

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



**NEWS RELEASE**

**Celebrate National High School Activities Week October 14–20**

**FOR IMMEDIATE RELEASE**

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INDIANAPOLIS, IN (October 10, 2007) — The benefits of participating in high school sports and fine arts programs will be celebrated next week across the country during the 28<sup>th</sup> observance of National High School Activities Week.

The weeklong emphasis is sponsored by the National Federation of State High School Associations (NFHS), the national leadership organization for high school sports and fine arts activity programs.

Activities Week is dedicated to the importance and value of interscholastic activities as a whole. From October 14 to 20, high schools throughout the nation are encouraged to recognize students, coaches, officials, parents and fans involved in activity programs. Each day is themed and devotes time to honor these individuals.

During the 2006–07 school year, there were more than 7.3 million participants in high school sports. Combined with an estimated 4 million students in fine arts programs nationwide, almost 11.5 million young people across the country are enjoying the benefits of high school activity programs.

Based on studies conducted by the NFHS, those benefits include higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally.

“We have fundamental, empirical evidence that interscholastic activities provide a successful way in which to create healthy and successful citizens,” said Robert Kanaby, NFHS executive director. “Through National High School Activities Week, we have an opportunity to reflect on our participation as well as the participation of our children. Our nation must continue to support these programs and the life skills they provide America’s youth.”

Following is a day-by-day look at this year’s celebration of National High School Activities Week:

Sunday, October 14, **National Be A Sport Day**, marks the beginning of the weeklong festivities. This day focuses on awareness and discussion about the importance of sportsmanship, ethics and integrity to the conduct of interscholastic programs. Although the theme is specified on Sunday, sportsmanship is reiterated

throughout the week as the foundation for successful programs for high school students.

**National Fine Arts Activities Day**, Monday, October 15, focuses on the students, coaches and sponsors involved in fine arts programs.

Tuesday, October 16, is **National Officials Day**, and students have the opportunity to salute and thank the approximately 500,000 individuals who serve as contest officials and judges.

**National Youth Health Awareness Day** is celebrated on Wednesday, October 17. This day is set aside to promote education and prevention efforts that encourage healthy lifestyles.

**National Coaches/Sponsors/Advisors Day** on Thursday, October 18, is a day to recognize and honor the contributions of high school coaches, sponsors and advisors.

Friday, October 19, is **Fan Appreciation Day**. This day allows students to thank the spectators and volunteers who support activity programs throughout the year.

The week concludes October 20 with **National Community Service/Participation Day**. This day gives students the opportunity to give back to their communities and show support to their school programs. Students are encouraged to organize and get involved in a service project to better serve their community.

In 1980, National High School Activities Week was developed by the NFHS with the intent to recognize and promote the importance of interscholastic activity programs nationally. As a result, in 1983, President Reagan and the U.S. Congress devoted an entire week to focus on the value of the individuals who participate in and support these activities.

Every year, the NFHS provides a kit for its member state high school associations to assist schools and communities in celebrating National High School Activities Week. The materials provide guidance for implementing activities throughout the weeklong event. The kit offers ideas and activities for each day; testimonials from student-participants, teachers, coaches and administrators on the value of participation; and “The Case for High School Activities,” a document produced by the NFHS that reveals research and statistics on the importance of activity programs. Ad slicks and public-service announcements are also included.

All of these materials are available on the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

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*This press release was written by Emily Cerling, a fall semester intern in the NFHS publications/communications department and a senior at Butler (Indiana) University, where she is majoring in integrated communications.*

### **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 fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine 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 18,500 high schools and 11 million participants in high school activity programs, including more than 7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; 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).

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