1995

### **U.S. Olympic Training Center**.....Colorado Springs CO *Strength & Conditioning Coordinator*

- Assisted USOC Sport Science & Technology Division in educating, developing and servicing National Governing Bodies; and designing and implementing high-performance plans for resident teams, non-resident athletes and visiting camps
- Supervised interns
- Reconfigured 4,500 ft<sup>2</sup> weightroom for optimal efficiency, effectiveness and safety

## Steven Scott Plisk

- Collaborated with Lake Placid & ARCO Training Centers in developing long-range equipment plan
- Delegate, International Sports Sciences Association “Sports Conditioning” course — Boulder CO, July '95
- Presenter, NSCA Certification Commission “Essential Principles of Strength Training & Conditioning” Symposium; presenter/delegate, 18th annual NSCA Conference & Exhibition — Phoenix AZ, June '95

5/1992 – 5/1995

**James Madison University**.....Harrisonburg VA  
*Strength & Conditioning Coordinator*

- Coordinated year-round training programs for 27 *Colonial Athletic Association/Yankee Conference* varsity teams
- Supervised assistants; revised duties and responsibilities, and compiled S&C Policies & Procedures handbook according to performance domains, tasks and KSAs defined in *NSCA Role Delineation Study*
- Directed 2 training facilities; administered budget; re-equipped weightrooms for optimal efficiency, effectiveness and safety
- Conducted recruiting presentations and orientation sessions for prospective/incoming student-athletes
- Assisted Recreation Activities Dept. with staff training and equipment selection/upgrade
- Guest lecturer, Health Sciences Dept. athletic training class, Spring '95, '94 & '93
- Guest lecturer, Bridgewater College athletic training classes — Bridgewater VA, February '95, '94 & '93
- Delegate, 3rd annual NSCA Football Conference — Dallas TX, January '95
- Delegate, Optimum Sports Training “Functional Conditioning & Rehabilitation” Clinic — Sarasota FL, December '94
- Chair/presenter/delegate, 17th annual NSCA Conference & Exhibition — New Orleans LA, June '94
- Presenter, Kentucky Rehabilitation Services NSCA Football Clinic — Ft. Mitchell KY, May '94
- Presenter, NSCA Northwestern Pennsylvania Football Clinic — Erie PA, April '94
- Delegate, 2nd annual NSCA Football Conference — Anaheim CA, January '94
- Delegate, 16th annual NSCA Conference & Exhibition — Las Vegas NV, June '93
- Served on Assistant Athletic Trainer search committee — Spring '93
- Presenter, Shenandoah Valley Sports Medicine Association meeting — Bridgewater VA, May '93
- Delegate, 1st annual NSCA Football Conference — Atlanta GA, January '93
- Presenter/delegate, 15th annual NSCA Conference & Exhibition — Philadelphia PA, June '92

9/1990 – 5/1992

**Dartmouth College**.....Hanover NH  
*Associate Strength & Conditioning Director*

- Assisted in coordinating year-round training programs for 34 *Ivy League* varsity teams
- Assisted in supervising Fitness Center staff; directing 3 training facilities; re-equipping weightrooms for optimal efficiency, effectiveness and safety
- Assisted in revising position descriptions, and compiling S&C Policies & Procedures handbook according to performance domains, tasks and KSAs defined in *NSCA Role Delineation Study*
- Prepared comprehensive annual administrative reports summarizing accomplishments, objectives and coaches' evaluations
- Instructor, advanced conditioning class
- Coordinator/presenter, NSCA New Hampshire Clinic — Concord NH, March '92
- Presenter, Brine Mountain States Lacrosse Clinic — February '92
- Delegate, 14th annual NSCA Conference & Exhibition — St. Louis MO, June '91
- Instructor, NSCA Tennessee Volunteers Camp & Seminar — Knoxville TN, March '91

1/1989 – 9/1990

**Austin Peay State University**.....Clarksville TN  
*Strength & Conditioning Coordinator*

- Coordinated year-round training programs for 12 *Ohio Valley Conference* varsity teams
- Supervised graduate/student assistants
- Administered budget; coordinated equipment purchasing; generated equipment donations
- Prepared comprehensive annual administrative reports summarizing accomplishments, objectives and coaches' evaluations
- Conducted recruiting presentations for prospective student-athletes
- Served on screening committees for Head Basketball, Football & Tennis coaches
- Assisted Health & Physical Education faculty with academic instruction and research
- Delegate, 13th annual NSCA Conference & Exhibition — San Diego CA, June '90
- Presenter, Trover Clinic Sports Medicine Symposia — Madisonville KY, June '90 & '89
- Presenter, APSU Sports Medicine Symposia — June '90 & '89
- Instructor, NSCA Tennessee Volunteers Camp & Seminar — Knoxville TN, March '90 & '89
- Attended “Cellular Fatigue Mechanisms” visiting lecture, University of Colorado Kinesiology Dept. — Boulder

## Steven Scott Plisk

CO, November '89

- Delegate, 12th annual NSCA Conference & Exhibition — Denver CO, June '89

7/1987 – 1/1989

**University of Colorado**.....Boulder CO

*Assistant Strength & Conditioning Coordinator*

- Assisted in coordinating year-round training programs for 15 *Big 8 Conference* varsity teams
- Coordinated team workout attendance reporting
- Coordinated weightroom equipment maintenance and repair
- Participated in prospective student-athlete recruiting presentations
- Participated in Kinesiology Dept. community fitness testing
- Instructor, CU Health Sciences Center resistance training class — Denver CO, Fall '88
- Delegate, U.S. Weightlifting Federation “Level I Coach” certification course — Colorado Springs CO, June '88
- Delegate, 10th annual NSCA Conference & Exhibition — Las Vegas NV, June '87

12/1986 – 6/1987

**Cascade Club**.....Vail CO

*Strength Training Specialist*

- Assisted in coordinating member fitness training programs
- Designed member fitness testing battery and manual
- Conducted monthly training and instructional clinics
- Conditioning coach for one world-class squash athlete; one skier; two hockey players
- Assisted in equipment installation and grand opening
- Instructor, Colorado Mountain College weight training class — Spring '87
- Delegate, NSCA Colorado Buffaloes Clinic — Boulder CO, May '87
- Collaborated with Vail Athletic Club in coordinating NSCA “LiftAmerica” Special Olympics fundraiser — April '87

8/1986 – 12/1986

**U.S. Olympic Training Center**.....Colorado Springs CO

*Strength & Conditioning Intern*

- Assisted USOC Sports Physiology Dept. in implementing training programs for resident teams, non-resident athletes and visiting camps
- Assisted USOC Sports Operations Dept. with weightroom supervision; and equipment selection, installation and maintenance
- Participated on USA Boxing High-Performance Panel — October '86

1984-85 & 1985-86

**Kissing Bridge Ski Patrol**.....Glenwood NY

*Alpine Ski Patroller (volunteer)*

- Assisted ski area management in providing outdoor emergency care, rescue, and safety education services
- Participated in annual OEC refresher courses including Professional-Rescuer CPR recertification — August '85 & '86
- Participated in “Lift Evacuation” workshop — July '85
- Successfully completed *National Ski Patrol* “Outdoor Emergency Care” course (a 100-hour sequenced, competency-based educational program with detailed, specific knowledge and skill objectives emphasizing field application of advanced first aid, equipment and special transportation considerations mandated by winter/outdoor environments, alpine skiing/toboggan handling, on-hill operations and risk management) — November '84 – March '85

## Steven Scott Plisk

### PUBLICATIONS (peer reviewed):

- Plisk S.S. Speed, agility, and speed-endurance development.  
In: T.R. Baechle & R.W. Earle (Editors)/National Strength & Conditioning Association, **Essentials of Strength Training & Conditioning** (3rd Edition). Champaign IL: Human Kinetics, 2008; pp. 457-485.
- Plisk S.S. Facility administration and design.  
In: T.J. Chandler & L.E. Brown (Editors), **Conditioning for Strength & Human Performance**. Philadelphia PA: Lippincott Williams & Wilkins, 2007; pp. 237-253, 455-476.
- Plisk S.S., Stone M.H. Periodization strategies.  
*Strength & Conditioning Journal* 25(6): 19-37, 2003.
- Plisk S.S. Principle-based teaching practices.  
*Strength & Conditioning Journal* 25(5): 57-64, 2003.
- Stone M., Plisk S., Collins D. Training principles: evaluation of modes and methods of resistance training — a coaching perspective.  
*Sports Biomechanics* 1(1): 79-103, 2002.
- Kraemer W.J. (chair), et al. *4th Annual USOC/ACSM Human Performance Summit: Power Development in Athletes — Practical Considerations for Coaches (consensus panel statement)*.  
*Olympic Coach* 11(2): 1-4, 2001.
- Plisk S.S. (chair), et al. *NSCA Strength & Conditioning Professional Standards & Guidelines*. Colorado Springs CO: NSCA, 2001.
- Kreider R.B., et al. [Effects of calcium  \$\beta\$ -HMB supplementation during training on markers of catabolism, body composition, strength and sprint performance.](#)  
*Journal of Exercise Physiology online* 3(4), 2000.
- Plisk S.S. Speed, agility, and speed-endurance development.  
In: T.R. Baechle & R.W. Earle (Editors)/National Strength & Conditioning Association, **Essentials of Strength Training & Conditioning** (2nd Edition). Champaign IL: Human Kinetics, 2000; pp. 471-491.
- Stone M.H., et al. Training principles: evaluation of modes and methods of resistance training.  
*Strength & Conditioning Journal* 22(3): 65-76, 2000.
- Plisk S.S., DeRosa R.J., Hughan W.G. The Brooks-Dwyer Varsity Weight Room at Yale University.  
*Strength & Conditioning Journal* 21(5): 71-75, 1999.
- Plisk S.S., Kreider R.B. Creatine controversy?  
*Strength & Conditioning Journal* 21(1): 14-23, 1999.
- Stone M.H., et al. Athletic performance development: volume load — 1 set vs. multiple sets, training velocity and training variation.  
*Strength & Conditioning* 20(6): 22-31, 1998.
- Kreider R., et al. Effects of creatine supplementation on body composition, strength, and sprint performance.  
*Medicine & Science in Sports & Exercise* 30(1): 73-82, 1998.
- Plisk S.S., Gambetta V. Tactical metabolic training.  
*Strength & Conditioning* 19(2): 44-53, 1997.
- Plisk S.S. Regression analyses of NCAA Division I Final Four men's lacrosse competition.  
*Journal of Strength & Conditioning Research* 8(1): 28-42, 1994.
- Plisk S.S., Quinn T.D. Knee-bend flexibility test.  
*National Strength & Conditioning Association Journal* 15(4): 55-56, 1993.
- Plisk S.S., Stenersen S.B. The lacrosse face-off.  
*National Strength & Conditioning Association Journal* 14(2): 6-8, 77-91, 1992.
- Plisk S.S., Plisk R.A. Cost-effective training platform design and construction.  
*National Strength & Conditioning Association Journal* 13(2): 40-46, 1991.

## Steven Scott Plisk

Plisk S.S. Anaerobic metabolic conditioning: a brief review of theory, strategy and practical application.  
*Journal of Applied Sport Science Research* 5(1): 22-34, 1991.

Plisk S.S. Physiological training for competitive alpine skiing.  
*National Strength & Conditioning Association Journal* 10(1): 30-33, 1987.

### PUBLICATIONS (non-peer reviewed):

Plisk S.S. [Prepping for the pros](#).  
*Training & Conditioning* Dec 2008.

Plisk S.S. Running with the big dogs.  
*Coach & Athletic Director* 77(10): 46-48, 2008.

Plisk S.S. Think fast, run with power!  
*Coach & Athletic Director* 77(6): 40-43, 2008.

Kraemer W.J. (chair), et al. Using science to improve professional practice.  
*Strength & Conditioning Journal* 28(6): 28-29, 2006; 29(1): 69-73, 2007; 29(3): 63-68, 2007.

Plisk S.S. Science & Practice of Strength Training (book review).  
*Strength & Conditioning Journal* 29(3): 84-85, 2007.

Plisk S.S. Advanced Sports Nutrition (book review).  
*Strength & Conditioning Journal* 29(2): 77, 2007.

Plisk S.S. Athlete assessment.  
In: L.E. Brown & V.A. Ferrigno (Editors), **Training for Speed, Agility & Quickness** (2nd Edition).  
Champaign IL: Human Kinetics, 2005; pp. 7-16.

Rippetoe M., Plisk S.S. Is periodization applicable to novice athletes (point/counterpoint)?  
*Strength & Conditioning Journal* 26(3): 27-28, 2005.

Plisk S.S. Training principles and program design.  
*Strategies* 18(4): 16-21, 2005.

Plisk S.S. Expert Performance in Sports (book review).  
*Strength & Conditioning Journal* 26(5): 15, 2004.

Plisk S.S. Periodization: fancy name for a basic concept.  
*Olympic Coach* 16(2): 14-18, 2004.

Haff G. (chair), et al. Periodization of training [part 1-2] (roundtable).  
*Strength & Conditioning Journal* 26(1): 50-69, 2004; 26(2): 56-70, 2004.

Plisk S.S. Strength & Power in Sport (media review).  
*Strength & Conditioning Journal* 25(5): 66, 2003.

Plisk S.S. Facts & Fallacies of Fitness; Supertraining (media reviews).  
*Strength & Conditioning Journal* 25(3): 61-62, 2003.

Plisk S.S. Jerk (exercise techniques).  
*Strength & Conditioning Journal* 24(4): 35-37, 2002.

Plisk S.S. Motor Learning (book review).  
*Strength & Conditioning Journal* 24(3): 77, 2002.

Plisk S.S. Training in Sport; Explosive Power & Jumping Ability for All Sports (book reviews).  
*Strength & Conditioning Journal* 24(2): 75-76, 2002.

Plisk S.S. Motor Control, Learning & Performance (book reviews).  
*Strength & Conditioning Journal* 24(1): 73-74, 2002.

Barnes M., Plisk S. NSCA Strength & Conditioning Professional Standards & Guidelines (guest editorial).

## Steven Scott Plisk

*Strength & Conditioning Journal* 24(1): 7-8, 2002.

Barnes M., Plisk S. [Setting the standard \(editorial\)](#).  
Ithaca NY: Momentum Media Sports Publishing, 2001.

Plisk S.S., Kreider R.B. Clarifying the creatine myth.  
*Wrestling USA* 36(9): 28-32, 2001.

Stone M.H., Plisk S.S. [Equipment Selection for Strength Training: Free Weights or Machines — Some Practical Aspects for Coaches](#).  
Edinburgh: Coaches' Information Service, 2001.

Plisk S.S. Simple guidelines for the development of flexibility.  
*Coach & Athletic Director* 70(6): 12-18, 2001.

Plisk S.S. Muscular strength and stamina.  
In: B. Foran (Editor), **High-Performance Sports Conditioning**. Champaign IL: Human Kinetics, 2001; pp. 63-82.

Plisk S.S. Biomechanics in Sport (book review).  
*Strength & Conditioning Journal* 23(4): 76, 2001.

Plisk S.S. The Adult Learner (book review).  
*Strength & Conditioning Journal* 23(1): 77, 2001.

Plisk S.S. [Resistance Training: Considerations in Maximizing Sport Performance](#).  
Edinburgh: Coaches' Information Service, 2000.

Hedrick A. (column editor), et al. Learning from each other: working with coaches.  
*Strength & Conditioning Journal* 22(5): 45-46, 2000.

Plisk S.S. The angle on agility.  
*Training & Conditioning* 10(6): 37-43, 2000.

Plisk S.S. Four principles of rational nutrition.  
*Coach & Athletic Director* 70(3): 28-34, 2000.

Plisk S.S. Where the weightroom meets the classroom.  
*Coach & Athletic Director* 70(1): 15-20, 2000.

Kreider R.B. (chair), et al. High intensity training: 1 set vs. 3 sets — the experts debate.  
*Muscular Development* 37(8): 104-120, 183, 2000.

Hilbert S., Plisk S.S. Free weights versus machines (point/counterpoint).  
*Strength & Conditioning Journal* 21(6): 66, 1999.

Stone M.H., et al. Strength training: single versus multiple sets (correspondence).  
*Sports Medicine* 27(6): 409-412, 1999.

Gerber M., Plisk S. The NCAA's stand on summer conditioning workouts (editor's note).  
*Strength & Conditioning Journal* 21(2): 5-6, 1999.

Plisk S.S. Adaptive planning.  
*MILO* 7(3): 76-83, 1999.

Plisk S.S. Accelerative training.  
*MILO* 6(1): 112-120, 1998.

Plisk S.S. Focus on facts needed in creatine discussion (guest editorial).  
*NCAA News* 35(8): 4-5, 1998.

Plisk S.S. Principle-based training [part 1-6].  
*Hardgainer* 8(5): 7-12, 1997; 8(6): 26-31, 1997; 9(1): 25-29, 1997; 9(2): 22-25, 1997; 9(3): 31-35, 1997; 9(4): 41-45, 1998.

## Steven Scott Plisk

Ferreira M., et al. Effects of ingesting a supplement designed to enhance creatine uptake on strength and sprint capacity (abstract, 44th annual ACSM Meeting — Denver CO, May '97).

*Medicine & Science in Sports & Exercise* 29(5): S146, 1997.

Kreider R., et al. Effects of ingesting a supplement designed to enhance creatine uptake on body composition during training (abstract, 44th annual ACSM Meeting — Denver CO, May '97).

*Medicine & Science in Sports & Exercise* 29(5): S145, 1997.

Kreider R., et al. Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on body composition alterations (abstract, 81st annual FASEB Meeting — New Orleans LA, April '97).

*Federation of American Societies for Experimental Biology Journal* 11: A374, 1997.

Almada A., et al. Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on strength and sprint capacity (abstract, 81st annual FASEB Meeting — New Orleans LA, April '97).

*Federation of American Societies for Experimental Biology Journal* 11: A374, 1997.

Plisk S.S. Training smart.

*Strength & Conditioning* 18(3): 22-23, 1996.

Plisk S.S. Physical conditioning for the patrol season [part 1-3].

*Ski Patrol* 3(2): 14-15, 1987; 3(3): 18-20, 1987; 4(3): 22-23, 1988.

### **MULTIMEDIA:**

Harney D., Plisk S. *NFL Scouting Combine Preparation* (6-DVD set). Shelton CT: Excelsior Sports, 2008.

NSCA Certification Commission. *Essentials of Strength Training & Conditioning Symposium; Essentials of Personal Training Symposium* (contributing presenter, "Free Weight & Machine Exercise Techniques" DVD). Lincoln NE: NSCA Certification Commission, 2006.

National Strength & Conditioning Association. *U.S. Marine Corps Semper Fi Fitness Training* (contributing author, online correspondence course).

Colorado Springs CO: NSCA; Quantico VA: USMC, 2003.

Plisk S.S. *Developing Power for Basketball* (video). Monterey CA: Healthy Learning, 2003.

Plisk S.S. *Developing Speed & Agility for Basketball* (video). Monterey CA: Healthy Learning, 2003.