

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



## **NEWS RELEASE**

### **Kathy Vruggink Westdorp Named 2013 NFHS Coach Educator of the Year**

**FOR IMMEDIATE RELEASE**

**Contact: Tim Flannery**

INDIANAPOLIS, IN (January 14, 2013) — The National Federation of State High School Associations (NFHS) has selected Kathy Vruggink Westdorp of Michigan as the recipient of the 2013 NFHS Coach Educator of the Year Award.

Westdorp has served as assistant director of the Michigan High School Athletic Association (MHSAA) since 2004. One of her primary responsibilities when she was hired was to revamp and revitalize the Michigan coaches education program. She has established, developed and authored the MHSAA Coaches Advancement Program (CAP) and is still active in training coaches throughout the state. The CAP Program is a six-level, face-to-face coaches education program that is research-based and interactive.

Delivery to Michigan's current and prospective interscholastic coaches is done in two ways. First, presenters trained and evaluated by Westdorp travel "anytime, anywhere" to provide programs, which are coordinated by schools,

school districts, leagues and coaches associations. She personally presents many of the CAP units.

Second, after faculty training and with Westdorp's regular evaluation, colleges and universities in Michigan are licensed to present up to five levels of CAP through their undergraduate or graduate studies.

All aspects of CAP are administered from the MHSAA office under Westdorp's direction. This includes the arrangements for continuing education credits through the State Department of Education, as well as liability insurance and an online newsletter for all coaches who complete CAP units.

Prior to her position at the MHSAA, Westdorp was principal of Grand Rapids Forest Hills Central High School, athletic director at Grand Rapids Creston High School and a teacher at Grand Rapids Central High School. She has coached basketball, field hockey, gymnastics, track and field, and volleyball.

Previous recipients of the NFHS Coach Educator Award include Nancy O'Neil, Massachusetts, 2012; Bruce Brown, Ohio, 2011; Bobby Guthrie, North Carolina, 2010; and Mike Maghan, Oregon; Lavonne Norman, Alaska; and Ken Yamase (posthumous), Hawaii, all for 2009.

The NFHS Coach Educator Award is presented annually to an individual who has exemplified passion and leadership for the promotion of coach education at the local, state and national levels. Nominations are considered by the NFHS Coach Education Committee, and the recipient is approved by the NFHS Board of Directors.

The NFHS Coach Education Program can be accessed at [www.nfhslearn.com](http://www.nfhslearn.com).

###

*This press release was written by Barb Johnson, AIC, administrative assistant with the NFHS who works with the NFHS Coaches Association and the NFHS Coach Education Program.*

**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).

**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](mailto:bhoward@nfhs.org) or [jgillis@nfhs.org](mailto:jgillis@nfhs.org)