



NEWS RELEASE

2023-24 National Coaches of the Year Selected by NFHS Coaches Association

FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (January 13, 2025) — Twenty-four high school coaches from across the country have been selected as 2023-24 National Coaches of the Year by the NFHS Coaches Association.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in two “other” sports – one for boys and one for girls – that are not included in the top 10 listings. The NFHS also recognizes a spirit coach and an Adapted/Allied/Unified coach in separate award categories. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year’s awards recognize coaches for the 2023-24 school year.

Recipients of the 2023-24 national awards for boys sports are: **Timothy Vinson**, baseball, Iberia (Missouri) High School; **Mike Hilmer**, basketball, Troy Mills (Iowa) North Linn High School; **Kevin Hopp**, cross country, Stevens Point (Wisconsin) High School; **Tiger LaVerde**, football, Kirtland (Ohio) High School; **David Kuhn**, golf, McMurray (Pennsylvania) Peters Township High School; **Tim Beck**, soccer, Glendale (Arizona) Ironwood High School; **Dusty Thomas**, swimming and diving, Boaz (Alabama) High School; **Terry Swopes**, tennis, Ada (Oklahoma) High School; **Ernie Brooks**, track and field, Prineville (Oregon) Crook County High School; and **Maurice Atwood**, wrestling, Gibsonville (North Carolina) Eastern Guilford High School.

The recipients of the 2023-24 national awards for girls sports are: **Brian Ebert**, basketball, Frankfort (Kansas) High School; **Terrence Krall**, cross country, Slinger (Wisconsin) High School; **Eric Sanders**, golf, Grand Forks (North Dakota) Red River High School; **Cathie Connors**, lacrosse, Portland (Maine) Waynflete School; **Barb Chura**, soccer, Phoenix (Arizona) Xavier College Preparatory; **Kyle Peacocke**, softball, Mill Creek (Washington) Jackson High School; **Lia Kunnapas**, swimming and diving, Washington Township (New Jersey) Immaculate Heart Academy; **Natalie Meyer**, tennis, Cottonwood Heights (Utah) Brighton High School; **Chris White**, track and field, Seneca (South Carolina) High School; and **Julie Gordon**, volleyball, Montgomery (Alabama) Academy.

The recipient of the National Coach of the Year for spirit is **Megan Wesolowski** of Mount Sinai (New York) High School. The recipient of the National Coach of the Year for Adapted/Allied/Unified sports is **Mike O'Brien** of Frederick (Maryland) Tuscarora High School. **Frank Colabufo**, ice hockey coach at Camillus (New York) West Genesee High School, was chosen in the "Others" category for boys sports, and **Eileen Donahue**, field hockey coach at Watertown (Massachusetts) High School, was chosen in the "Others" category for girls sports.

The NFHS receives nominations from its member state associations, which often works with the state coaches' association in its respective state. The state association then contacts the potential state award recipients to complete a coach profile form that requests information regarding the coach's record, membership in and affiliation with coaching and other professional organizations, involvement with other school and community activities and programs, and coaching philosophy. To be approved as an award recipient and considered for sectional and national coach of the year consideration, this profile form must be completed by the coach or designee and then approved by the executive director (or designee) of the state athletic/activities association.

The next award level after state coach of the year is sectional coach of the year. The NFHS is divided into eight geographical sections. They are as follows: Section 1 – Northeast (CT, ME, MA, NH, NJ, NY, RI, VT); Section 2 – Mideast (DE, DC, KY, MD, OH, PA, VA, WV); Section 3 – South (AL, FL, GA, LA, MS, NC, SC, TN); Section 4 – Central (IL, IN, IA, MI, WI); Section 5 – Midwest (KS, MN, MO, NE, ND, SD); Section 6 – Southwest (AR, CO, NM, OK, TX); Section 7 – West (AZ, CA, HI, NV, UT); and Section 8 – Northwest (AK, ID, MT, OR, WA, WY).

The NFHS Coaches Association has an advisory committee composed of a chair and eight sectional representatives. The sectional committee representatives evaluate the state award recipients

from the states in their respective sections and select the best candidates for the sectional award in each sport category. The NFHS Coaches Association Advisory Committee then considers the sectional candidates in each sport, ranks them according to a point system, and determines a national winner for each of the 20 sport categories, the spirit category, the Adapted/Allied/Unified category and two “other” categories.

A total of 964 coaches are being recognized this year with state, sectional and national awards.

Following are biographical sketches of the 24 NFHS National High School Coaches of the Year for 2023-24:

COACHES OF THE YEAR – BOYS SPORTS

Baseball

Timothy Vinson

Iberia, Missouri

Timothy Vinson applies the philosophy that his baseball players don’t play for him; instead, he coaches for them. It is that approach that has led Vinson to more than 400 wins in 16 seasons as baseball coach at Iberia High School. This past season saw Vinson’s team reach its pinnacle with an undefeated 28-0 record and a Missouri State High School Activities Association Class 2A state championship. It marked just the 10th time a team had finished a season without a loss. It was Vinson’s first state title and earned him Missouri High School Baseball Coaches Association Coach of the Year honors. Iberia currently holds a 36-game winning streak, third longest in state history, and set a state record in 2023 with four consecutive no-hitters. In addition to working as a kindergarten physical education teacher in the district, Vinson also serves as a volunteer firefighter.

Basketball

Mike Hilmer

Troy Mills, Iowa

It would be an understatement to say that Mike Hilmer built a boys basketball dynasty at North Linn High School in Troy Mills, Iowa. Since 2015, Hilmer’s teams have won 234 games and lost just nine. Since 2018, North Linn has reached the Iowa High School Athletic Association Class 1A state

championship every year – an amazing seven consecutive seasons – winning a state title three times, including in 2024. In 33 years of coaching, Hilmer – who left North Linn at the end of last year to become the superintendent of Bellevue (Iowa) Schools – has a career record of 525-239 and has been named State Coach of the Year six times. At the state level, Hilmer was on the Board of Directors of the Iowa Basketball Coaches Association for 10 years and the IHSAA Boys Basketball Advisory Committee for six years. In addition to basketball, Hilmer coached boys and girls golf and softball during his coaching career.

Cross Country

Kevin Hopp

Stevens Point, Wisconsin

Kevin Hopp will take any student-athlete who is willing to work hard on his boys cross country teams. He measures success if his athletes give a good effort every day and is a supportive teammate. That has led Hopp's teams to unmatched success on Wisconsin's cross country courses. As coach of Stevens Point High School since 2003, Hopp has led his teams to six Wisconsin Interscholastic Athletic Association (WIAA) state championships. During the 2023 season, Stevens Point was undefeated in all meets and won the WIAA state title with a state record low score of 36 points and a team average time of 15:44. During his career, Hopp has led his teams to 124 cross country invitational victories and 21 conference championships. In addition to his six state championships, Stevens Point has finished as runner-up five times.

Football

Tiger LaVerde

Kirtland, Ohio

Prior to Tiger LaVerde's arrival as football coach at Kirtland (Ohio) High School in 2006, the program had achieved one winning season and never won a playoff game. Since taking the reins, LaVerde has guided the school's football team to more than 60 playoff wins and seven Ohio High School Athletic Association state championships. During his tenure at Kirtland, no school has won more games in Ohio. LaVerde's teams have finished as undefeated state champions four times, including three consecutive seasons from 2018 to 2020. He has twice been named the Cleveland Browns NFL

Coach of the Year and was named Ohio High School Football Coaches Association (OHSFCA) Coach of the Year in 2015. In addition, LaVerde is currently a member of the OHSFCA Board of Directors.

LaVerde helps ensure that his high school program is stocked with talent by organizing an annual football camp for ages 5-14. That has led to his athletes forming a bond beyond the football field well before they reach high school.

Golf

David Kuhn

McMurray, Pennsylvania

As any good golfer knows, success is measured in relation to 'par.' At Peters Township High School in McMurray, Pennsylvania, David Kuhn's boys golf teams strive for PAR with a focus on Performance, Academics and Responsibility. It's the guiding philosophy that Kuhn has employed since 2000 as the school's boys golf coach. During that time, Peters Township has won one Pennsylvania Interscholastic Athletic Association state championship in 2023 and finished as runner-up three times. Locally, Kuhn has led his teams to six Western Pennsylvania Interscholastic Athletic League district championships. Seven times Peters Township has completed an undefeated regular season and more than 30 of its golfers have gone on to play at the college level under Kuhn's direction. In addition, Kuhn oversees a large junior golf program in the area, introducing countless young people to the game of golf. He currently is spearheading a project to develop an on-campus golf practice facility that will include a driving range, practice greens and sand traps.

Soccer

Tim Beck

Glendale, Arizona

In 30 years as the boys soccer coach at Glendale (Arizona) Ironwood High School, Tim Beck has led his teams to the state tournament 29 times. And Ironwood enters the 2025 season as the defending Arizona Interscholastic Association (AIA) Class 5A state champions having earned Beck's fifth AIA title in his career last season. In addition to Beck's five state championships, Ironwood has been runner-up four times. Beck's 490 career wins rank second in state history, including a state record 26 wins during its 2006 state championship season. Beck has been named state coach of the year five

times and region coach of the year 14 times. In 2016, he was inducted into the Arizona High School Athletic Coaches Hall of Fame. In addition, Beck has organized the annual Eagle Soccer Clinic for the past 30 years and was the Pride of Peoria recipient in 2024.

Swimming and Diving

Dusty Thomas

Boaz, Alabama

In just nine years as boys swimming and diving coach at Boaz (Arizona) High School, Dusty Thomas has led his teams to three Alabama High School Athletic Association Class 1A-5A state championships, including 2023. In that time, Boaz's teams have also won six North Alabama Sectional Championships, captured first place in 15 invitationals and compiled a 35-4 dual-meet record. Thomas also coaches the school's girls swimming and diving program and guided the team to a runner-up finish in the North Alabama Sectional Championships in 2023. At various points in his career, Thomas has also coached boys basketball and football at the middle school and high school levels. Locally, Thomas has been recognized by the Boaz City Schools Board of Education and Boaz Mayor David Dyer for his success and was named a Boaz "Super Citizen" in 2020. In 2021, USA Today honored Boaz as the Men's Swimming and Diving Team of the Year.

Tennis

Terry Swopes

Ada, Oklahoma

Terry Swopes has coached boys and girls tennis at Ada High School since 2006, leading the junior high teams and assisting at the high school level until 2019. He was a part of nine Oklahoma Secondary School Activities Association (OSSAA) state championships as an assistant coach. He took over head coaching duties in 2020 and last season broke through, leading the boys and girls teams to OSSAA state titles. It was an especially special achievement for the boys team, comprised of seniors who have played tennis together since elementary school. In their sophomore year, a teammate tragically passed away, which bonded the group further with a shared goal to win a state title in his honor. Swopes was named Oklahoma Tennis Coaches Association Class 4A Coach of the Year in 2024

after winning the award for Class 5A in 2022 and 2023. He has also served three terms on the Oklahoma Tennis Coaches Association Board of Directors and is the current association president.

Track and Field

Ernie Brooks

Prineville, Oregon

Ernie Brooks is the national coach of the year for boys track and field for leading Crook County High School to its first Oregon School Activities Association (OSAA) state championship in 2024, but in the community of Prineville, Oregon, Brooks is much more than just a track coach. Most of the students in the community had Brooks as their physical education teacher in middle school, which often leads to them joining a sports team because of his motivation. While he has been selected as coach of year several times, Brooks is known more for doing whatever it takes – from fundraising and selling concessions to appearances at countless community events – to make his program successful. During its 2024 state championship victory, Crook County sent 28 boys to state, earning points in every event except two. In 2022, Brooks was honored to coach his daughter, Grace, to a state championship in the discus, placing the medal around her neck.

Wrestling

Maurice Atwood

Gibsonville, North Carolina

Eastern Guilford High School Boys Wrestling Coach Maurice Atwood focuses on the fundamentals as he leads his athletes, most of whom are socioeconomically challenged and come into the program as freshmen without prior wrestling experience. The foundation that Atwood instills has led to many of his former athletes becoming successful coaches, including eight current high school or club coaches. The 2024 season was especially successful for Atwood as Eastern Guilford won its first North Carolina High School Athletic Association (NCHSAA) Class 3A Dual-meet State Championship. The Wildcats finished the season 48-0. In 24 years of coaching, Atwood has 865 dual-meet wins with 12 team state titles and guided his wrestlers to 39 individual championships. Atwood has been named North Carolina Mat News Wrestling Coach of the Year 10 times and was the NCHSAA Wrestling Coach of the Year in 2014.

COACHES OF THE YEAR – GIRLS SPORTS

Basketball

Brian Ebert

Frankfort, Kansas

Brian Ebert is in his ninth season as girls basketball coach at Frankfort (Kansas) High School after coaching the boys basketball team at the same school for 14 years (2000-2014). He led the girls team to the Kansas State High School Activities Association Class 1A state championship last year – 12 years after leading the Frankfort boys team to the KSHSAA Class 1A basketball title in 2012. He is the only coach in Kansas state history to lead boys and girls basketball teams from the same school to state championships. Ebert has compiled a 149-46 record in eight years as girls basketball coach after recording a 218-111 record as boys basketball coach. He also has coached the boys golf team at Frankfort since 2001 and has led his teams to three state titles (2014, 2019, 2021). Last year, Ebert was named Basketball Coach of the Year by the Kansas Coaches Association and the *Wichita Eagle* newspaper.

Cross Country

Terrence Krall

Slinger, Wisconsin

After coaching track and field and cross country at the junior high and high school levels in Wisconsin for 55 years, Terrence Krall won his first state championship in 2023-24, leading Slinger (Wisconsin) High School to the 2023 Wisconsin Interscholastic Athletic Association Girls Cross Country State Championship. Krall has coached boys track and field and cross country at Slinger since 1988, and girls track and cross country since 2005. Previously, he coached at Oconomowoc Junior High School for 17 years and Oconomowoc High School for two years. Krall was selected Girls Cross Country State Coach of the Year in 2023 by the Wisconsin Cross Country Coaches Association (WCCCA) and will be inducted into the WCCCA Hall of Fame in 2025. In 2015, Krall was inducted into the Slinger High School Athletic Hall of Fame. He has been named District 6 Coach of the Year by the WCCCA four times (two boys, two girls).

Golf

Eric Sanders

Grand Forks, North Dakota

Eric Sanders has won 40 girls golf tournaments in his 10 years at Red River High School in Grand Forks, North Dakota, which includes North Dakota High School Activities Association state championships in 2017 and 2024. In addition to the two state titles, his teams have finished second three other times (2016, 2022, 2023). Sanders, who is also assistant girls basketball coach at Red River, has been named State Girls Golf Coach of the Year four times. Sanders said, "In our program, we talk daily about our three values: be brave, be positive, be a family. Through these values golf becomes a team game. And when things are difficult, it is much more difficult to give up or lose focus when an athlete knows their teammates are counting on them. This belief also leads to developing confidence as the controllables become the focus rather than winning or total score."

Lacrosse

Cathie Connors

Portland, Maine

Cathie Connors has compiled a 334-103-1 record in 31 years as girls lacrosse coach at the Waynflete School in Portland, Maine, which includes 14 Maine Principals' Association state championships along the way. Connors has been named Coach of the Year by the *Portland Press Herald* three times (1994, 1997, 2003), and she received the Maine Unsung Hero in Women's Sports Award in 2008. She also was selected Forecaster's Coach of the Year four times (2004, 2008, 2012, 2021). Connors has contributed to the sport on the state and national levels as well. She has been chair of the USA Lacrosse All-American and All-Academic Team since 1998 and was Maine Team Coordinator from 1998 to 2019. She also coached field hockey for three years earlier in her career and has been Student Council leader at Waynflete. Connors' coaching philosophy centers on creating a positive, inclusive and empowering environment that fosters both athletic excellence and personal growth.

Soccer

Barb Chura

Phoenix, Arizona

Barb Chura has led the Xavier Preparatory School girls soccer team to four consecutive Arizona Interscholastic Association Class 6A State Championships. In her 22 years at Xavier, Chura has won nine state titles and compiled an overall record of 288-66-26. She was named Arizona Republic All-State Coach of the Year in 2009 and Girls Team Coach of the Year in 2024. Other honors include the Phoenix Women's Sports Association Coach of the Year in 2009 and National Soccer Coaches Association of America Coach of the Year for Private Schools in 2009 and 2010. She also has coached four Gatorade Arizona Players of the Year. Chura previously was an assistant women's soccer coach at Notre Dame, Texas Tech and James Madison universities for several years before joining the Xavier staff. Chura believes that "athletics teaches students discipline, teamwork, sportsmanship and accountability, as well as how to become leaders and confident young women."

Softball

Kyle Peacocke

Mill Creek, Washington

After coaching at Everett (Washington) High School for 12 years, Peacocke has coached girls softball at Jackson High School in Mill Creek, Washington, for 13 years. Since taking over the Jackson High program in 2012, Peacocke has led the school's softball teams to four Washington Interscholastic Activities Association (WIAA) state championships, including the past two years. In his 25-year coaching career, Peacocke has compiled a 457-148 record, which includes 12 20-win seasons. Peacocke, who has received eight Coach of the Year honors at his two schools, has held numerous other coaching and administrative positions, including his current duties as athletic coordinator at Jackson High School. Peacocke believes in "developing well-rounded student-athletes who value education, family, community and team. I strive to instill in my athletes that representing one's school is an honor and privilege, and instill the values of character, integrity, work ethic and treating all with respect and putting the needs of others and the team above self."

Swimming and Diving

Lia Kunnapas

Washington Township, New Jersey

After an outstanding career as an athlete at Immaculate Heart Academy (IHA) in Washington Township, New Jersey, Lia Kunnapas has compiled an outstanding 76-9 record in eight seasons as the

all-girls school's swimming and diving coach. Amazingly, her teams have won the New Jersey State Interscholastic Athletic Association (NJSIAA) state championship in six of her eight seasons. This past season, she was named Bergen County Girls Coach of the Year and NJ.Com Girls Swimming Coach of the Year. In 2018, she was named National Catholic Swimming and Diving Championship Coach of the Year. As a student-athlete at IHA (2005-09), Kunnapas helped her teams to a combined 43-2 record, and she was named to the *Bergen County Record* Top 40 Power Players in North Jersey. Kunnapas said she "strives to create an environment that fosters mutual respect between coaches, swimmers, teammates and opponents, in which my swimmers learn the importance of winning with humility and losing with grace."

Tennis

Natalie Meyer

Cottonwood Heights, Utah

A 35-year educator at Brighton High School in Cottonwood Heights, Utah, Natalie Meyer has coached the girls tennis team for 20 years and the boys team for 21 years. The Brighton boys tennis team has won 10 Utah High School Activities Association (UHSAA) state titles (including seven in a row) and finished runner-up seven other times, along with 50 individual first-place finishes. While the girls team has not enjoyed that level of success, Meyer's teams have finished third two times and fourth two times in the UHSAA state tournament. Meyer was named UHSAA 5A State Coach of the Year in 2018-19 and UHSAA Girls Tennis Coach of the Year in 2023-24. Meyer has been president of the Utah Tennis Coaches Association (boys and girls) since 2016, and UHSAA state tournament director for boys and girls tennis since 2013. Meyer said her goal is "to provide as many young players as possible the opportunity to learn a sport for a lifetime, develop relationships with their peers and community, have fun, and learn life skills that will help them to be successful adults."

Track and Field

Chris White

Seneca, South Carolina

Chris White has been involved with the Seneca (South Carolina) High School girls and boys cross country and track/field programs since 1999. He currently is head coach of the girls and boys track and field teams after leading the cross country teams for 18 years. He has led the Seneca High School girls

track team to four consecutive South Carolina High School League state titles after claiming the 2018 SCHSL boys track and field championship. He has received several Coach of the Year awards, including South Carolina Athletic Coaches Association Girls Track and Field Coach of the Year two times. In addition to his coaching success, White has chaired the Seneca High School Science Department since 1999 and earned his Ph.D. in science education in 2015 and has taught physics at Seneca since 2005. White also serves as assistant to the athletic director and has been the school's public-address announcer at home football games since 2001.

Volleyball

Julie Gordon

Montgomery, Alabama

Julie Gordon has been coaching girls volleyball at Montgomery (Alabama) Academy for 46 years and has compiled an amazing 1,624-436 win-loss record, which ranks second nationally among active coaches according to the NFHS National High School Sports Record Book. Gordon has led her teams to eight Alabama High School Athletic Association (AHSAA) state girls volleyball championships and 10 runner-up finishes. Gordon was inducted into the AHSAA Hall of Fame in 2013 and the Alabama Volleyball Coaches Association (AVCA) Hall of Fame in 2021, and she was named AVCA 5A Coach of the Year in 2023. Gordon has also coached basketball, softball, and track and field during her career at Montgomery Academy, and currently coaches golf in addition to volleyball. She has served on the American Volleyball Coaches Association High School Leadership Council for 14 years, and she has been vice-president of the Alabama Volleyball Coaches Association for nine years.

COACHES OF THE YEAR – OTHER SPORTS

Girls Spirit

Megan Wesolowski

Mount Sinai, New York

Megan Wesolowski has established a dominant competitive cheer program at Mount Sinai (New York) High School in just 11 years at the school. She has led Mount Sinai to six New York State Public High School Athletic Association state cheer championships, including the past five in a row. Her

teams have also claimed eight consecutive Suffolk County championships, seven Universal Cheerleaders Association (UCA) regional championships and UCA national championships in 2016 and 2019. In 2023, Wesolowski was selected as Newsday's all-Long Island Cheerleading Coach of the Year. Wesolowski said "I believe that the success of a team comes from its ability to work together, support one another, and communicate openly. I strive to create a positive environment where every athlete feels respected, valued and motivated to contribute their best effort toward our collective goals. My goal is to guide athletes to be their best selves, both as individuals and as members of a team, equipping them with the skills, values and mindset necessary to succeed in sports and life."

Adapted/Allied/Unified Sports

Mike O'Brien

Frederick, Maryland

Mike O'Brien has excelled at several positions at Tuscarora High School in Frederick, Maryland, including assistant athletic director, head baseball coach, girls flag football coach and department chair. However, it is his role with the school's Unified teams that allows O'Brien to truly instill his philosophy to develop the whole person regardless of ability. Along the way, O'Brien led Tuscarora to consecutive state Unified bocce championships in 2011 and 2012 and a Unified track and field state championship in 2013. His Unified teams have also won seven Frederick County championships. He has remained active in other sports as a current member of the state associations for football coaches, baseball coaches and athletic directors. At the local level, O'Brien has been a manager for the East Frederick Little League since 2009 and served on its board of directors. He also currently coaches for the Frederick Youth Football League and previously served as its commissioner.

Boys Other – Ice Hockey

Frank Colabufo

Camillus, New York

Frank Colabufo has seen much change during his 30-year coaching career. As boys ice hockey coach of West Genesee High School in Camillus, New York, Colabufo recognizes the challenges that coaches and athletes face today but focuses on building relationships and trust. He says, "They're just kids. They want to play. It's our job to coach them." As their coach, Colabufo has celebrated three New

York State Public High School Athletic Association (NYSPHSAA) state championships – most recently in 2023 – and 14 section championships. In his career, he has won more than 500 games, including undefeated seasons in 2018, 2012 and 2010. At the state level, Colabufo is currently the assistant chairperson of the NYSPHSAA Section 3 Ice Hockey Committee. Colabufo was inducted into the New York Hockey Hall of Fame in 2024, which follows his induction into the West Genesee High School and New York State High School Association halls of fame.

Girls Other – Field Hockey

Eileen Donahue

Watertown, Massachusetts

Eileen Donahue has developed one of the most successful field hockey program in the country at Watertown (Massachusetts) High School. In 39 years, Donahue has a remarkable 771-34-46 – less than one less per year. Currently, her teams have won 91 consecutive games and hold the national record for a previous streak of 124 consecutive victories. Her teams previously had a 184-game undefeated streak and another streak of 41 consecutive shutouts. In 39 years, Donahue’s teams have won 21 Massachusetts Interscholastic Athletic Association State Field Hockey Championships and 34 Middlesex League titles. Donahue has been inducted into the Watertown Hall of Fame, the National Field Hockey Coaches Association Hall of Fame, the Belmont Hall of Fame and the New Agenda Northeast Women’s Sports Hall of Fame. She was selected Field Hockey Coach of the Year in 2013 by the National High School Coaches Association, and U.S. Field Hockey Coach of the Year in 2014 by Top of the Circle.

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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 19,800 high schools and 12 million participants in high school activity programs, including more than 8 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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