

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### NFHS Coach Education Program Adds Strength and Conditioning Course

**FOR IMMEDIATE RELEASE**

**Contact: Tim Flannery**

INDIANAPOLIS, IN (March 6, 2012) — The National Federation of State High School Associations (NFHS) has added a new course to its Coach Education program. *Strength and Conditioning* is now available on the NFHS Coach Education Web site at [www.nfhslearn.com](http://www.nfhslearn.com).

The course was developed by the NFHS in conjunction with the National Strength and Conditioning Association. *Strength and Conditioning* is designed to educate coaches on how to properly train their athletes without adding a greater risk of injury. It will also help to educate coaches on how to get the most out of their athletes' workouts.

Tim Flannery, CMAA, NFHS Director of Coach Education, said that the course will help coaches understand what to expect from their athletes.

“This course is critically important because it will provide coaches information on many different aspects of lifting and conditioning,” Flannery said. “Many injuries occur because student-athletes are improperly trained or over-conditioned. Coaches need to understand strength and conditioning so they can minimize injuries, and so they don’t over-stress their athletes.”

The course also includes a resource section with an extensive selection of videos for teaching specific lifts.

*Strength and Conditioning* costs \$50 and takes two hours to complete. As with all NFHS Coach Education courses, it is available for a full year after the purchase date.

With the addition of *Strength and Conditioning*, the NFHS Coach Education Program now offers 26 courses, three of which are available for free.

More than 220,000 people have taken the *Fundamentals of Coaching* course. It is one of two NFHS core courses, along with *First Aid for Coaches*. The NFHS also offers 13 sport-specific courses and seven elective courses.

All NFHS Coach Education courses are available at [www.nfhslearn.com](http://www.nfhslearn.com).

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*This press release was written by Alex Swenson, an intern in the NFHS Publications/Communications Department. He is a student at Franklin (Indiana) College and is majoring in broadcast journalism and public relations.*

## **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](http://www.nfhs.org).

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