

Richard D. Collins

EDUCATION:

JURIS DOCTOR: Hofstra University School of Law, Hempstead, NY
(5/1984)

Honors: Law Review, Moot Court,
Bruce Mayrock Memorial Scholarship
(full tuition academic scholarship)

BACHELOR of ARTS (Psy.): Hofstra University, Hempstead, NY
(5/1981)

Honors: Magna Cum Laude, Dean's Scholar,
National Psychology Honors Society,
Junior-Elect to the Phi Beta Kappa Honor Society

LICENSED TO PRACTICE:

STATE COURTS:

Bar of New York
Bar of Pennsylvania
Bar of Massachusetts
Bar of the District of Columbia
Bar of Texas

FEDERAL COURTS:

Eastern District of New York
Southern District of New York
Northern District of New York
Western District of Texas
Northern District of Texas
Eastern District of Texas
Eastern District of Pennsylvania
Middle District of Pennsylvania
District of Colorado
United States Court of Appeals for the Second Circuit
United States Court of Appeals for the Federal Circuit
United States Court of Federal Claims
United States Court of Appeals for the Armed Forces
Supreme Court of the United States

[Admitted upon *Pro Hac Vice* applications in courts including California Superior Court, San Diego County; Superior Court of the State of Arizona, County of Yavapai; the Federal District Court for the Southern

District of California; the Federal District Court for the Northern District of California; the Federal District Court for the Southern District of Iowa; the Federal District Court for the Eastern District of Missouri; the Federal District Court for the Northern District of Illinois; the Federal District Court for the Western District of Pennsylvania; the Federal District Court for the District of Idaho; the Federal District Court for the District of Maryland; the Federal District Court for the Southern District of Florida; the Federal District Court for the District of Arizona; the Federal District Court for the Western District of North Carolina; and the Federal District Court for the Northern District of West Virginia.]

PROFESSIONAL EXPERIENCE:

Collins Gann McCloskey & Barry PLLC (formerly Collins, McDonald and Gann, P.C.); Mineola, NY (3/1990 – present)

Law Partner assisting the dietary supplement industry and the strength, power, health and fitness communities, concentrating on performance-enhancing substance issues and nutritional supplement regulatory law. Author, lecturer, columnist. Consulted regarding 3,000+ matters involving bodybuilding/fitness substances, drugs or chemicals. Testified on three occasions before the United States Sentencing Commission as an expert panelist on anabolic steroids or human growth hormone. Tried various matters to jury verdict, including arson, burglary, narcotics and robbery cases. Experienced in matters involving wills, trusts and the administration and probate of estates, including being appointed on a special Commission to Stockholm, Sweden in order to find and depose the nearest kin of a deceased Nassau County woman with no living relatives in America.

Assistant District Attorney, Nassau County District Attorney's Office; Mineola, NY (11/1984 – 11/1989)

Prosecuted felonies and misdemeanors; conducted numerous jury trials to verdict

HONORS AND AWARDS:

AV-rated, Martindale-Hubbell directory (peer-rated at highest levels of skill and ethics)

"Leadership in Law," Long Island Business News (2013)

"50 Around Fifty Award," Long Island Business News (for Leadership and Philanthropy)(2011)

"In the Trenches Award," New York State Association of Criminal Defense Lawyers (2003)

Honorable Edward J. Hart, Jr., Memorial Award, Fraternal Order of Court Officers, Nassau County (2002)
President's Award, Nassau County Bar Association (2001)
Outstanding Faculty Award, E. David Woycik, Jr., Intensive Trial Techniques Program (2012)
Fellow, International Society of Sports Nutrition (2011)
Listed, Bar Register of Preeminent Lawyers (Martindale)
Listed, Who's Who in America (Marquis)

APPOINTMENTS:

Member, Special Committee on Re-Entry, appointed by the president of the New York State Bar Association (2013 – present)
Editor-in-Chief, *Nassau Lawyer*, Nassau County Bar Association journal (2000 – 2002)
Legal Advisor to the International Federation of BodyBuilders Professional League (www.ifbbpro.com) (2003 – present)
General Counsel to the International Society of Sports Nutrition (www.sportsnutritionociety.org) (2004 – present)
Member of Advisory Board, *Muscular Development* magazine
Member of Advisory Board, International Physique Professionals Association (www.theippa.org)
Annual Team Leader or Faculty Member, National Institute of Trial Advocacy program, Hofstra University School of Law (early 1990s – present)
Legal Analyst, www.MuscleRadio.com
Special Professor of Law, Hofstra Law School (teaching trial advocacy to aspiring prosecutors in a simulated courtroom setting)

PROFESSIONAL ASSOCIATIONS/MEMBERSHIPS:

Life Member, National Association of Criminal Defense Lawyers
Member, American Bar Association
Past Member, House of Delegates, New York State Bar Association (NYSBA)
Fellow, New York State Bar Foundation
Member Executive Committee, NYSBA Criminal Justice Section
Co-Chair, Sealing Committee, NYSBA Criminal Justice Section Exec. Comm.
Member, New York State Association of Criminal Defense Lawyers
Member, New York State Defenders Association
Past President, Former Assistant District Attorney's Association of Nassau County
Vice-President, Nassau County Bar Association

Past President, Criminal Courts Bar Association of Nassau County
Member, Federal Bar Council
Past Chair, Long Range (Strategic) Planning Committee, Nassau County Bar Association
Member, Criminal Law and Procedure Committee, Nassau County Bar Association
Appointed Member, Nominating Committee, Nassau County Bar Association
Appointed Member, Awards Committee, Nassau County Bar Association
Board Member, WE CARE (Charitable Foundation), Nassau County Bar Association
Member, Sports Nutrition Committee, American Herbal Products Association

PUBLISHING HISTORY:

BOOKS:

[ALPHA MALE CHALLENGE](#) (Rodale, September 2009), co-authored
LEGAL MUSCLE: Anabolics in America (Legal Muscle Publishing, Inc.; 2002)
[Reviewed in "Lawyer's Bookshelf," *New York Law Journal* (April 25, 2003)]
INTERVENTIONS FOR ADDICTION: Comprehensive Addictive Behaviors and Disorders, co-authored chapter 84, "Performance Enhancing Drug Use (including Steroids) by Adolescents and College Students: Etiology and Prevention" (Elsevier, 2013)
ESSENTIALS OF SPORTS NUTRITION AND SUPPLEMENTS, J. Antonio, D. Kalman, *et al.*, editors (Humana Press; 2008), co-authored Chapter 24, "Regulatory Aspects of the Sports Nutrition Industry."
NUTRITIONAL SUPPLEMENTS IN SPORT AND EXERCISE, M. Greenwood, *et al.*, editors (Humana Press, 2008), co-authored chapter, "The Effect of Government Regulation on the Evolution of Sports Nutrition."
WRITING ARGUMENTS: A Rhetoric with Readings, J. Rampage, J. Bean, J. Johnson, editors (Pearson, Longman, 2007), Part Five, "In Search of Perfection: Steroids, Bionic Athletes, and Designer Children (contributed "Steroids and Sports: A Provocative Interview with Norm Fost, M.D.", page 636 – 641).
DOMESTIC VIOLENCE, T. Liotti, editor (NYSBA, 2008), authored chapter, "Arraignments and Bail."

ARTICLES AUTHORED IN LEGAL OR SCIENTIFIC PUBLICATIONS:

"ISSN Position Stand: Safety and Efficacy of Creatine Supplementation in Exercise, Sport and Medicine," *Journal of the International Society of Sports Nutrition* 2017, 14:18 (June 13, 2017)(co-author)

"Self-Reported Anger Measurements of Non-Medical Anabolic-Androgenic Steroid Users," Proceedings of the Fourteenth Annual International Society of Sports Nutrition (ISSN) Conference, Phoenix, (6/2017)(poster presentation, publication pending)(co-researcher and co-author)

"The Rogue Informant: Lessons from a Frame," *Atticus*, the Publication of the New York State Association of Criminal Defense Lawyers, Summer 2013, Volume 25, Number 2

["ISSN Position Stand: Energy Drinks,"](#) *Journal of the International Society of Sports Nutrition* 2013, 10:1 (Jan. 3, 2013)(co-author)

["ISSN Exercise & Sport Nutrition Review: Research and Recommendations,"](#) *Journal of the International Society of Sports Nutrition* 2010, 7:7 (Feb. 2, 2010)(co-author)

"A League of their Own, Too: Motivational and age of initiation comparisons between American male and female AAS users," Proceedings of the Fifth International Society of Sports Nutrition (ISSN) Conference and Expo, Las Vegas (6/2008)(poster presentation) *Journal of the International Society of Sports Nutrition* 2008, 5(Suppl 1) p:26 (Sept. 17, 2008)(co-researcher and co-author)

["A League of Their Own: Demographics, motivations and patterns of use of 1,955 male adult non-medical anabolic steroid users in the United States,"](#) *Journal of the International Society of Sports Nutrition* 2007, 4:12 (Oct. 11, 2007)(co-researcher and co-author)

"The Legal Front: What's New with HGH and Testosterone Replacement Therapy," Chapter of *Anti-Aging Therapeutics Volume IX* (A4M 2006 Conference Year)(publication pending)

"Pumping Up the War on Steroids," *4 New York Criminal Law Newsletter* 4, 12 – 13 (Fall 2006); a version was also published as "Of Ballparks and Jail Yards" in *The Champion* (flagship publication of the National Association of Criminal Defense Lawyers) (November 2006)

"Changing the Game: The Congressional Response to Sports Doping via the Anabolic Steroid Control Act," *40 New England Law Review* 3, 753 – 763 (Spring 2006)

"Prescribing Testosterone and Human Growth Hormone: Legal Considerations for Anti-Aging Practitioners," Chapter 10 of *Anti-Aging Therapeutics Volume VII* (A4M 2004 Conference Year)

"Steroids and Steroid Precursors in College Sports: The Response to the 'Pills in the Locker' by Sports Bodies and Congress," authored for

conference materials of "Winning at All Costs : Today's Addiction: A Conference on Sports Law and Ethics," Chicago, IL, sponsored by Valparaiso Univ. School of Law (2/2005)

"'Adulterated' Androstenedione: What FDA's Action against Andro means for Industry," *Sports Nutrition Review Journal* (Volume 1[1], 2004), (co-authored with Alan Feldstein, Esq.)

"Drug Packages and the Fourth Amendment," *New York State Bar Association Criminal Justice Journal* (Winter 2002)

"Drugs and the Body Beautiful: A Guide to Defending Anabolic Steroid Cases," *The Champion* (cover story, March 2002)

"Anabolic Steroid Legislation: The Wrong Prescription?" *New York State Bar Association Criminal Justice Journal* (Summer 2001, Volume 9, No. 1) [Translated into Italian for publication in *Olympian's News* (Italian version of Ironman magazine), March/April 2003]

Nassau Lawyer, journal of the Nassau County Bar Association (numerous articles on criminal justice issues and anabolic steroid issues, 1999 to present)

ARTICLES AUTHORED IN LAY PUBLICATIONS:

Featured [Blogger for the Huffington Post](#)

[Commissioned to write the *TIME* magazine essay on Steroids and Sports, "Stepping Up to the Plate: The Problem of Steroid Use in Sports and What to Do About it", publication pending]

Monthly Columnist for *Muscular Development* magazine (150+ articles published since 2001)

Foreword, *ANABOLICS 2005* (Body of Science, 2005)

"Legal Wisdom," *PERFECT PRISON PHYSIQUE* (David Palumbo, 2006)

Numerous articles concerning fitness, sports drugs, dietary supplements and chemicals in bodybuilding and health & fitness magazines

INTERVIEWS:

Interviewed as an authority regarding anabolic steroids or other performance-enhancing substances on film (acclaimed feature documentary "[Bigger, Stronger, Faster*: the Side Effects of Being American](#)", 2008), television (EPIX's "Doping" documentary (2015), *NBC New York News*; *The Ricki Lake Show*, CNBC's *The Big Idea*, ESPN's *Quite Frankly with Stephen A. Smith*), radio (numerous stations including NPR), and by the *Wall Street Journal*, ESPN.com, *The New York Times*, *The Washington Post*, *The Los Angeles Times*, *The Village Voice*, *LA Weekly*, *The Salt Lake Tribune*, *The Shreveport Times*, *The Wall Street Journal*, *Reason*, *The Long Island Press*, *The Tan Sheet*, and many other periodicals. Also the subject of an attorney

profile in the *New York Law Journal*, a 7-page profile in *MuscleMag Intn'l* magazine (July 2003), a profile in *FLEX* magazine (April 2005), and featured in countless other strength and fitness print and online magazines. Two popular books feature in-depth interviews: *THE JUICE: The Real Story of Baseball's Drug Problems* by Will Carroll (Ivan R. Dee; 2005) and *DUNKS, DOUBLES, DOPING: How Steroids are Killing American Athletics* by Nathan Jendrick (The Lyons Press, 2006).

OPINION CONSULTATIONS:

Consulted by well over a thousand lawyers, physicians, pharmacists, chemists, dietary supplement marketers or manufacturers, corporations, institutions, trainers, coaches, athletes and other individuals or entities about legal issues surrounding performance-enhancing substances, doping, anabolic steroids or dietary supplements. Prepared and submitted opinion letters in both civilian and military cases.

PRESENTATIONS:

"Law Every Fitness Professional Should Know," NSCA 2017 National Conference, Las Vegas (7/2017)
"Sports Nutrition Legal Realities: The Shape of Things to Come," Ingredient Marketplace, Orlando, FL (4/2017)
"Heavy Weights, Hormones and Happiness," Our Heroes Night Out, Beacon House, Northport Veterans Administration (4/2017)
"The Dirty Dozen Rules of Opening Statements in a Criminal Case," New York State Bar Association Young Lawyers Trial Academy, Cornell Law School, Ithaca, NY (4/2017)
"Dark Deeds: How Not to Get Arrested in the Supplement Industry," Dark Issue 2: The Webinar, NBJ (3/2017)
"Your Niche Practice: Finding Your Passion in the Law," New Lawyers Committee Meeting, Nassau County Bar Association (10/2016)
"Law Every Personal Trainer Should Know," NSCA 2016 Personal Trainers Conference, Jacksonville, FL (10/2016)
"Finding Your Niche: Practice what you love and love what you practice," NYSBA Young Lawyers 2016 Fall Meeting, Albany, NY (10/2016)
"Law Every Fitness Professional Should Know," SWIS 2016 Symposium, Mississauga, Ontario (scheduled 10/2016)
"Six 'Sexy' Legal Problems in Sports Nutrition," Workshop, The Business of Sports Nutrition, Supply Side West, Las Vegas (10/2016)
"Finding Your Passion in the Law," New York State Bar Association

Young Lawyers Section, New York, NY (4/2016)

"The Dirty Dozen Rules of Opening Statements in a Criminal Case,"
New York State Bar Association Young Lawyers Trial Academy, Cornell
Law School, Ithaca, NY (3/2016)

"Special Power Of Attorneys: Finding the Perfect Practice," Nassau
Academy of Law Bridge-the-Gap Weekend, Mineola, NY (2/2016)

"Legal Implications of Dietary Supplements & Performance Enhancing
Substances/Drugs," SWIS 2015 Symposium, Mississauga, Ontario
(11/2015)

"Assessing the Legal and Regulatory Issues in Sports Nutrition," Sports
Nutrition Workshop: From Science to Shelf, Supply Side West, Las
Vegas (10/2015)

"Nutrition Law Every Fitness Professional Should Know," 12th Annual
International Society of Sports Nutrition Conference and Expo, Austin,
TX (6/2015)

"The Dirty Dozen Rules of Opening Statements in a Criminal Case,"
New York State Bar Association Young Lawyers Trial Academy, Cornell
Law School, Ithaca, NY (3/2015)

"A Regulatory Update on Sports Nutrition (What do Fitness
Professionals need to know about Supplement Law)," ISSN Europa
University, Hartford, CT (6/2014)

"The Dirty Dozen Rules of Opening Statements in a Criminal Case,"
New York State Bar Association Young Lawyers Trial Academy, Cornell
Law School, Ithaca, NY (3/2014)

Moderator and Panelist, "The Science and Legalities of Genomics in
Today's Marketplace," NEXT Innovation Summit (formerly Nutracon) at
Expo West, Anaheim, CA (3/2014)

"The Laws of Dietary Supplement Regulation," ISSN-Arnold Sports
Nutrition and Performance Summit, Columbus, OH (3/2014)

"Your Kids on Steroids," Smart Decisions Conference, LI Youth Safety
Coalition / Nassau DA's Office, Hofstra University, NY (12/2013)

"Criminal Justice on Steroids," New York Institute of Technology, Old
Westbury, NY (11/2013)

"Steroids, Performance and the Law — The Truth Unveiled," Asia
Fitness Convention, Bangkok, Thailand (10/2013)(sponsored by the
International Society of Sports Nutrition)

"Bigger Stronger Faster Update," Muscle & Fitness Booth, Olympia
Expo, Las Vegas (10/2013)

"Your Kids on Steroids," Sports Safety Conference, Long Island Youth
Safety Coalition, Hofstra University, NY (4/2013)

"Opening Statements, Criminal Perspective," New York State Bar
Association Young Lawyers Section Trial Academy, Cornell Law School,
Ithaca, NY (3/2013)

"Health Claims and Red Flags when Marketing Anti-Aging Products,"

Nutracon, Anaheim, CA (3/2013)

"The New York State Bar Association's Sealing Proposal," Criminal Courts Bar Association of Nassau County, Mineola, NY (9/2012)

"NDI's: From a Legal, Medical and Testing Perspective," Nutracon, Anaheim, CA (3/2012)

"Criminal Record Sealing: Proposal of the NYSBA Criminal Justice Section," New York State Bar Association House of Delegates Annual Meeting, New York, NY (1/2012)

FDA Draft Guidance on New Dietary Ingredient Notifications: Is it a 'Game Changer' for the Sports Nutrition Industry?" Europa University, Las Vegas (9/2011)

"Dietary Supplements, Practice, Recommendations, and Legal Implications: A Round Table," (moderator/panelist), Europa University, Dallas (7/2011)

"Working with the Drug-Tested Athlete: Promises and Pitfalls for the Trainer and Nutritionist; Medical Legal and Nutritional Perspectives: A Round Table" (moderator/panelist), 8th Annual International Society of Sports Nutrition Conference and Expo: "Supplements: An Important Training Tool," Las Vegas (6/2011)

Conference Director and Moderator, "[Steroid Use, Abuse and Policy Symposium](#)," Hofstra Law School, Hempstead, NY (10/2010)

"Your True Alpha Challenge: How to Write a Revolutionary Fitness Book and get a Six Figure Advance," KettleBell Concepts 2nd Annual "Galvanized" Conference, New York, NY (7/2010)

"Defending a Steroid Case," 2009 NORML Key West Legal Seminar, Key West (12/2009)

"YOU: Best-Selling Fitness Author! Six Steps to Getting Top Publishers' Attention and Creating a Six Figure Bidding War," 6th Annual International Society of Sports Nutrition Conference and Expo: "The Sports Supplement Revolution," New Orleans (6/2009)

"Supplements, Science, and the Politics of New Washington," 6th Annual International Society of Sports Nutrition Conference and Expo: "The Sports Supplement Revolution," New Orleans (6/2009)

"A League of their Own, Too: Motivational and age of initiation comparisons between American male and female AAS users," Poster Presentation, 5th Annual International Society of Sports Nutrition Conference, Las Vegas (6/2008)

Testimony Before the United States Sentencing Commission Regarding the Creation of a Guideline Specific to Crimes Involving Human Growth Hormone (HGH) (Appeared by Invitation of the Commission), Washington, DC (2/2008)

"Trying the Steroid Case," Weapons for The Firefight, New York State Association of Criminal Defense Lawyers, New York, NY (10/2007)

"Barely Legal: Regulation of Dietary Supplements Update," 4th Annual

International Society of Sports Nutrition Conference, Las Vegas (6/2007)

"[Legal Muscle: Anabolic Steroids and the Law](#)," CLE 123, online Continuing Legal Education course for Arizona, California and New York attorneys, 1.5 credits (2007)

"The BALCO Fallout: the Interaction of Steroids and Sports Law," New York County Lawyers Association Sports Law Committee, New York, NY (1/2007)

"Breaking News: The 'In's' and 'Out's' of Hormone Replacement Therapy," International Congress on Anti-Aging Medicine, Las Vegas (12/2006)

"The Legal Front: What's New with HGH and Testosterone Replacement Therapy," International Congress on Anti-Aging Medicine, Chicago, IL. (7/2006)

"Pumped: A Truth-Enhancing Seminar on Steroid Use and the Law," Sponsored by Drug Policy Alliance, New York, NY (5/2006)

"Legal Update 2006: Prescribing hGH for Adult Growth Hormone Deficiency," 14th Annual International Congress on Anti-Aging Medicine, Orlando, Fl. (4/2006)

"Sports Nutrition: Tainting, Drug Tests and Banned Ingredients," Nutracon, Anaheim, CA (3/2006)

"Legal Update 2005: Prescribing hGH for Adult Growth Hormone Deficiency," 13th Annual International Congress on Anti-Aging Medicine, Las Vegas (12/2005)

Speaker and Panelist, "From Grand Slams to Grand Juries: Performance Enhancing Drug Use in Sports," New England Law Review Symposium 2005, Boston, Mass. (11/2005)

Testimony Before the United States Sentencing Commission / Expert Panelist on the Anabolic Steroid Roundtable Discussion of Proposed Federal Sentencing Guideline Amendments, Washington, DC (9/2005)

"Ephedra, Prohormones ... What's Next? How the Federal Government Regulates the Dietary Supplement Industry," 2nd Annual International Society of Sports Nutrition Conference, Las Vegas (6/2005)

Testimony Before the United States Sentencing Commission Regarding Congressional Directive to Increase Anabolic Steroid Offense Punishments (Appeared on Behalf of the National Association of Criminal Defense Lawyers), Washington, DC (4/2005)

"Steroids, Law and the Media," Department of Physical Education & Sport, Central Michigan University, Mt. Pleasant, MI (by live videoconference) (3/2005)

Speaker and Panelist on College Doping Issues, "Winning at All Costs : Today's Addiction: A Conference on Sports Law and Ethics," Chicago, IL, sponsored by Valparaiso Univ. School of Law (2/2005)

"Legal Issues and Implications of Testosterone and HGH Therapy,"

12th Annual World Congress on Anti-Aging Medicine, Las Vegas (12/2004)

"Comments on FDA's Pre-market Notification for New Dietary Ingredients," Public Meeting, Food and Drug Administration, Md. (11/2004) (co-authored with Alan Feldstein, Esq.)

"Insider's Update on the Regulatory Issues Surrounding Sports Supplements," International Society of Sports Nutrition 2004 Annual Conference, Las Vegas (6/2004)

"The Future of Sports Nutrition after Ephedra and the Steroid Scandal," The FitExpo, Pasadena, CA (2/2004)

"Supplement Jeopardy," Olympia Expo, Las Vegas (10/2003)

"Steroids: Twenty Questions," Olympia Expo, Las Vegas (10/2003)

"Defending the Body Beautiful (Muscle, Drugs and the Law)," Criminal Courts Bar Association of Nassau County, Mineola, NY (2/2002)

"Sentencing (in State Criminal Cases)," NYSBA CLE Criminal Law Update, Melville, NY (11/2001)

CERTIFICATIONS:

Certified Strength and Conditioning Specialist (NSCA-CSCS)

Former Personal Trainer, certified by the American Council on Exercise
Member, Screen Actors Guild

WEBSITES:

- www.rickcollins.com
- www.supplementcounsel.com
- www.steroidlaw.com
- www.cmgesq.com
- www.alphamalechallenge.com
- www.leapforlife.org

CONTACT INFORMATION:

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