

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

# NFHS Partners with USTA for “Coaching Tennis” Course on NFHS Learning Center

### FOR IMMEDIATE RELEASE

INDIANAPOLIS, IN (May 23, 2016) — In partnership with the United States Tennis Association (USTA), the National Federation of State High School Associations (NFHS) has launched the “Coaching Tennis” online course through the NFHS Learning Center at [www.NFHSLearn.com](http://www.NFHSLearn.com).

The course provides information on tennis coaching philosophy and techniques, as well as managing the team and its practices. “Coaching Tennis” expands upon the USTA’s teaching philosophy, and serves as a basis for coaches to develop their own individual coaching styles and techniques.

Units on warm-up (and cool-down) activities, skill acquisition, tactics and positioning are included in the course, along with sections that focus on competition and match play. The course includes bonus resources like fun games that teach players skills and help to build team unity. Other resources illustrate static and dynamic stretches, doubles players’ roles and responsibilities, and partner drills.

“Coaching Tennis” supports the USTA’s goals of increasing participation in tennis and improving education for tennis coaches with a student-centered curriculum.

“Providing educational opportunities is essential to enhance the skills of high school coaches nationwide,” said Glenn Arrington, Director, USTA High School Tennis. “Our partnership with NFHS

allows us to make a positive impact in our sport by ensuring high school tennis coaches are provided valuable resources to help their players.”

“We appreciate the work of the USTA in making this course available for tennis coaches,” said Dan Schuster, NFHS Director of Educational Services. “We are pleased to add tennis to our list of sport-specific courses since all of our states are involved in hosting championships in this highly popular sport. We believe this course will be very beneficial to many coaches throughout the country.”

Tennis becomes the 15<sup>th</sup> sport with an online course through the NFHS Learning Center. After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the NFHS Coach Education Program, the NFHS Learning Center now offers 42 online courses – 18 of which are free – and has expanded its reach to contest officials, students and music adjudicators. Since the launch of [www.NFHSLearn.com](http://www.NFHSLearn.com) in 2007, the NFHS has delivered more than four million courses.

Tennis is the eighth-most popular sport for boys at the high school level and ranks No. 7 for girls with 157,240 and 182,876 participants, respectively, according to the 2014-15 NFHS Athletics Participation Survey.

The “Coaching Tennis” online course is the second initiative between the NFHS and USTA in the past three years. In 2013, the NFHS partnered with the USTA to support and promote the USTA’s “no-cut” policy for high school tennis teams, which allows every student who wishes to play high school tennis to be a member of a team.

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#### 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 16 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 7.8 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 website at [www.nfhs.org](http://www.nfhs.org).

### About the United States Tennis Association (USTA)

The USTA is the national governing body for the sport of tennis in the United States and the leader in promoting and developing the growth of tennis at every level -- from local communities to the highest level of the professional game. A not-for-profit organization with more than 715,000 members, it invests 100% of its proceeds in growing the game. It owns and operates the US Open, the highest-attended annual sporting event in the world, and launched the Emirates Airline US Open Series, linking seven summer tournaments to the US Open. In addition, it owns approximately 90 Pro Circuit events throughout the United States and selects the teams for the Davis Cup, Fed Cup, Olympic and Paralympic Games. The USTA's philanthropic entity, the USTA Foundation, provides grants and scholarships and helps under-resourced youth and individuals with disabilities, and supports wounded, ill and injured service members, veterans and their families. For more information on the USTA, log on to [www.usta.com](http://www.usta.com), "like" the official Facebook page, [facebook.com/usta](https://facebook.com/usta), or follow @usta on Twitter.

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