

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### NFHS Coach Education Launches Lacrosse Courses

FOR IMMEDIATE RELEASE

Contact: Tim Flannery or Dan Schuster

INDIANAPOLIS, IN (January 12, 2012) — The National Federation of State High School Associations (NFHS) has added two new sports-specific courses to its Coach Education program – *Fundamentals of Coaching Boys Lacrosse* and *Fundamentals of Coaching Girls Lacrosse*.

The latest of the online courses offered by the NFHS, the lacrosse courses were developed in association with US Lacrosse, the national governing body for men’s and women’s lacrosse in the United States.

“By partnering with US Lacrosse, the NFHS Coach Education program is looking to continue its high quality of courses by giving coaches nationwide

access to the best that's out there," said Dan Schuster, NFHS Coach Education Program specialist.

The courses are designed to assist new coaches as well as highlight lacrosse-specific coaching fundamentals. The courses offer a brief history of the sport, talk about the fundamentals of the sport and share the skills necessary to succeed. In addition to explaining the skills of the sport and how to teach them, the courses share how to get athletes to understand the skills and how to properly and safely execute them – from the practice field to the playing field.

"Like most of our courses, not only do they give coaches the tools to approach coaching the sport, but also how to implement them in practices," Schuster said.

Designed to take two hours to complete, the *Fundamentals of Coaching Lacrosse* courses are \$65 each. For US Lacrosse members, the courses cost \$15 with the recognition of a US Lacrosse membership number.

With the addition of the two lacrosse courses, the NFHS Coach Education program has expanded to 23 courses in all, including the two NFHS core courses – Fundamentals of Coaching and First Aid for Coaches – 12 sport–

specific courses, six elective courses and three free courses. The Coach Education program has delivered more than 700,000 courses to its users in five years.

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 Shane Monaghan, an intern in the NFHS Publications/Communications and Events Departments. Monaghan is a graduate of Ball State (Indiana) University, where he specialized in sports administration.*

#### **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).

### **About US Lacrosse**

US Lacrosse, a 501(c)(3) nonprofit corporation, is the national governing body for men's and women's lacrosse. US Lacrosse has nearly 375,000 members in 63 regional chapters around the country. Through responsive and effective leadership, US Lacrosse strives to provide programs and services to inspire participation while protecting the integrity of the game. To learn more about US Lacrosse, please visit [www.uslacrosse.org](http://www.uslacrosse.org).

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