



Learning Center
www.nfhslearn.com

Update February 2016

February Course of the Month: Strength and Conditioning

Strength and Conditioning, developed by the National Strength and Conditioning Association in partnership with the NFHS, is designed for any individual who has responsibility for weight room supervision and conditioning programs. The course presents the principles of conditioning and includes in-depth explanations of best practices and more than 80 videos demonstrating proper techniques.

2016 Coach Educator of the Year

Liam Frawley of Tappan Zee High School in Orangeburg, New York, has been Named NFHS Coach Educator of the Year. Since the fall of 2013, Frawley has worked with Robert Zayas, executive director of the New York State Public High School Athletic Association, to develop a less restrictive pathway to coach certification than what existed previously. On July 1, 2015 this option was approved. Read more about this at [2016 NFHS Coach Educator](#).

New Course

Introduction to Music Adjudication launched just before the close of 2015. This FREE course provides an overview of music adjudication and the best practices for many adjudicating situations. The resource section of this course includes state-specific forms. If you have forms that you would like include, please email those to Dan Schuster at dschuster@nfhs.org.

Course Name Change

The former Heads Up Football will re-launch as the course **Blocking, Tackling and Equipment Fitting**. This is a better description of the course content.

In the Works: Pitch Smart Course

Hosted by Hall of Fame pitcher, John Smoltz, this FREE course, developed in conjunction with Major League Baseball and USA Baseball, discusses the common misconceptions associated with Tommy John surgery. The course also gives tips for safe pitching practices, stressing the importance of age-appropriate pitch counts and rest time between pitching. This course will be available this month.

Personnel Changes at the Learning Center

The NFHS welcomes Erin Stockman! Erin is new the Coordinator of Promotions for www.nfhslearn.com. She will focus on social media content, communicating with NFHS constituents, and other areas to promote the NFHS and its educational programs.

Erin is from South Bend, Indiana, and graduated from Indiana University with a B.S. in Applied Health Sciences. She participated in gymnastics in childhood, and switched to volleyball and diving in high school, with one year of diving at the NJCAA level. She has a coaching background in both gymnastics and diving, and previously worked in Bloomington (Indiana) for the Children's Organ Transplant Association as a Family Service Specialist.

As Erin has come on board, we said goodbye to Matt Rohlf, who left January 28 to take a position at USA Track and Field as Coaching Programs Coordinator. The NFHS has advertised for applicants to take over Matt's job as Educational Content Coordinator.



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Coach Awards

The NFHS recognized 22 National Coaches of the Year with a press release on January 11. This information can be found on the website at [NFHS Coach Awards](#). Thank you to the 33 states that participated this year. The NFHS would love for this number to grow. Contact the NFHS to learn more about this program and how to recognize the influential coaches in your state.

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Who Teaches Your Coaches? | National Coach Certification Honor Roll

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