

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

New Online Courses on APEDS, Mental Training Available through NFHS Learning Center

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (August 16, 2017) — New online education courses on “Mental Training for Performance” and “Appearance and Performance Enhancing Drugs and Substances” are now available through the NFHS Learning Center at www.NFHSLearn.com.

The “Mental Training for Performance” course, which was developed in partnership with the United States Olympic Committee (USOC), provides an introduction to fundamental mental skill techniques developed by USOC sport psychologists and designed to sharpen athletes’ mental games to impact performance and gain a competitive edge.

Key areas of the course, which is available for \$30 through the NFHS Learning Center, include goal-setting, self-talk and energy management. The course also includes bonus resources like self-talk and energy management skills that coaches can take back to their players. Other resources illustrate a goal-setting pyramid along with energy balance and gauging. The course continues the USOC’s commitment to providing the support and training services that athletes need to excel and realize their full potential.

“The USOC continues to work with America’s elite athletes and coaches to identify key gaps in training across all sports, specifically in the area of mental training and skill development,” said Chris Synder, USOC director of coaching education. “This course is designed to provide coaches with

effective methods of identifying and delivering key mental skills to athletes in a way that complements their coaching.”

The “Appearance and Performance Enhancing Drugs and Substances” course, which is available for free through the NFHS Learning Center, was created in partnership with the Taylor Hooton Foundation, a non-profit organization that is widely recognized as the national leader on this topic. The foundation is leading a national campaign to educate youth and their adult influencers about the dangers of Appearance and Performance Enhancing Drugs and Substances (APEDS).

Highlights of the online course include an explanation of APEDS, what forms they take and their effects on students, as well as reasons why students use APEDS – both in and out of athletic competition. Guidance and resources for detecting and preventing APEDS use are also discussed in the course.

“We are thoroughly excited about the introduction of the new NFHS course on APEDS,” said Don Hooton, founder and executive chairman of the Taylor Hooton Foundation. “Our youth are turning to these drugs in record numbers, and this usage is on the increase driven by their desire to compete socially as well as in athletics. The NFHS team has the ability to reach more youth leaders than almost any other organization in the country. We are happy to have the opportunity to work with the NFHS in developing this important new course that will provide coaches and athletic directors with tools that they can use to affect youth behavior in a positive way.”

“We are thrilled to be able to expand our course offerings and offer additional opportunities for the interscholastic community to become involved in professional development,” said Dan Schuster, NFHS director of educational services. “We appreciate the contributions of the United States Olympic Committee and the Taylor Hooton Foundation for making these courses available on NFHSLearn.com, as we believe these courses will have a positive impact.”

After starting with two courses – *Fundamentals of Coaching* and *First Aid for Coaches* – in 2007 through the NFHS Coach Education Program, the NFHS Learning Center now offers 53 online courses – including more than 20 of which are free – and has expanded its reach to contest officials, students, administrators and music adjudicators. Since the launch of www.NFHSLearn.com in 2007, the NFHS has delivered more than 4½ million courses.

This press release was written by Marisa Miller, a 2017 summer intern in the NFHS Publications/Communications Department. She is a junior journalism and English major at Butler University.

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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 19,000 high schools and 11 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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