

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### **NFHS, NISCA release “Coaching Swimming” on [nfhslearn.com](http://nfhslearn.com)**

**FOR IMMEDIATE RELEASE**

Contact: Dan Schuster

INDIANAPOLIS, IN (October 24, 2014) – The National Federation of State High School Associations (NFHS) has added a course for swimming coaches to its lineup of sport-specific online courses available through the NFHS Learning Center at [www.nfhslearn.com](http://www.nfhslearn.com).

“Coaching Swimming” was developed with assistance from the National Interscholastic Swim Coaches Association (NISCA) and focuses on how to administer a student-first swimming program.

Topics covered in Coaching Swimming include recruitment, pre-event management, interscholastic coaching philosophy, differences in club and high school teams, communication and risk management. The course also teaches the basics of the four competitive swimming strokes, start variations and flip turns, and it highlights information from the NFHS Swimming and Diving Rules Book.

“It is important that coaches have a strong foundation in skills and a strong concern for the safety of their athletes,” said Arvel McElroy, NISCA president-elect. “Completing [Coaching Swimming] provides this opportunity. I applaud the NFHS for its forward-thinking vision to provide certification programs for coaches.”

NISCA is a volunteer organization that supports high school coaches of all aquatic sports. It is dedicated to coaches education and athlete recognition.

“The NFHS is pleased to partner with NISCA and looks forward to offering Coaching Swimming to coaches nationwide,” said Dan Schuster, director of NFHS Coach Education.

With the addition of Coaching Swimming, the NFHS now has 35 online courses, including two core courses – Fundamentals of Coaching and First Aid, Health and Safety – and 16 sport-specific courses.

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*This press release was written by Maddie Hall, CIC, NFHS Coordinator of Coach Education Promotions.*

**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 7.7 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).

**MEDIA CONTACTS:**

Bruce Howard, 317-972-6900  
Director of Publications and Communications  
National Federation of State High School Associations  
[bhoward@nfhs.org](mailto:bhoward@nfhs.org)

Chris Boone, 317-972-6900  
Assistant Director of Publications and Communications  
National Federation of State High School Associations  
[cboone@nfhs.org](mailto:cboone@nfhs.org)