

“COACH DIVING”
Now Available
NFHS Learning Center
9/7/18

The NFHS has been working with USA Diving and the National Interscholastic Swim Coaches Association to develop “Coaching Diving.” This free online course is **now available** on the NFHS Learning Center (www.nfhslearn.com).

The course provides a methodical approach to teaching and learning progressions of fundamental diving skills. Dryland, pool side and lead-up drills, as well as additional resources are included in this course.

To access and get information to this course for your swimming and diving coaches within your state go to www.nfhslearn.com .