



Dear Coaches and Athletes,

I am excited that you have decided to be a part of the Athletic Department here at Faith Outreach Academy. It is my desire that each year we become a better program than previously. Here at FOA we don't just care about wins and losses, but we care about the overall well-being of all of our student athletes and coaches. There are some new requirements that we are instituting to improve the overall safety and wellness of all of our student athletes and coaches. There are some short courses by the CDC that all of our student athletes and coaches must complete before being able to compete.

- The courses are:
 - Heat Illness Prevention
 - Concussions in Sports
 - Sudden Cardiac Arrest
 - COVID-19

These course are all free and may be completed over a period of time. To begin taking these course follow the following steps:

1. Go to www.nfhslearn.com
2. Create an account
3. Sign up to take the courses (They are all free of charge).
4. Once the courses are completed, send a copy of the certificate to Mr. Howard at simuelhoward@yahoo.com