



NATIONAL ASSOCIATION OF SPEED AND EXPLOSION

HEADQUARTERS: P.O. Box 1784, Kill Devil Hills, NC 27948
Tel. 252.441.1185 Web Site: naseinc.com e-mail: naseinc@earthlink.net

NASE MEMBERSHIP: \$39.95 Per Year

MEMBER BENEFITS

Increase Knowledge & Learn New Techniques

Learn from the only national association devoted entirely to the improvement of speed in short sprints for sports competition.

Obtain Access to a dynamic website

Stay current through the Naseinc.com web site containing articles, videos, and other information on speed improvement for team and individual sports updated regularly. Access over 55 back issues of *Sports Speed Digest* with hundreds of articles by leading experts.

Begin Key Networking

Utilize an on-line forum with directed topics for the exchange of ideas and networking with other team sport coach (age group, high school, University, and Pro), Strength and Conditioning coaches, Personal Trainers, Athletes and Parents, and Physical Therapists involved in training athletes throughout the world.

Receive a bi-monthly Sports Speed Digest

The 12-16 page bi-monthly *Sports Speed Digest* contains articles by leading experts on speed improvement for football, basketball, baseball, field hockey, rugby, softball, soccer, tennis, and other sports.

- Lead articles on speed improvement techniques
- Q & A and other Columns: Chump to Champ, Speed Improvement for Young Athletes, Coaches Health
- What Research Tells the Coach about Speed Improvement
- Analysis and practical application of the latest research findings

Discounts

Receive discounts on Registration Fees for selected symposiums and clinics.

Certification (Certified Speed Specialists - NASE CSS) and Professional Advancement

Become a recognized expert as a speed coach by completing the NASE prestigious Certification Program in Speed and Explosion for school, university, pro and age-group coaches in all sports, strength and conditioning coaches, personal trainers, athletic trainers, and undergraduate and graduate students. Experienced coaches begin with the NASE advanced Level II certification.

Level I Certification (online course) for inexperienced coaches and undergraduate students,

Level II Certification (online course) for experienced coaches and graduate students,

Self-study Level II certification for experienced coaches who prefer to avoid taking an online course on the computer and prefer to prepare on their own after receiving materials and other resources.

Optional Add-on Features

The NASE fee of \$39.95 covers a one-year NASE membership. and is **required before** adding on Option 1: *Premier OR Option 2: Premier Plus.*

Nase Membership (\$39.95)

Premier Membership (\$120.00 additional fee)

What you get in addition to the NASE benefits listed above:

[Discounts](#) on Registration Fees for selected symposiums and clinics.

[Video Library](#) access to educational videos to help you and your client, with hundreds of videos updated monthly.

Podcast access with top speed and strength coach, Larry Jusdanis. These Interactive podcasts will be held monthly.

Premier Plus (\$180.00 additional fee)

What you get in addition to the NASE Benefits Listed Above

Discounts on Registration Fees for selected symposiums and clinics.

Video Library access to educational videos to help you and your client, with hundreds of videos updated monthly.

Podcast access with top speed and strength coach, Larry Jusdanis. These Interactive podcasts will be held monthly.

Athlete Programming with access to unlimited athlete programs for your reference. Some of these programs have generated the fastest players at the NFL and CFL combines.

Consultation with one 30 minute phone call with a NASE certified speed coach. You may ask us anything you like about training for speed and strength.

Name _____ Title _____

Address _____ State _____ Zip _____

Tel _____ e-mail _____

\$39.95 (NASE ANNUAL MEMBERSHIP - Required)

\$120.00 (Premier Membership), OR

\$180.00 (Premier Plus Membership)

TOTAL _____ If the Premier or Premier Plus add-on monthly features are included, payment must be made online. If requesting NASE Membership only, you can pay online OR return this form with a check or money order for \$39.95 to NASEINC, Box 1784, Kill Devil Hills, NC 27948.