

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

First Time “Coaching Cross Country” Course Now Available in NFHS Learning Center

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (August 29, 2019) — For the first time, cross country coaches now have a learning resource through “Coaching Cross Country,” an online education course available through the National Federation of State High School Associations (NFHS) Learning Center at www.NFHSLearn.com.

Cross country is both a team and individual sport that demands great fitness, endurance and a drive to compete.

“We are excited to offer this course for cross country coaches,” said Dan Schuster, NFHS director of educational services. “For the first time, cross country coaches now have a course in the NFHS Learning Center.”

Created in association with USA Track and Field, the course is designed to help coaches learn more to teach the skills of cross country to their students.

“Our goal is to assist coaches with courses that are specifically tailored to the needs of their students,” Schuster said. “We have had a track and field course available for a few years now and saw the opportunity to partner with USA Track and Field for ‘Coaching Cross Country.’”

Units available within “Coaching Cross Country” include “Goal Setting and Mental Toughness,” “Team Dynamics,” “Tapering Principles” and “Ancillary Training Activities.” Cross country coaches can also learn about developing a training plan, the psychology behind cross country, different training environments and how to identify, treat and prevent common injuries.

“Coaching Cross Country” also includes various video components with periodic quizzes to reinforce learning objectives.

Additionally, the “Coaching Cross Country” course fulfills the sport-specific course criteria for obtaining NFHS Learning Center certifications as Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC).

After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the former NFHS Coach Education Program, the NFHS Learning Center now offers 70 online courses – 34 of which are free.

In addition to “Coaching Cross Country,” the NFHS Learning Center offers 28 other sport-specific courses. Courses are now available to students, coaches, parents, administrators, officials and performing arts/educators.

Since the launch of www.NFHSlearn.com in 2007, the NFHS has delivered more than nine million courses.

This press release was written by Luke Modrovsky, a 2019 summer intern in the NFHS Publications/Communications Department. He is a senior sports management and communication studies student at Wilkes University in Wilkes-Barre, Pennsylvania.

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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 19,500 high schools and 12 million participants in high school activity programs, including more than 7.9 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.

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