

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

National High School Activities Month to Spotlight Benefits of High School Activity Programs

FOR IMMEDIATE RELEASE

Contact: Elliot Hopkins

INDIANAPOLIS, IN (September 26, 2019) — The annual celebration of National High School Activities Month begins next week for the National Federation of State High School Associations (NFHS) and its 51 member state high school associations. The month-long celebration in October offers the NFHS membership and the nation's 19,500 high schools an opportunity to recognize the contributions and benefits young people experience by participation in sports and performing arts.

Each week of the October celebration places an emphasis on vital aspects of high school activity programs. Those areas include **National Sportsmanship, Fan Appreciation and Public-Address Announcers Week** (October 1-5), **National Performing Arts Activities Week** (October 6-12), **National Coaches/Sponsors/Advisors/Officials Week** (October 13-19) and **National Community Service/Youth Awareness Week** (October 20-26).

National High School Activities Month serves as a reminder to students, parents, coaches, officials and others in communities across the country about the values and benefits of high school activity programs. Additionally, the month-long celebration assists in addressing society's most current issues by:

- Finding and nurturing the best effort of each participant;
- Encouraging students to stay in school, perform better academically and become better citizens;
- Demanding respect for fair play and appreciation for the equitable application of procedures, rules and regulations;
- Providing healthy lifestyle instruction; and
- Challenging racism, sexism and classism through the active pursuit of teamwork and school spirit.

Introduced in 1980 as National High School Activities Week, the NFHS expanded the celebration to a month several years ago to provide additional time for high schools to hold special activities at the local level. The program was started to increase the public's awareness of the values and needs of high school activity programs, which is a purpose that remains paramount today.

“National High School Activities Month provides administrators, coaches and teachers a platform to reinforce the role played by high school activity programs in communities throughout the nation,” said Dr. Karissa Niehoff, NFHS executive director. “Each and every young person has something to offer and, similarly, everyone in a school community is an integral member in shaping our youth through the character-defining values afforded to them by education-based activities. With almost eight million participants in high school sports and about four million in performing arts and other activity programs, we have much to celebrate.

“High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people. Not only do these programs teach the more than 12 million young people who participate in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation.”

The NFHS will highlight National High School Activities Month through social media using the hashtag “#HSActivitiesMonth.” There, readers can discover how the NFHS and its membership is celebrating. The NFHS has also provided suggested activities for schools during

each of the week-long events. All materials for [National High School Activities Month](#), including The Case for High School Activities, are available on the [publications page](#) of the NFHS website.

Online link to article: <https://www.nfhs.org/articles/national-high-school-activities-month-to-spotlight-benefits-of-high-school-activity-programs/>

###

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 19,500 high schools and 12 million participants in high school activity programs, including almost 8 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.

MEDIA CONTACTS:

Bruce Howard, 317-972-6900
Director of Publications and Communications
National Federation of State High School Associations
bhoward@nfhs.org

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



National Federation of State High School Associations

National High School Activities Month

OCTOBER 2019

National Sportsmanship, Fan Appreciation and Public-Address Announcers Week	October 1-5
National Performing Arts Activities Week	October 6-12
National Coaches, Advisors, Officials, Sponsors Week	October 13-19
National Community Service/Youth Awareness Week	October 20-26



National Federation of State High School Associations
PO Box 690 | Indianapolis, IN 46206
Phone: 317-972-6900 | Fax: 317.822.5700 | www.nfhs.org