“High school sports and activity programs provide one of the best bargains in our community and nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people. Not only do these programs teach the more than 12 million student participants who engage in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation.”

“We have fundamental, empirical evidence that interscholastic activities provide a successful way in which to create healthy and successful citizens.”

“Through National High School Activities Month, we have an opportunity to reflect on our participation as well as the participation of our children. Our nation must continue to support these programs and the life skills they provide America’s youth.”

– Dr. Karissa L. Niehoff
Executive Director
National Federation of State High School Associations