

**NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS**



NEWS RELEASE

Dr. Michael Koester to Receive NFHS Award of Merit

FOR IMMEDIATE RELEASE

Contact: Bruce Howard

INDIANAPOLIS, IN (June 4, 2013) — Michael Koester, M.D., ATC, one of the nation's leading experts in the area of concussions in sports, is the 2013 recipient of the Award of Merit from the National Federation of State High School Associations (NFHS).

Koester, a physician on staff at the Slocum Center for Orthopedics and Sports Medicine in Eugene, Oregon, where he also directs the Slocum Sports Concussion Program, will receive the prestigious award June 25 at the NFHS Summer Meeting in Denver, Colorado.

A nonsurgical sports medicine specialist, Koester specializes in the evaluation and treatment of musculoskeletal injuries and conditions. He is trained in both pediatric and adult sports medicine, but has a special interest in the evaluation and care of injuries in young children and adolescents.

Koester earned his bachelor's degree from the University of Nevada, Las Vegas, in 1992, and his doctorate from the University of Nevada School of

Medicine in Reno in 1996. He did his pediatric residency at the University of Washington School of Medicine and his primary care sports medicine fellowship at Vanderbilt University.

A native of Stanfield, Oregon, Koester has devoted many hours to the Oregon School Activities Association (OSAA) and the NFHS – particularly in the area of concussions in sports.

Koester recently completed five years on the NFHS Sports Medicine Advisory Committee (SMAC), including three years as chair. During that time, he led the committee's work with regard to concussions and was the spokesperson for the NFHS at meetings across the country.

Among his accomplishments, Koester played a large role in the revised fourth edition of the NFHS Sports Medicine Handbook. He also led the SMAC in adopting a Position Statement on Concussions that was placed in all NFHS rules books beginning with the 2010-11 school year.

In addition, through his direction of the SMAC, the NFHS adopted new rules language regarding the procedures to follow when an athlete is suspected of having a concussion. The guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion were placed in all NFHS rules books beginning with the 2010-11 school year.

Koester also played a key role in the development of the NFHS Coach Education Program online course, "Concussion in Sports – What You Need to Know." He is the host of this online course, which has been taken by about 900,000 individuals since its launch on www.nfhslearn.com in 2010.

Koester also authored three articles for *High School Today*, the NFHS' national magazine that is distributed to the superintendent, principal, athletic

director and school board president at every high school in the United States. His articles were on the topics of H1N1 virus, pre-participation exams and the academic effects of concussions.

Koester also has served as chair of the OSAA Medical Aspects of Sports Committee, as well as team physician for several high schools in the Eugene area.

About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

MEDIA CONTACT:

Bruce Howard, 317-972-6900
National Federation of State High School Associations
PO Box 690, Indianapolis, Indiana 46206
bhoward@nfhs.org