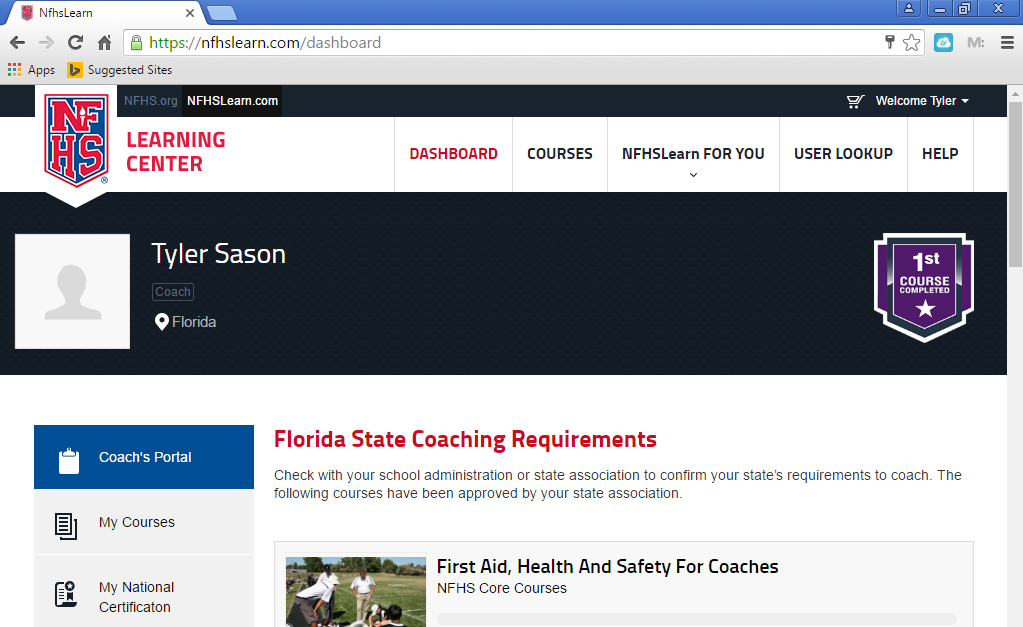
1. Log on to <https://nfhslearn.com/>
2. Click the “Register” button in the top right corner of the page
3. If you have not already done so, register for an account. Use a valid email as it must be verified for it to work.
4. Once you have registered and signed in, go to your “Dashboard” page and click on the “My Courses” button
5. Register for the following courses (registration is free) and complete the checkout process:
   * Concussion in Sports
   * Sudden Cardiac Arrest
   * Heat Illness Prevention
   * Sports Nutrition
   * Social Media for Students
   * Sportsmanship
   * Bullying, Hazing, and Inappropriate Behaviors
   * Appearance and Performance Enhancing Drugs
6. Courses that you are registered for will appear under the “My Courses” button on your dashboard.
7. Complete each course and print the certificate at the end of each course. All course certificates are due to Coach Sason by the end of practice on July 31.