

NWCA Releases Web-Based Skin Infection Seminar
By Mike Moyer, Executive Director, NWCA

The National Wrestling Coaches Association (NWCA) has collaborated with Fresh Health Innovations LLC and The Center for Disease Control and Prevention (CDC), to produce a 23-minute web-based seminar, *Preventing Skin Infections*, for athletes, coaches and parents. The seminar includes an additional seven-minute “stand alone” component addressing the unique skin infection challenges in wrestling.

The focus of the seminar is on the identification, prevention, and treatment of skin infections in sports. The seminar is free to everyone in the sports community and can be viewed at www.nwcaskinprevention.com. *Preventing Skin Infections* is also available on DVD for classroom viewing for a modest cost to cover duplication and shipping/handling.

One of the primary architects of the webinar, Dr. Dave Joyner, is a former All American wrestler and football player at Penn State University and has a long history of service to the US Olympic Committee. Dave Joyner said, “I am extremely gratified that this project is now being launched. Countless athletes in all sports will benefit from what they learn in this video.”

“With the emergence of widespread outbreaks of herpes and the potentially deadly antibiotic resistant strains of staph infection in sport specific populations, the prevention and treatment of skin infections has become as important as technical and tactical aspects of training. This video will help coaches and athletes recognize early signs and symptoms of skin infection so transmission to other athletes can be kept to a minimum,” said NWCA President Jim Beichner.

Mike Moyer, the Executive Director of the NWCA added, “Common sense and due diligence are still the most effective ways to battle skin infection. However, the prevention of skin infection is often the most overlooked aspect of training. We hope that this seminar will convey the important message to coaches and athletes that preventing skin infection is a responsibility that should never be taken lightly.”

“We wanted to produce a web site and corresponding video that were both engaging and informative,” explains Fresh Health Innovations creative director, Fred Miles. “We used extensive animation, special effects, studio and on-location shooting to create a seminar that is not only fun to watch, but has a ton of practical information.”

The mission of Fresh Health Innovations, LLC. is to provide information to athletes, coaches and parents about injury prevention, conditioning, nutrition and other topics relating to health and fitness. *Preventing Skin Infections* was made possible by a grant from a leading Pennsylvania health insurance company.