



**Learning Center**  
www.nfhslearn.com

**Update** March 2016

**SAVE THE DATE! Tuesday, June 28, 12:30 – 2:00 p.m.**  
**NFHSLearn Summit Luncheon at the Summer Meeting in Reno, Nevada**

**March Course of the Month: Sports Nutrition**

This FREE course contains information for athletes about general nutrition and tips for changing eating habits. Since March is National Nutrition month, take this opportunity to learn how nutrition impacts general well-being and athletic performance. [Learn More](#)

**New Course Launched: Introduction to Pitch Smart**

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. [Learn More](#)

**Tim Flannery Selected to NFHS Hall of Fame**

The NFHS is excited that Tim will be inducted into the NFHS Hall of Fame at the Summer Meeting in Reno on July 2. As many of you know, Tim started the NFHS Coach Education Program in 2007 and by the time he retired in 2014 had built one of the most successful programs in the organization’s history. Today, the program features 41 online education courses, and nearly four million courses have been delivered to coaches, administrators, parents and students.

**Coming Soon: Blocking, Tackling and Equipment Fitting**

The NFHS partnered with USA Football in 2015 for the Heads Up Football online course. Updates have been made to this course for coaches, and the new course will be available in the spring. This updated course will also be available at a discounted price of \$10.

**AIC/CIC Numbers for 2016-** The Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC) certification numbers continue to grow. For just the first 2 months of 2016, there were 856 AIC’s and 196 CIC’s. Here are the top 5 states for each for January and February 2016:

**2016 AIC Top 5 States**

Arkansas	157
New York	81
Ohio	62
California	58
Maryland	48

**2016 CIC Top 5 States**

New York	20
California	17
North Carolina	15
Maryland	12
Arizona, Ohio	9

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**Who Teaches Your Coaches? | National Coach Certification Honor Roll**

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