



Press Release
For Immediate Release
January 4, 2022

Penn High School & Coach Matt Cates Earn National Recognition as a NHSSCA Program of Excellence

Leesburg, VA – The National High School Strength Coaches Association (NHSSCA) is proud to announce that Penn High School has earned the distinction Program of Excellence for the 2022-2024 period. This honor recognizes that this High School Strength & Conditioning program operates at a highest level of professionalism. To earn this honor Coach Cates & Penn High School has displayed excellence in safety, quality, efficacy, outreach & highlighting. While also displaying excellent continuing education & technology usage in their Strength & Conditioning program.

We are honored to recognize Coach Cates & Penn High School as a Program of Excellence and look forward to the impact their Strength & Conditioning program can make on the lives of their student athletes. A full list of schools that have received Program of Excellence recognition can be found at www.nhssca.us

Media Notes: for more additional information about the NHSSCA Program of Excellence visit www.nhssca.us. To make arrangements for interviews contact Coach Matt Cates & Penn High School.

About the NHSSCA

In 2016 the NHSSCA was created by High School Coaches for High School Coaches. The vision of the NHSSCA is for every high school student athlete to comprehensively develop their character, their mind, and their body through coaching excellence. We believe we can do this by developing coaches who are trustworthy, knowledgeable, effective, passionate, and transformational. Our mission is to Educate, Equip, & Empower coaches to make a positive impact in the lives of student athletes.