

2018

**NASE - CSS CERTIFICATION RENEWAL**  
**(Maintaining Certification as an NASE Certified Speed Specialist)**

**Name** (Print as you want your name to appear on the certificate) \_\_\_\_\_  
**Date of Certification** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Institution** (If applicable) \_\_\_\_\_  
**Mailing Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_ **Zip** \_\_\_\_\_  
**Tel.** \_\_\_\_\_ **E-mail** \_\_\_\_\_ **Current Position/Title** \_\_\_\_\_

**PAYMENT** (\$39.00; add \$39.95 to renew your membership if it has expired)

\_\_\_\_ Make check/money order payable to NASEINC !

\_\_\_\_ My NASE Membership is: \_\_\_\_ Current \_\_\_\_ Not Current (\$39.95 added) If membership has expired, add \$39.95 to the Renewal fee and submit \$78.95 to NASEINC

**Criteria Since Last Certification**

In recognition of the extreme dedication and time constraints placed on certified members, the NASE uses a practical approach to ensure growth and development as the main means of maintaining NASE-CSS certification. The purpose of the 36-month renewal program is to encourage members to remain current and aware of new concepts, principles, theories and techniques in the area of speed improvement.

Every 36 months (3 years), applicants complete and return this *Renewal Application Form* after recording key activities that occurred since their previous certification date. Renewal criteria are met when certified members accumulate a total of **25 points** from the choices listed below. Applicants may request credit for other activities via e-mail, mail, or telephone. *Example:* Continued employment in the area of strength and speed during this three year period + 5 points from other categories meets the standard. Any combination of areas listed below can be used.

	<b>Points</b>
1. Current membership in NASE is required.	
2. Continued employment in area of speed, strength, conditioning (If membership continued for 3 years - 20 pts., 2 years, 15 points, 1-year, 10 points)	10,15,20
3. Attendance at an NASE or other National Symposium	10
4. CEU'S (up to 10)	0 - 10
5. Article(s) submitted for publication in the <i>Sports Speed Digest</i>	5
6. Article(s) published in the <i>Sports Speed Digest</i> , other journals, or book Chapters	10
7. College/University Course*	5
8. Program/Course development (attach Syllabus)	3
9. Presentation at a national conference	5
Other: _____	
TOTAL (25 or more circled)	_____

\* Course-related fields: Anatomy, Physiology, Athletic Training, Physical Therapy, Exercise Physiology, Strength and Conditioning, Performance Enhancement, Fitness, and others.

**INSTRUCTIONS:** Circle the points above. Include support data if available, return the form to: NASE, P.O. BOX 1784, KILL DEVIL HILLS, NC 27948 with your fee. Make check/money or Payable to NASEINC. You can also pay online and submit the form by mail or e-mail. Provide supportable data when possible. The NASE staff will contact you if more information is needed.