

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### **Free Pole Vault Skills Course Now Available Through NFHS Coach Education Program**

**FOR IMMEDIATE RELEASE**

Contact: Becky Oakes

INDIANAPOLIS, IN (April 24, 2013) — Through the collaborative efforts of the National Federation of State High School Associations (NFHS), the NCAA and USA Track & Field, an online pole vault skills course has been developed for coaches and athletes and is available for free on the NFHS Coach Education Program Web site at [www.nfhslearn.com](http://www.nfhslearn.com).

The course, “**Pole Vault: Successful Skill Development**,” is designed to further advance the knowledge of coaches and pole vaulters at all levels of sport – youth, high school and college — by teaching the introductory skills and safety aspects of the pole vault.

“This course is designed for both the coach and vaulter,” said Becky Oakes, NFHS director of sports and editor of the NFHS Track and Field Rules Book. “It provides a solid foundation of the skills and techniques of the event. Through the collaborative efforts of the NFHS, NCAA and USATF, this free online course is the

first of our continuing efforts to provide sound techniques that will help minimize risk of injury and improve performance for pole vaulting. ‘Pole Vault: Successful Skill Development’ is a ‘must-take’ course for all pole vault coaches, high school student-athletes and their parents.”

The NFHS Coach Education Program offers 33 online courses, including the two core courses – “Fundamentals of Coaching” and “First Aid, Health and Safety for Coaches.” The NFHS also offers 14 sport-specific courses and 17 elective courses, including eight that are free.

All NFHS Coach Education Program courses are available at [www.nfhslearn.com](http://www.nfhslearn.com).

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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 16 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 7.6 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 Web site at [www.nfhs.org](http://www.nfhs.org).

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