



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

MIC 3 PRESENTATION
NOVEMBER 2021



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership – 50 member state associations and D.C.
- NFHS reaches 19,500 plus high schools and 12 million participants in high school activity programs, including more than 8 million in high school sports.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

■ VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

■ MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

- **Belief:** Education-based athletics and performing and fine arts activities promote physical, mental, and emotional wellness during the most important time of a young person's life. These activities are essential in promoting a physically healthy lifestyle; developing character attributes such as leadership, teamwork, self-discipline, empathy, and civic engagement; boosting academic performance, and encouraging positive relationships.
- **Challenge:** The variety and nature of education-based programs differ greatly relative to accessibility, allocation of resources, defined purpose, leadership, organization, and measured outcomes. As a result, students with mental and emotional wellness issues often are not provided necessary supports and are identified as the group with the highest school drop-out rates. In addition, starting at the youth level, we face an obesity epidemic, leading to shortened lifespans due to unhealthy nutrition and exercise habits.
- **Opportunity:** Capitalizing on multiple avenues for engaging the NFHS membership and stakeholder communities, the NFHS can provide national guidance through development of educational programs and resources, support for research on wellness issues, collaboration and advocacy efforts, and the creation of opportunities for shared learning.



DIVERSITY, EQUITY AND INCLUSION

- **Belief**: Addressing diversity, equity, and inclusion through inclusive practices creates opportunities to improve the overall quality of the human experience. Valuing perspectives, prioritizing respect, and compassion for all, and embracing authenticity are essential to promoting positive behaviors, increasing participation, and developing relevant and sustainable programs to expand and grow human potential.
- **Challenge**: Effective diversity, equity, and inclusion practices may require an adjustment to infrastructures that are anchored in identity and privilege. The desire and need for awareness, education and improvement are at differing levels throughout society.
- **Opportunity**: Recognizing, inviting and embracing individual and organizational characteristics, values, beliefs, experiences, backgrounds and healthy behaviors are all powerful drivers for the NFHS to broaden and expand services and resources for all involved in education-based programs.



SPORTSMANSHIP, ETHICS AND INTEGRITY

- **Belief:** Sportsmanship, ethics, and integrity are the heart of education-based athletics and performing and fine arts activities. It is on the fields, the courts, and the stages that students are challenged, inspired, empowered to perform at their best with teammates and classmates.
- **Challenge:** We cannot control the behaviors of others; however, we can influence them. When those in our education-based athletics and performing and fine arts activities step outside the lines and demonstrate questionable ethics or integrity, it casts a shadow over our mission and interferes with our ultimate purpose.
- **Opportunity:** We have the opportunity and the responsibility to educate and influence all who impact education-based athletics and performing and fine arts activities. We must exemplify the behavior and integrity we want to see in students, thereby helping them to evolve into future leaders.



CASE FOR EDUCATION-BASED ATHLETICS AND FINE ARTS ACTIVITIES

- **Belief:** Education-based athletics and performing and fine arts activities are an integral part of education as they teach valuable life lessons, emphasize teamwork, and foster a sense of community. They also provide an avenue for all students to be involved and participate in activities that are essential to their physical and emotional development.
- **Challenge:** Various youth programs throughout the nation compete for participants, resulting in intense demands on the participants' time and commitment. These programs also tend to engage participants at an earlier age and oftentimes present messaging that is inconsistent with those of education-based athletics and performing and fine arts activities. Significant concern exists nationwide regarding the elimination of education-based programming.
- **Opportunity:** The NFHS can serve as the national leader in developing and disseminating educational resources to make the case for education-based athletics and performing and fine arts activities by capitalizing on the extensive research that indicates the positive impact of participation in education-based programs on the growth and development of young people.



OFFICIATING

- **Belief**: Officials are essential to education-based athletics and performing and fine arts activities. They should always be treated with respect and dignity. Elevating the officiating development experience will grow the size and quality of the profession.
- **Challenge**: Due to the critical shortage of officials it is proving difficult to maintain an adequate number of well-trained officials, while also recruiting, training, and retaining the next generation.
- **Opportunity**: The NFHS can develop a comprehensive national model for devising, packaging, and disseminating officiating assets that engage, embolden, and develop both new and current officials. This model can institute the latest in techniques and technology to modernize and elevate the profession, increase respect and credibility, and solidify its sustainability.





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BOARD PRIORITIES – 2021-22



NFHS AS A NATIONAL LEADER

The NFHS will continue to expand its role, reputation and influence nationwide through service on boards, committees, and task forces and through communication via multiple platforms. The NFHS “voice” in these settings will advocate for the significance, support and security of education-based athletics and activities in conjunction with state associations. Significant issues at this time include but are not limited to:

- The value of participation in high school athletics and activities
- The importance of collaboration with colleague organizations such as National Governing Bodies, youth sport agencies and national education associations
- Amateurism and emerging challenges regarding Name, Image and Likeness
- Recruitment and the importance of high school involvement in the process
- Diversity, Equity and Inclusion issues at all levels and across all co-curricular areas
- Implementing communications and marketing efforts that promote NFHS brand and body of work



DIVERSITY, EQUITY AND INCLUSION

The NFHS will take a leadership role in promoting diversity, equity and inclusion practices within its membership through offering guidance for resource development and programming. The NFHS will utilize a multi-phased approach to advance the following initiatives:

- Facilitate listening and sharing sessions
- Educate the membership on issues that challenge equity through the process of examining historical practices (societal and organizational)
- Provide resources that address representation: students, staffing, coaches, officials, and committees
- Provide resources that address definition of values/beliefs, best practices, templates, and policies
- Build diversity, equity and inclusion strategies for the following groups:
 - Students
 - Boards/Committees
 - Staff
- Create learning opportunities through NFHS course development, webinars, meetings and conferences
- Conduct a national book study



SUPPORT FOR THE OFFICIATING PROFESSION

The NFHS will increase its focus on efforts to recruit, support and retain athletic officials and activity adjudicators through the following initiatives:

- Continued development of the “NFHS Center for Officials Services”- NFHS COS
- Increased collaboration with officials associations and colleague organizations
- Expansion of educational offerings- courses, short video resources, webinars
- “Become an Official” campaign
- Utilization of communication platforms to promote the profession
- Include messaging about sportsmanship and respect for officials in educational materials and communications as appropriate
- Conduct research to monitor trends and perceptions relative to officiating



STUDENT MENTAL, EMOTIONAL AND PHYSICAL WELLNESS

The NFHS will provide national guidance through development of educational programs and resources, support for research on wellness issues, collaboration and advocacy efforts, and the creation of opportunities for shared learning.

- Sports Medicine Advisory Committee-The NFHS SMAC will continue to provide guidance regarding rules development, health and safety guidelines/recommendations, working with state health agencies, and the overall role that the NFHS plays- or does not play- in the sports medicine ecosystem. Consider expansion to include expertise in mental health and health issues related to the performing arts
- Enhance collaborative efforts with related organizations- ex. school counselors, school administrators, school-based university programs
- Expand educational resources that address mental, emotional and physical wellness of all involved in education-based programs



NFHS NETWORK

The NFHS considers the NFHS Network to be a significant priority as it can promote the mission of the NFHS through highlighting events, educational activities and messaging that can help to support “The Case for High School Activities” as well as other priorities of the NFHS. The NFHS will continue to work with the NFHS Network to focus on the following:

- Increase in the number and type of events covered
- Increase in support for schools interested in implementing school broadcast programs
- Promotion of the benefits of participation in education-based activities
- Development of educational resources relative to the broadcast process
- Promotion of the NFHS and the NFHS Learning Center
- Providing increased technology support for schools





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MISCELLANEOUS



COVID-19



NIL NEWS AND INFORMATION

- Update on state legislation
- <https://www.thedrakegroup.org/>
- 24 states have enacted legislation
- 13 have introduced legislation



NFHS RULES WITH RESPECT TO CULTURE AND ETHNICITY

- DEI
- INCLUSION – RELIGION / CULTURAL





FOOTBALL INITIATIVES



NFHS FOOTBALL INITIATIVES

- Senior Consultant for High School Football, Ed Passino
- Participation Survey
 - <https://app.upmetrics.com/view/ckq73lk1ymk6y0819lvr2nt0w>
 - https://docs.google.com/spreadsheets/d/1zvwSCIhh2SNFSDjeAekaJe11d7GLDBD6wO3x4s17_zY/edit-gid=1590576098





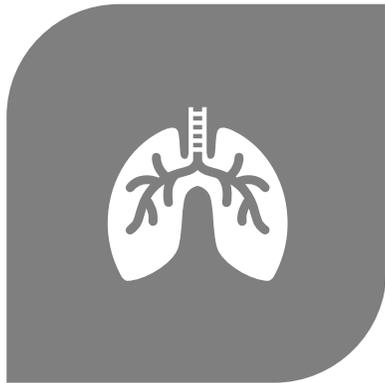
PERFORMING ARTS

Dr. James Weaver – Director

Mr. Kyle Mills - Manager



WHAT WE LEARNED ABOUT MUSIC AND AEROSOL



MUSIC PRODUCES AEROSOL THAT CAN POTENTIALLY TRANSMIT RESPIRATORY DISEASES.



THE AMOUNT VARIES BASED ON INSTRUMENT, VOICE TYPE, DYNAMICS, ETC.



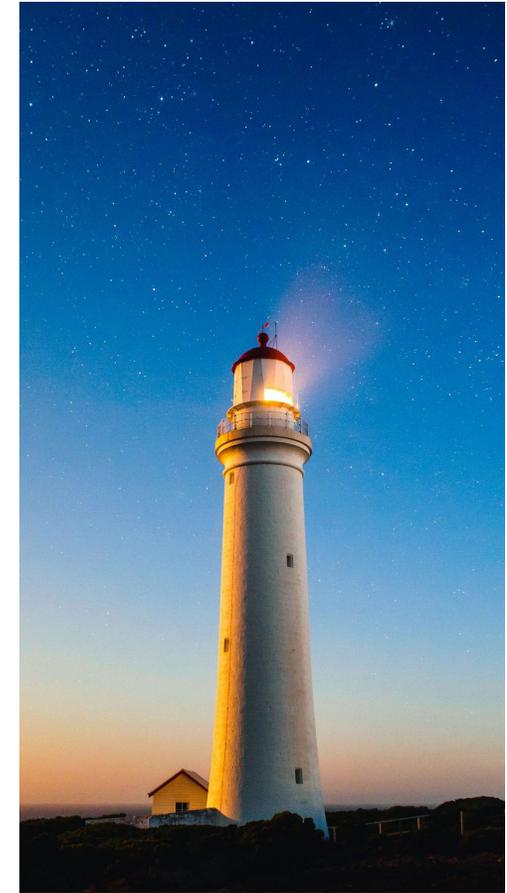
AEROSOL CAN BE MITIGATED TO REDUCE THE RISK OF DISEASE TRANSMISSION

5 PRINCIPAL RECOMMENDATIONS

| Masks | Distance | Time | Air Flow | Hygiene |
|-------------------------------------|---|--|---|---|
| Student Instruments Materials | 6-foot CDC guidance Applies indoors and outdoors | Reduced rehearsal times Clear room for minimum 1 air change before next rehearsal period | Outdoors is best HEPA Filtration ACH Rates | Spit Valves Handwashing Storage Areas |



Understanding Copyright & Compliance



WHAT IS COPYRIGHTED IN THE STATE ASSOCIATION



Publications



Broadcasts



Photos



Songs



Videos



LEARNING CENTER

™

[NFHSLearn.com](https://www.nfhslearn.com)



LEARNING CENTER

NFHSLearn.com

80+
COURSES

50+
FREE COURSES

13,000,000+
COURSES DELIVERED

COURSES FOR EVERYONE



Coaches



Students



Administrators



Parents



Officials



Performing Arts



SCHOOL HONOR ROLL

LEVEL 1 COURSES



Fundamentals of Coaching



Concussion in Sports

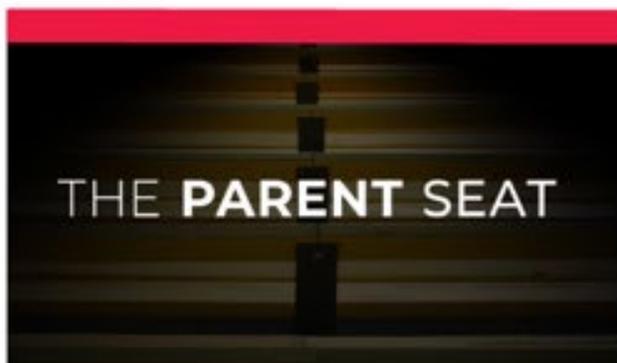


Sudden Cardiac Arrest



Protecting Students from Abuse

The Parent Seat Video Series on **NFHS**Learn.com



FREE! Available for Download!





PARENT CREDENTIAL

Required Courses:

The Parent Seat

Positive Parenting
within School Programs

NFHSLearn.com



The Student Experience



A student's experience in cocurricular athletics and activities is more than wins and losses.

This course describes how participation benefits students and how they can use it to make an impact on their lives.

Units:

- Educational Experiences
- Academic Achievement
- Connection to Community

Required course for the upcoming
NFHS National Student Credential

The Collapsed Athlete



New FREE Course!

- Providing Immediate and Appropriate Care
- The Importance of Developing an Emergency Action Plan
- The 3 H's – HEART, HEAT, HEAD

Implicit
Bias



Project Implicit

New **FREE** Course!

Units

- What is Implicit Bias?
- Why does Implicit Bias Matter?
- Managing Implicit Bias

Available at **NFHS**Learn.com

Title IX



New **FREE** Course!

- The History and Impact of Title IX
- The Importance of Girls Participating in High School Athletics
- The Standards of Title IX Compliance

USA Football Tackling and Contact



- Teaches proper blocking and tackling fundamentals
- Builds off previous Heads Up Football coursework
- Also covers Levels of Contact and Prep for Contact
- 1 of 4 courses required for Tackling and Contact Certification

MISCELLANEOUS

- MILITARY – MIC3
- APPRECIATION
- HIGH SCHOOL AD
- STATE ASSOCIATION OFFICE



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Do you have a state association representative on your state council?
- Do you (SLO's) have periodic contact with your state association representative?



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■ Questions to ask....

- Are you interested in participating in interscholastic sports?
- Are you academically eligible based on (current and future) state association eligibility requirements?
- Are you eligible based on attendance?
- Are you attending the school in your area of residence?
 - Waiver?
- Are you living with your legal custodian?
- Is your pre-participation physical up to date?

- Any questions that may arise, contact your state association office!



CONTACT INFORMATION

Davis Whitfield, Chief Operating Officer
National Federation of State High School Associations

PO Box 690

Indianapolis, Indiana 46206

Office Phone: 317.822.5758

E-mail: dwhitfield@nfhs.org

Website: www.nfhs.org

Education Website: www.nfhslearn.com

