UH-OH! Last year an NCAA rule was passed, effective August 1, 2015, requiring athletics personnel who conduct strength & conditioning workouts to be S&C certified and maintain current certification through a nationally accredited S&C certification program. Furthermore, the NCAA interpreted this rule to apply to not only S&C coaches, but ANY coach wanting to conduct a strength & conditioning workout outside of a normal practice.

**IMPLICATIONS:**
- Our strength & conditioning coaches would be stretched infinitely thin, being required to attend an astronomical amount of workouts over all sports.
- Our sport coaches may be S&C certified, relieving S&C coaches but resulting in crippling costs of certifying every coach; AND, among many other things
- It would be an administrative nightmare to monitor and keep track of every athletics personnel’s certification.

**GOOD NEWS:** Luckily, everything I just explained is a moot point! The NCAA has recently backed away from that interpretation and has determined that due to such earth-shattering implications, the conducting/monitoring of strength & conditioning workouts will remain status quo! Phew!

*My reaction exactly - for this rule, that is.*