

NFHS REPORT

National Federation of State High School Associations



Mark Beckman, President Karissa Niehoff, Executive Director Davis Whitfield, Chief Operating Officer



BOARD PRIORITIES 2019-20



"Officials Development Platform" – The NFHS will create a platform for states to use regarding the following as they manage their sports officials (one stop shop):

- Registration
- Testing
- Development multiple resources
- Recruitment / Retention



Technology – Continue to evaluate the NFHS technology platforms and update, create and maintain.

- Performance
- -Services
- Website Access / Functionality / Speed / Navigation
- –Apps / Mobile Platforms



NFHS Revenue Sources – evaluate and create new revenue sources

- NFHS Learn Courses
- Student Leadership Summit online version for minimal cost
- Additional membership strategies ex. Performing Arts areas and individual memberships through NFHS Learning Center



NFHS Marketing Strategy

- Philosophy
- -12 million served / maximum exposure for maximum dollars
- -The NFHS is undergoing a communications/publications/marketing audit. We recognize that there is a huge need to ramp up the marketing efforts of the NFHS and its role as the leader in scholastic sports and activities.



Sports Medicine Advisory Committee

- Risk Minimization (injury prevention, rules, etc.)
- Mental Health Issues
- Essentials Document as a Resource Guide
- -Student Athlete Substance Abuse



NFHS Network

- -esports Play Vs.
- -Communication with associations
- Digital Ticketing
- Increasing content





TECHNOLOGY





OFFICIALS DEVELOPMENT





CONSTITUTION AND AFFILIATE TASK FORCES



CONSTITUTION TASK FORCE

- Section 2 Bernie Dolan
- Section 3 Jerome Singleton
- Section 4 Craig Anderson
- Section 5 Erich Martens
- Section 6 David Jackson
- Section 7 Bart Thompson
- Section 8 Peter Weber





AFFILIATE TASK FORCE

Section 1 Larry White

Section 2 Bob Lombardi

Section 3 Que Tucker

Section 4 Dave Anderson

Section 5 Matt Fetsch

Section 6 Charles Breithaupt

Section 7 David Hines

Section 8Ty Jones







- NOMINATION PROCESS ONLINE
 - NFHS.ORG
 - NFHS FOR YOU
 - STATE ASSOCIATION STAFF
 - STATE RANKED
 - SECTION RANKED
- SERVICE ON COMMITTEES
 - ADHERENCE TO NFHS PLAYING RULES
 - MODIFICATIONS PLAYING RULE V. ADMINISTRATIVE RULE



- PROFESSIONAL ORGANIZATION NOMINATIONS
 - CONSOLIDATE SECTION REPRESENTATIVES?
 - SINGLE STATE
 - FIELD HOCKEY, ICE HOCKEY, G. GYMNASTICS
- PUBLICATIONS
 - DIGITAL V. PRINTED?
 - SHIPMENT BUNDLE?
 - FALL SPORTS MAY 15/JUNE 15
 - WINTER SPORTS AUGUST 20
 - SPRING SPORTS OCTOBER 25



- IN-PERSON RULES INTERPRETATION MEETINGS (2 DAYS)
 - SEPTEMBER 2020 WINTER SPORTS
 - ICE HOCKEY, WRESTLING, BASKETBALL
 - JULY 2021 FALL SPORTS
 - SPIRIT, FIELD HOCKEY, SOCCER, VOLLEYBALL, FOOTBALL, SWIMMING AND DIVING, GIRLS GYMNASTICS
 - JANUARY 2022 SPRING SPORTS
 - TRACK, LACROSSE, SOFTBALL, BASEBALL
- RULES INTERPRETATION AND POWERPOINTS.
 - TIMING OF COMPLETION?
 - ALL SPORTS, FALL SPORTS?







RECAP

- AUGUST 2018 RICE COMMISSION
- ADJUSTMENT TO RECRUITING CALENDAR
- NFHS CREATED CRITERIA
- 19 STATES
- 30 EVENTS, 50 SITES (2 WEEKENDS)
- FOLLOW UP
 - FEEDBACK FROM NCAA AND NFHS MEMBERSHIP
 - TEAM MODEL WAS PREFERRED
 - SUCCESS STORIES
 - AFTER ACTION MEETING



- AFTER ACTION REPORT
 - CRITERIA ADJUSTMENT
 - TEAM FEE FROM \$200 TO \$250
 - APPLICATIONS OPEN OCTOBER 30, MARCH 1, APRIL 1
 - NCAA REQUEST
 - FACILITY REQUIREMENTS
 - TIME LIMITS
 - COORDINATED PROMOTION WITH NCAA
 - FUNDING
 - GENDER EQUITY
 - O TOGETHER V SEPARATE?



- MISCELLANEOUS
 - RECRUITING SERVICES
 - SUSTAINABILITY
- DISCUSSION
 - REGIONAL CONCEPT
 - OFFICIATING
 - HOST IN 2020?
 - USA BASKETBALL JULY EVENT





FOOTBALL INITIATIVES





USA Football

-Board of Directors

-Football Development Model Advisory Council

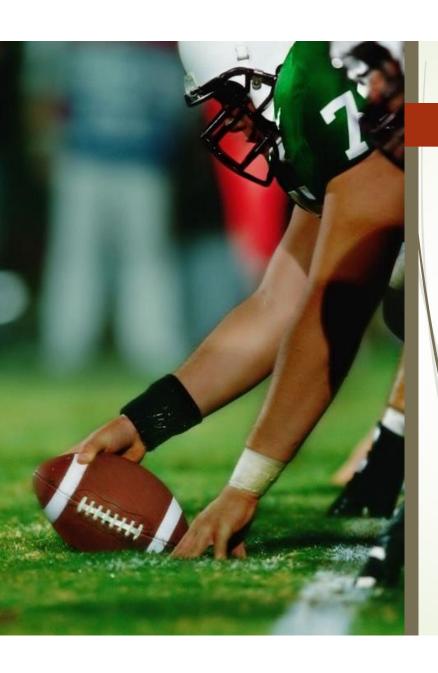
-Scholastic Football Advisory
Council



USA FB - FDM Stages

Contribute for Life Compete for Life Adult Flag/Adult 7 on 7 Administrator/Coach/Pan Official/Parent Adult Tackle **Excel for High Performance** Game-types → Flag/Adult Tackle Advance and Excel Game-types → Flag/7 on 7/HS Tackle Achieve and Advance Gamestypes -> Pilag/7 on 7/Youth Tackle Develop and Achieve Canic types -> Padded Plag/Plag/Modified Tackle Play and Develop Came type 🗦 Flag football Discover and Play Game-related activities

FDM STAGES



FOOTBALL SUMMIT

- Welcome-Savarese
- Meeting Purpose-Breithaupt
- Review of Previous Summit-Breithaupt
- Review of Football Advocacy Document-Zayas
- Discussion of Three Points of Emphasis-Savarese
- 1. The health and safety of football

 - 2. The scholastic model for recruiting 3/ The sanctity of football as we know it
- Report from NFHS-Niehoff
- Report from THSCA-Martin
- Report from AFCA-Berry
- Open Discussion-Colbrese
- Next Steps-Savarese



SPORTS MEDICINE ADVISORY COMMITTEE (SMAC) UPDATES



HIGH SCHOOL RIO NFHS INJURY SURVEILLANCE

- See PDF of the Brief Summary Report for 2018-19.
- 2018-29 final High School RIO Reports to be posted very soon and distributed to all member state associations.
- High School RIO Transition for 2019-20
 - Dawn Comstock, PhD, who has served as the researcher for the High School RIO since 2005 has announced her retirement and has sold the intellectual property rights of High School RIO to one of her colleagues, Christy Collins, PhD.





2019 NFHS INJURY EPIDEMIOLOGY SUMMIT

- Held this past July 19-21, 2019 in Indianapolis, IN.
- 20 of the top national leaders in the areas of sports epidemiology and research from the United States were in attendance.
- The Objectives of the Summit Included:
- 1. To develop some common approaches (essentially best practices) to injury data collection to help guide State High School Associations when they are directed to do so by state legislatures.
- 2. To look at ways that the NFHS can integrate the findings of current data collection systems that are actively collecting data across the country.
- 3. To establish a process of identifying individuals or groups interested in collaborating on specific sports injury surveillance and research projects.



2019 NFHS INJURY EPIDEMIOLOGY SUMMIT

Initial Summit Outcomes:

- 1. The Summit participants agreed that publishing a scientific paper on the Summit proceedings would lay the groundwork for the future of sports injury surveillance in the high school population. This paper would include best practices for State High School Associations interested or required to collect sports injury data.
- 2. There was significant interest among the Summit participants to expand the knowledge of sports injuries to include the burden of all injuries in the age population accounting for the impacts of club, travel,





2019 NFHS INJURY EPIDEMIOLOGY SUMMIT

Initial Summit Outcomes:

- 3. There was significant interest among the researcher groups to continue to collaborate on sharing data outcomes with the NFHS and State High School Associations as well as work toward common data collection practices and terminology.
- 4. Summit participants agreed that State High School Associations could encourage member schools to report catastrophic sport injuries especially now that each respective State High School Association has a Sports Medicine Advisory Committee. The national online

reporting is available at https://www.sportinjuryreport.org/.



THE ESSENTIALS INITIATIVE (2016)

- See PDF of the 2016 NFHS Essentials Initiative for review.
- NFHS SMAC continues to work on different areas as outlined in the Essentials
 Initiative document.
- State associations should work with their SMAC and others to "adopt and adapt."
- Ideal mechanisms for "spreading the message" will come through partnerships with like-minded corporate sponsors and organizations.
- Single point-person coordinating efforts should be goal to truly maximize effect.



THE ESSENTIALS INITIATIVE - Executive Summary

National Federation of State High School Associations (NFHS) Report from the July 2016 RFHS Statement on the Essentials for Enhancing Participation, Reducing Injury Risk and Optimizing Performance

There are recognized factors that interface with onliquible is it is abbit to be questy participation for many students. Surfacescere workcurs and composition achievance, often open 60 well postalization in a steps port, can place are activities derivands on the scholarstic athlete, leading to reversible internet, harmout and sepont from sport.

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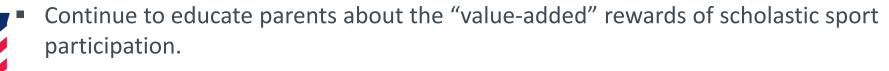
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THE ESSENTIALS INITIATIVE - STATE ASSOCIATIONS

- Evaluate current sport participation levels, particularly focusing on multi-sport athletes and attrition from sports over a high school career.
 - Trends by classification, sport or region?
- Distribute and promote related information from the NFHS and other recognized sources through e-mail, annual meetings, and social media.
- Form alliances with other stakeholders at the state level to reinforce components of the Essentials Initiative.
- Open discussion with schools on expanding sub-varsity sports opportunities, "creative scheduling," intramural sport participation, and non-traditional and emerging sports.



2020 NATIONAL HIGH SCHOOL SPORTS MEDICINE SUMMIT

- NFHS currently trying to finalize a date in July 2020 and a location in Indianapolis to host the Summit – will keep you posted when set!
- Inviting State Association Staff Liaison for Sports Medicine and State Association SMAC Chair.
- NFHS is looking to once again partner with the following organizations to help sponsor the Summit:
 - National Athletic Trainers Association (NATA)
 - American Medical Society for Sports Medicine (AMSSM)
 - American Orthopaedic Society for Sports Medicine (AOSSM)
- Moving forward......
 - Need continued involvement from State Associations on content, engagement, and assessment.





ACADEMICS





NFHS FOUNDATION



NFHS FOUNDATION PURPOSE

■ THE NFHS FOUNDATION'S PURPOSE IS TO SERVE AND PROTECT THE INTEGRITY OF HIGH SCHOOL SPORTS AND ACTIVITIES BY FUNDING RESEARCH AND PROGRAMS IN THE AREAS OF RISK MINIMIZATION AND LEADERSHIP.



NFHS FOUNDATION BOARD OF DIRECTORS

- 2019-20 BOARD OF DIRECTORS
 - CHAIR JULIAN TACKETT, KY
 - CHAIR ELECT LANCE TAYLOR, AR
 - SECTION 1 LARRY WHITE, NJ
 - SECTION 2 JULIAN TACKETT, KY
 - SECTION 3 DON HINTON, MS
 - SECTION 4 CRAIG ANDERSON, IL
 - SECTION 5 JAY BELLAR, NE
 - SECTION 6 LANCE TAYLOR, AR
 - SECTION 7 DAVID HINES, AZ
 - SECTION 8 BILLY STRICKLAND, AK



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•	Nationwide Children's Hospital	\$25,000
•	Georgia Concussion Study	\$10,000
•	Student Leadership Grants	\$21,000

2012

•	Nationwide Children's Hospital	\$25,000
•	Georgia Concussion Study	\$10,000
•	Student Leadership Grants	\$4,000

2013

•	Bone Age Study - Peter Kriz (R.I. Hospital)	\$8,000
•	Student Leadership Grants	\$17,000



2014

•	University of Colorado – Denver	\$25,000
•	Student Leadership Grants	\$19,000

2015

•	University of Colorado – Denver	\$25,000
•	Tim McGuine – Sport Specialization study	\$40,000*
•	Anyone Can Save A Life	\$43,000*
•	Student Leadership Grants	\$57.000



2016

•	University of Colorado – Denver	\$25,000
•	Swim Ledge – Indiana University	\$21,500
•	Student Leadership Grants	\$44,000

2017

•	University of Colorado – Denver	\$25,000
•	NWCA – Bia Study	\$15,000
•	Safe Sport Zone	\$10,000*
•	Student Leadership Grants	\$48,000



2018

University of Colorado – Denver \$25,000
 HHSAA-SMAC Wrestling Study \$7,500
 U of Wisconsin-Risk Factors in Female HS Volleyball

\$36,000

 Hartford Hospital-Baseline Knee Function (Central Connecticut)
 \$33,000*

 Wichita State Univ. Fdtn.-Post Concussion Return to Learn Policies \$6,500*

• AEDs \$300,000*

• Student Leadership Grants \$47,000



2019

• University of Colorado – Denver \$25,000

U of Wisconsin – Impact of Sport Specialization

\$10,000

CIF-San Diego – Keeping the Whole Student-Athlete

Safely in the Game \$4,000

• PIAA –Opiod Crisis PA Poster Campaign \$5,000

University of Colorado – Game Stats \$9,000

• AEDs \$482,000

• Student Leadership Grants \$61,000



• TOTAL: \$1,568,500

- STUDENT LEADERSHIP CONFERENCE GRANTS
 - AVAILABLE FOR STATES
 - \$2,000 FIRST REQUEST
 - \$1,000 SECOND REQUEST
 - ELIGIBLE ONE PER STATE PER FISCAL YEAR
 - FISCAL YEAR AUGUST 1 TO JULY 31
 - SEND REQUEST NOTIFICATION AND AGENDA / CONFERENCE PROGRAM TO DAVIS WHITFIELD



GRANT UPDATES

- WEIGHT MONITORING BODY ANALYSIS METHODS (HI)
 - COMPARING DIFFERENT BODY FAT MEASURING SYSTEMS
 - SKINFOLD CALIPERS, ULTRASOUND, AND BIA
 - FURTHER ANALYSIS REPORT OCTOBER 2019
- IDENTIFYING RISK FACTORS FOR VOLLEYBALL INJURIES (WI)
 - FALL 2018, FALL 2019
 - OVER 2600 SUBJECTS (80 HIGH SCHOOLS)
 - OVER 2210 SUBJECTS (78 HIGH SCHOOLS)
 - POTENTIAL OVERUSE INJURIES UPPER EXTREMITIES
 - FINAL REPORT EXPECTED SUMMER 2020



- GRANT UPDATES
 - HARTFORD KNEE FUNCTION (CT)
 - HARTFORD HEALTHCARE BONE AND JOINT INSTITUTE
 - RISK OF KNEE INJURY FOR MALE AND FEMALE STUDENT-ATHLETES HISTORY
 - SERIES OF TESTS AND ACTIVITIES TO DETERMINE KNEE FUNCTION
 - **O FUNCTIONAL MOVEMENT SCREEN**
 - HOP TEST 6M TIMED HOP, SINGLE, TRIPLE, CROSS-OVER
 - LANDING ERROR SCORING SYSTEM (LESS)
 - DEVELOPMENT OF DATA BASE CORRELATIONS
 - BASELINE KNEE FUNCTION



GRANT UPDATES

- HIGH SCHOOL FACULTY AWARENESS OF POST-CONCUSSION RETURN TO LEARN POLICIES (KS)
 - TEACHER AWARENESS RELATING THE POST-CONCUSSION ACADEMIC CHALLENGES AND LIMITATIONS TO "RETURN TO LEARN" POLICIES
 - EXTENSION OF CURRENT STUDY (1A 3A)
 - REINTEGRATION AND INCONSISTENCIES WITH RETURN TO LEARN PLANS
 - 67% TEACHERS SAY THEIR SCHOOL/DISTRICT PROVIDES TRAINING ON CONCUSSION
 - 56% TEACHERS REPORT THEIR SCHOOL HAS A RTL PLAN
 - 72% TEACHERS WERE GRANTED ACCOMMODATIONS TO STUDENTS WITH CONCUSSIONS



GRANT UPDATES

- MENTAL HEALTH INITIATIVE CIF-SD
 - COLLABORATION WITH RADY'S CHILDREN'S HOSPITAL AND NATIONAL ASSOCIATION OF MENTAL HEALTH-SAN DIEGO (NAMI-SD)
 - IDENTIFY AT-RISK YOUTH AND DEVELOP INTERVENTION PROGRAMS TO PREVENT TEEN SUICIDE
 - ABILITY TO PROVIDE MOBILE SCREENINGS
 - CREATE AND DEVELOP APP FOR STUDENTS AND PARENTS INFORMATION AND COMMUNICATION
 - HOPE TO DEVELOP MODEL PROGRAM TO BE DISTRIBUTED NATIONALLY



- GRANT UPDATES
 - GAME STATS PILOT AND REPORT
 - FALL 2019
 - INJURY AND CONCUSSION RATES IN FOOTBALL
 - KICKOFF, PUNTS, OFFENSE/DEFENSE
 - OFFENSE AND DEFENSE HAD HIGHEST INJURY RATES
 - CONCUSSION RATES HIGHEST IN KICKOFF RECEIVING TEAM



NFHS FOUNDATION – NUMBERS

- JUST UNDER \$115,000 PAID IN GRANTS FOR 2018-2019
 - \$61,000 PAID TO STATES STUDENT LEADERSHIP GRANTS
- **\$482,000 FOR AED'S**
 - APPROXIMATELY 1,100 UNITS OVER TWO YEARS
- TOTAL REVENUE \$32,000
- NFHS FOUNDATION NET ASSETS \$5.6M
- NFHS NO LONGER PROVIDES \$150,000 ANNUAL CONTRIBUTION



NFHS FOUNDATION – NUMBERS

- REVIEWED INVESTMENT POLICY STATEMENT
 - TARGET RATE OF RETURN 5.5% TO 6.5%
 - ASSET ALLOCATION

Asset Class	Minimum Weight	Maximum Weight	Target Weight
Equities	35%	65%	45%
Fixed Income	25%	55%	45%
Alternatives	0%	15%	10%
Cash & Equivalents*	0%	10%	0%



AED DISTRIBUTION

- 665 AEDS
- 27 STATES
- **\$480,000**
- TOTAL: \$782,000
- Phillips On-Site (with case)
 - Adult pads
 - Pediatric pads
 - Physician's prescription needed
 - How to apply for physician's prescription with pediatric pads
 - Contact Bill Callahan
 - Rescue kit
 - Alarmed wall cabinet



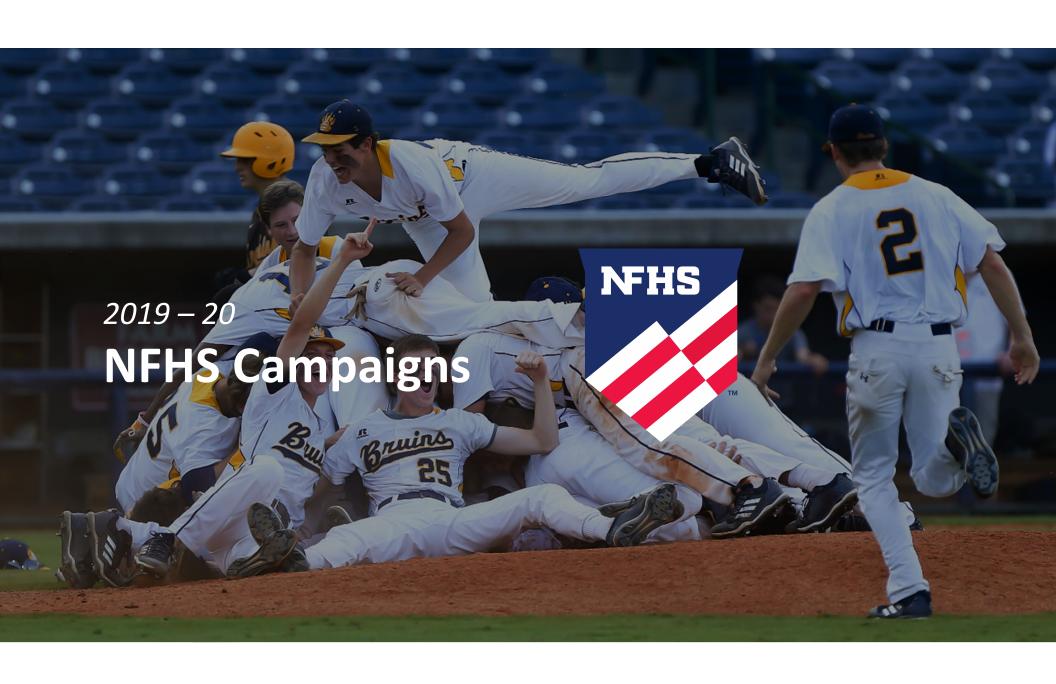


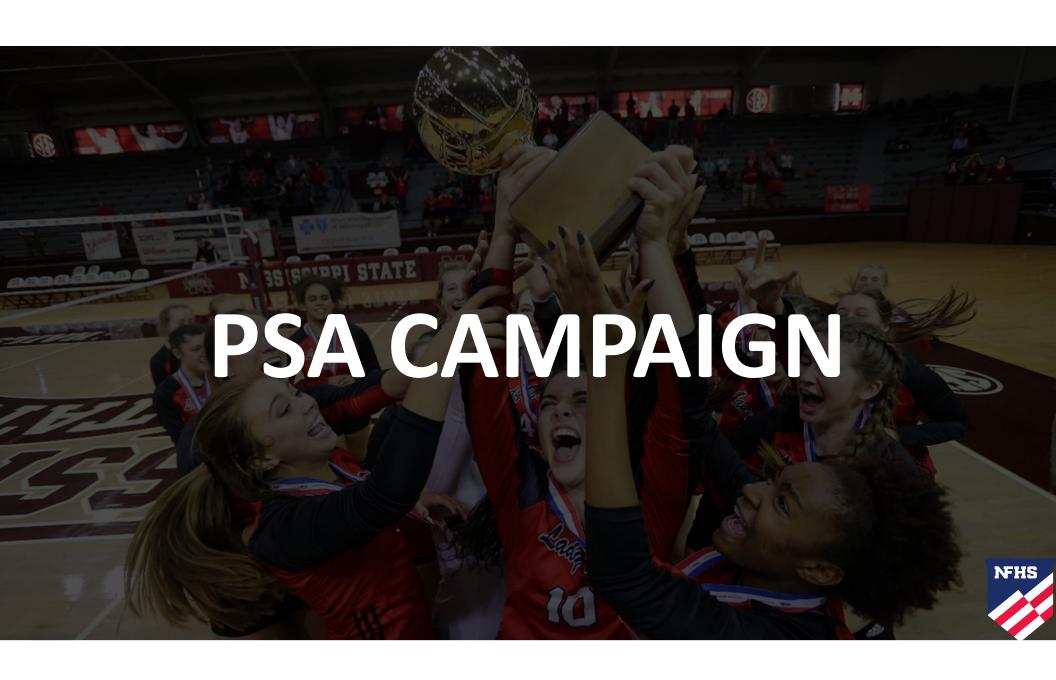


PARTICIPATION SURVEY

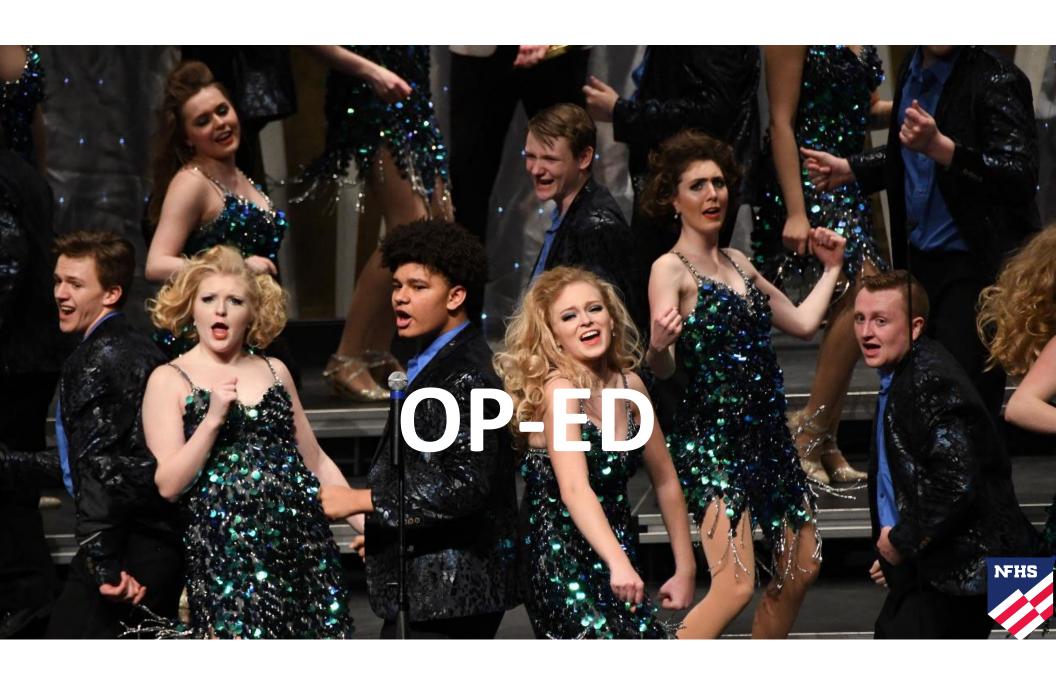
National Federation of State High School Associations

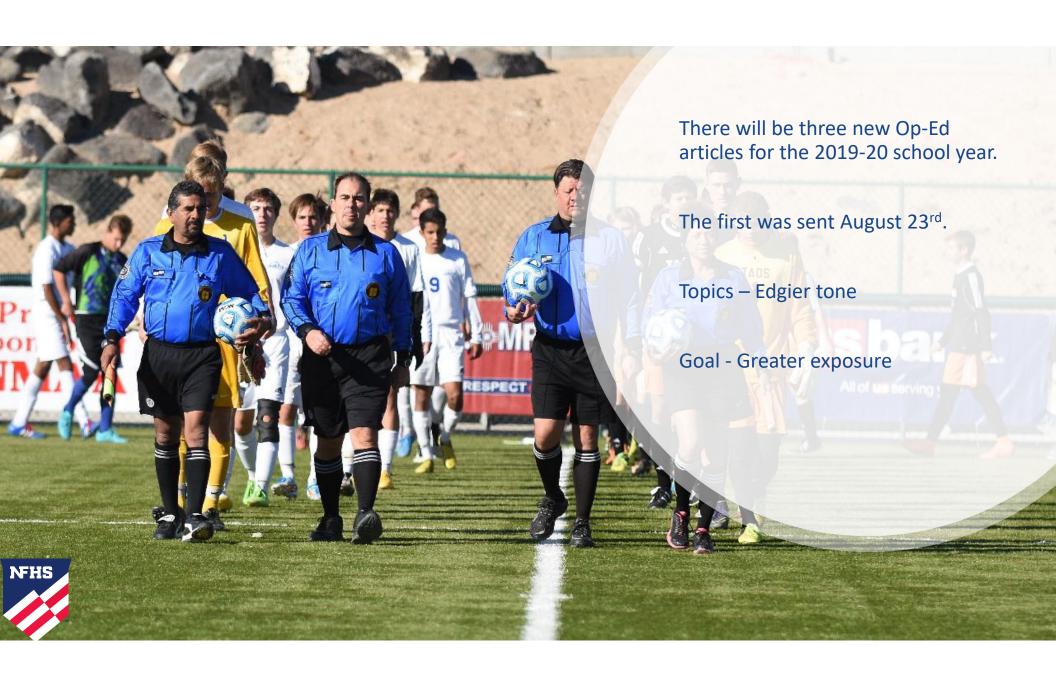




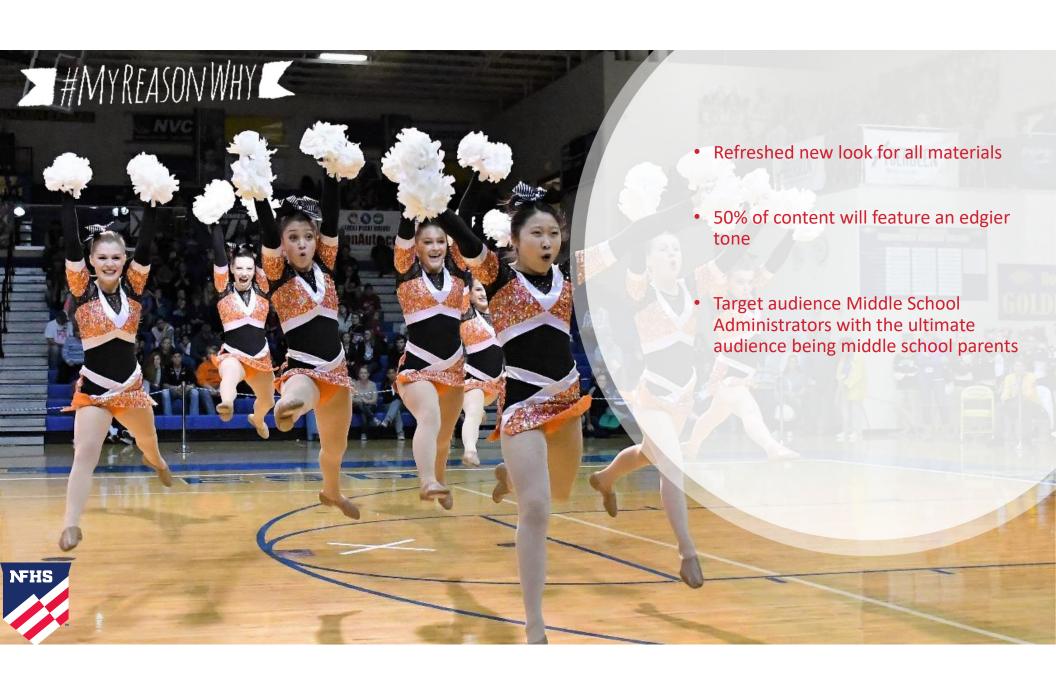






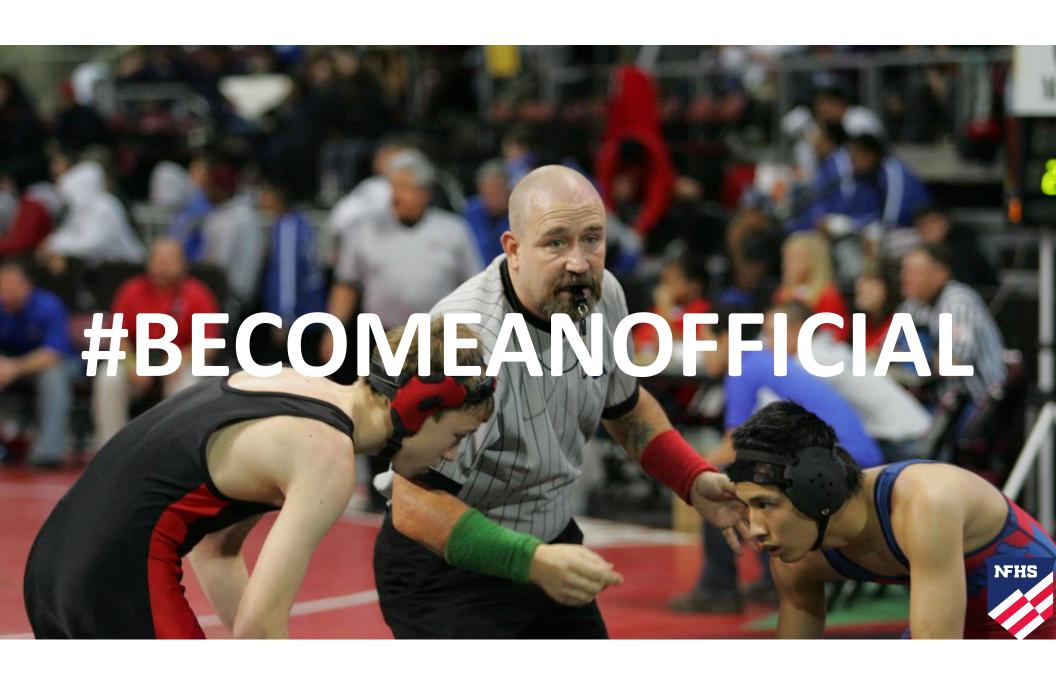






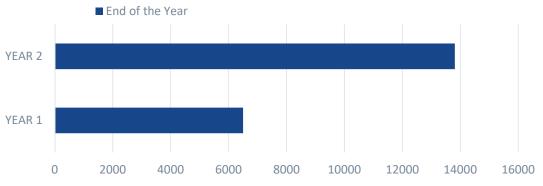






The Bottom Line:

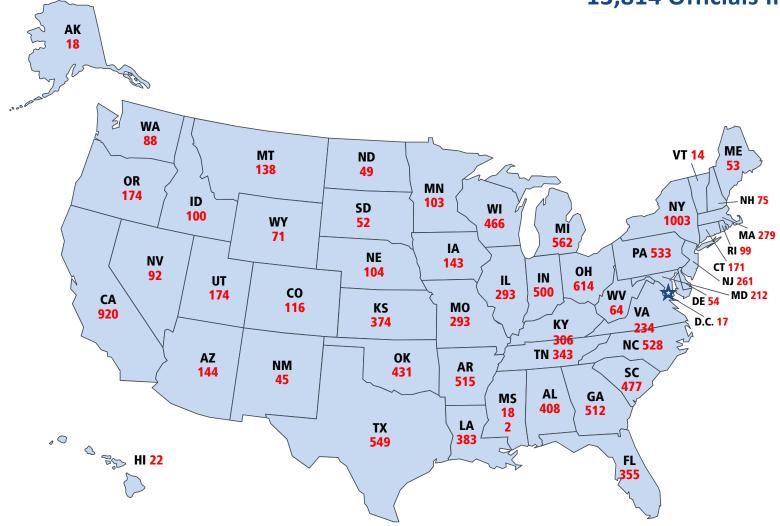
20,300+ applicants have signed up to become an official nationwide.







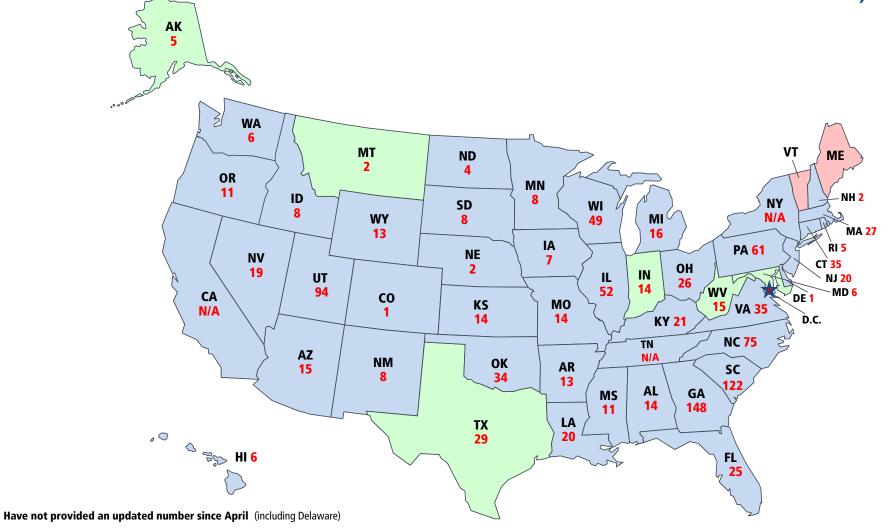
13,814 Officials Interested*

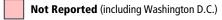




*Numbers are from Sept. 26, 2018 – June 11, 2019

1,121 Registered









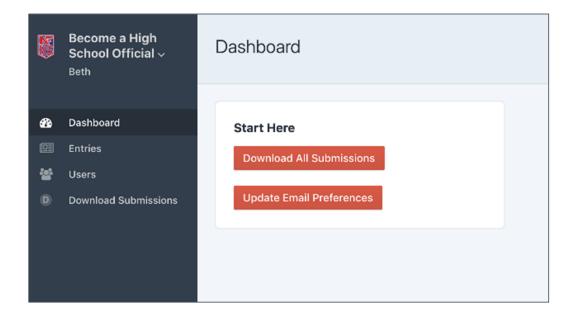
HighSchoolOfficials.com/admin

Liaisons can now login at any time to download a spreadsheet listing every applicant who has signed up to be an official in their state since the campaign launched in April 2017.

Liaisons will receive daily recap emails that list every person who applied that day. If they prefer, they can easily update their preference to weekly recap emails.



HighSchoolOfficials.com/admin









Dear John,

Thank you for your interest in becoming a high school official in Indiana! You'll be joining the ranks of like-minded men and women who are helping to keep high school sports a positive learning environment.

A representative from the Indiana High School Athletic Association will be contacting you within a few days to explain the next steps to become a high school official. If you have any questions, you can reach them at rep@association.org or 123-456-7890.

On behalf of all student-athletes in the state of Indiana, we thank you again for your interest in becoming a high school official!

Sincerely.

Dr. Karissa Niehoff

En Karisa & Richoff.

Executive Director

National Federation of State High School Associations

Theresia Wynns

Director of Sports & Officials Education

National Federation of State High School Associations

The National Federation of State High School Associations serves 19,500 high schools and 12 million particleants in high school activity programs, including almost 8 million in high school approximation. For more information about the National Federation of State High School Associations, on to NHTMS on the National Federation of State High School Associations, on to NHTMS on the National Federation of State High School Associations.

Automatic "Thank You" Email to interested Officials once they click submit on HighSchoolOfficials.com.

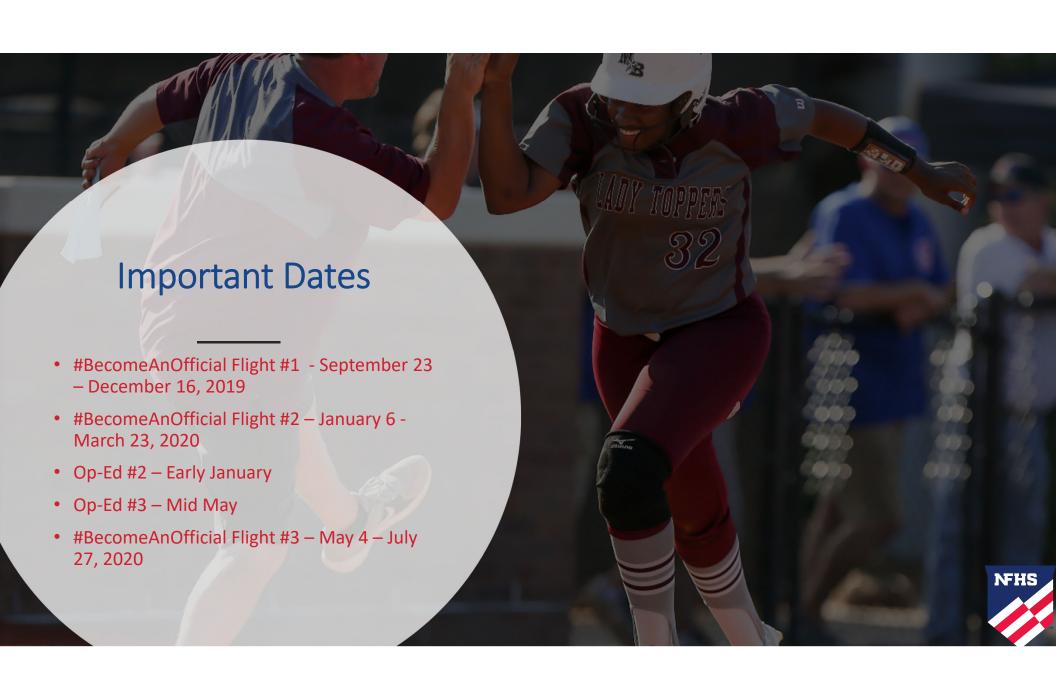
Each will be customized for the state which they live in.

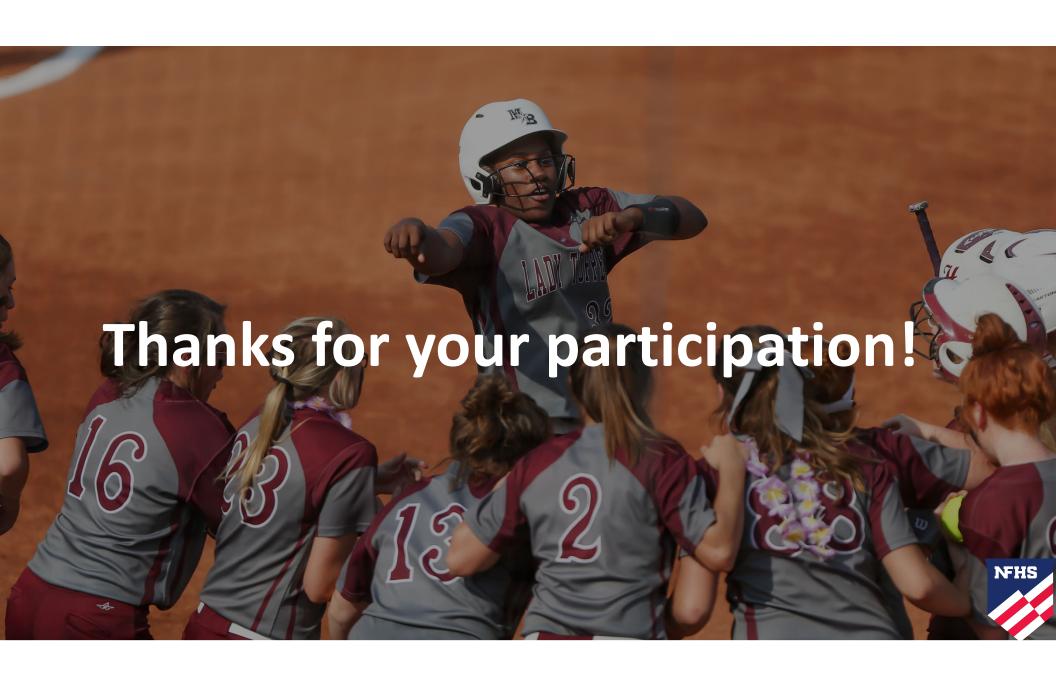


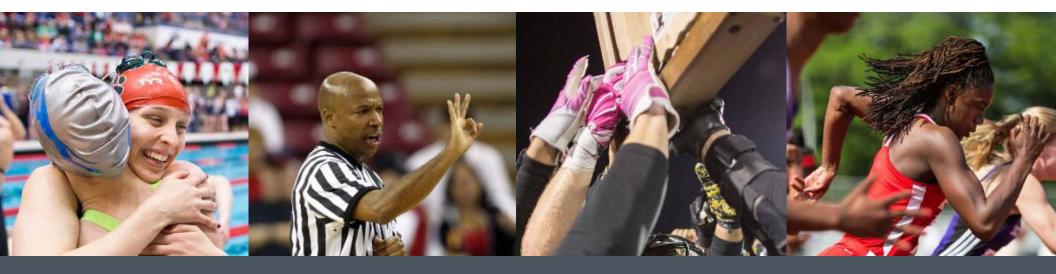












SPORTSMANSHIP TREATMENT OF OFFICIALS

National Federation of State High School Associations





OTHER NFHS UPDATES

National Federation of State High School Associations



MISCELLANEOUS

- FIELD HOCKEY GOGGLES
- PIAA CASE/INDEPENDENT CONTRACTOR
- NATIONAL STUDENT LEADERSHIP SUMMIT
- REI PUBLICATIONS



PROFESSIONAL DEVELOPMENT





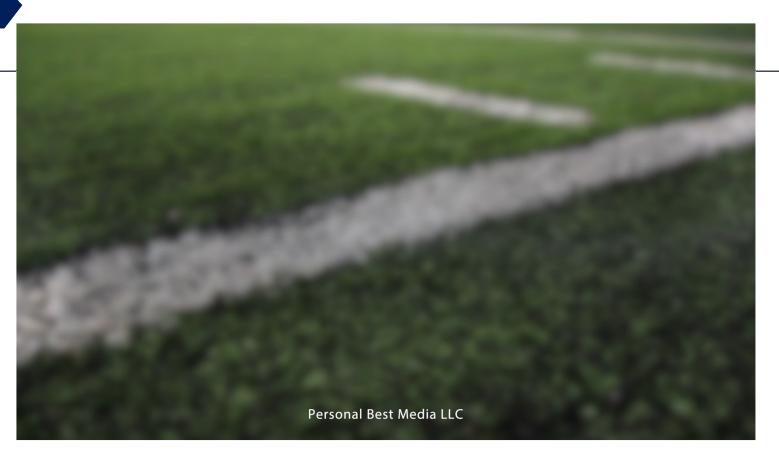


- An online resource that provides proven solutions to the challenges facing young athletes, their coaches and parents.
- Informative, impactful and actionable videos, blogs and playbooks. Our team includes athletic directors and coaches as well as experts in psychology and media. All of us want to see kids enjoying sports.
- Driven by academic research, these resources help educators, coaches, athletes and parents understand one another and communicate more effectively.



Visit the Incourage
Website: Incourage.com

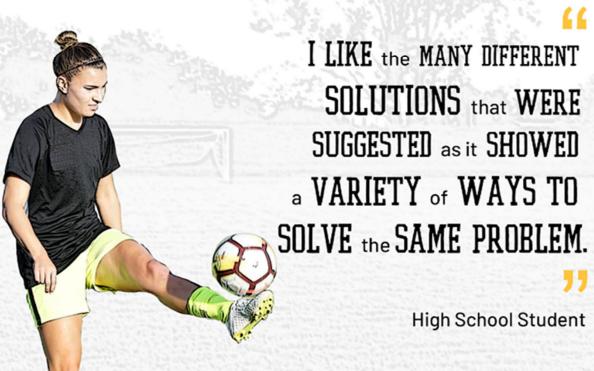
INCOURAGE INTRODUCTION VIDEO





Sharing and implementing inCourage's FREE content can lead to successfully:

- Eliminating negative traditions, harmful language and bad behavior that turn youth sports into bad experiences
- Creating a positive and respectful culture in high school sports through education and leadership development, built on fun, camaraderie and healthy growth
- Keeping kids in the game



inCOURAGE



THE NFHS LEARNING CENTER - NFHSLEARN.COM

National Federation of State High School Associations



Dan Schuster, CMAA, CIC | dschuster@nfhs.org | 317-822-5714

Jerrod Richards, CIC

jrichards@nfhs.org

Hannah Wishart, CIC

hwishart@nfhs.org

Alex Kight, CIC

akight@nfhs.org

SINCE THE SUMMER MEETING...

- Welcomed over 775,000 users to NFHSLearn.com
- Delivered over 750,000 courses via NFHSLearn.com
- Delivered 9,000,000th course in August (Since 2007)
- Fulfilled over 2,500 NFHS Coaches Association Memberships
 via NFHSLearn.com

THE PARENT SEAT

- Over 10,000 views via NFHSLearn
- Over 1,200 downloads
- Schools and ADs posting the video and pictures of parent meetings watching video





EDUCATIONAL SERVICES COMMUNICATION

- Educational Services Newsletter
 - Please let us know if you need to be added to this list!
- My Groups "NFHS Learning Center"
- Executive Director's Update
- Social Media





LET'S CONTINUE TO KEEP PUSHING PROFESSIONAL DEVELOPMENT!

- Fundamentals of Coaching
- First Aid, Health and Safety
- Protecting Students from Abuse
- Understanding Vaping and E-Cigarettes
- Understanding Copyright and Compliance
- Concussion in Sports
- Concussion for Students







LEARNING CENTER

Education Begins Here

THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

www.nfhs.org | www.nfhslearn.com



