

**NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS**



NEWS RELEASE

Three New Coach Education Courses Now Available

FOR IMMEDIATE RELEASE

Contact: Tim Flannery or Dan Schuster

INDIANAPOLIS, IN (September 24, 2009) — Three new coach education courses are now available through the National Federation of State High School Associations (NFHS) at www.nfhslearn.com. The courses — Fundamentals of Coaching Volleyball, AACCA Spirit Safety Certification and Teaching Sports Skills — are the newest additions to the NFHS Coach Education Program.

Fundamentals of Coaching Volleyball is a sport-specific course developed in partnership with USA Volleyball, the national governing body for volleyball in the United States, and endorsed by the American Volleyball Coaches Association (AVCA), the largest volleyball coaches organization in the world. The course provides information on topics such as designing practice sessions, technical skills, rotational systems, serve/receive organizational concepts, defensive systems, blocking options,

team selections, and rules and match management. The course also includes additional resources and reference Web sites.

The spirit safety course was developed in partnership with the American Association of Cheerleading Coaches & Administrators (AACCA), a non-profit organization that offers coaches spirit safety training and certification. The AACCA Safety Certification Course informs coaches of their responsibility to maintain safety at all times and offers ways coaches can minimize risks for their squads.

Teaching Sport Skills is designed to teach skills that can apply to any sport. Coaches will learn proper teaching methods and techniques throughout this online course. The NFHS Coach Education Program now offers five sport-specific courses including soccer, wrestling, football, volleyball and spirit safety.

The NFHS Coach Education Program was started in 2007, and more than 90,000 coaches have taken the core course — Fundamentals of Coaching. Forty-four of the 51 NFHS member associations have adopted the course.

Beginning this fall, coaches will be able to become Level 1 certified as an Accredited Interscholastic Coach. In addition to the Fundamentals of Coaching course, coaches must complete NFHS First Aid for Coaches, or its equivalent, and one of the sport-specific courses or Teaching Sport Skills.

All NFHS coach education courses are available at www.nfhslearn.com.

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This press release was written by Allison Brown, a fall intern in the NFHS

Publications/Communications Department and a senior at Butler (Indiana) University.

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 fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine 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 almost 7.5 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; 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 CONTACTS: Bruce Howard or John Gillis, 317-972-6900
National Federation of State High School Associations
PO Box 690, Indianapolis, Indiana 46206
bhoward@nfhs.org or jgillis@nfhs.org