

MEMO



TO: 2015 Coconut Creek Eagles Coaches
FROM: Terry Mohr
RE: USA Football – Heads Up Football®
DATE: 4/10/2015

The Coconut Creek Football Program and the AYFL is pleased to be participating in Heads Up Football®, USA Football's player safety program. A comprehensive method to teaching the sport's fundamentals in a progressive, age-based approach, Heads Up Football® helps youth football leagues and clubs across the United States ensure a better, safer experience for our players, coaches, commissioners and parents.

Youth coaches in participating leagues are trained in Heads Up Football® techniques before leading their teams this season. Head and assistant coaches will be required to complete USA Football's accredited Level 1 Coaching Certification Course, which includes Centers for Disease Control and Prevention (CDC) concussion recognition and response protocols; proper helmet and shoulder pad fitting; heat and hydration safety, and Heads Up TacklingSM techniques, which aim to take the head out of the line of contact and teach proper fundamentals.

Your first step to completing your Heads Up Football® requirements is registering or renewing a USA Football Coach Membership and completing the Level 1 Tackle Certification course. The Level 1 Tackle Certification Course is completely online and includes video as well as chapter test. It will take you about 2 ½ hours to complete the certification. However the course does not need to be completed in one session. You can complete it over multiple sessions. Be sure to register/renew using our organization's promo code: **ayfleagles15**.

New Coach Members sign up here: <http://www2.usafootball.com/register/coaching>

Returning Coach Members sign in to your account, then renew: <http://www2.usafootball.com/renew/coaching>

Heads Up Football® is the future of the game. Through this program, our organization has nominated a Player Safety Coach to be trained by USA Football. Our Player Safety Coach Mark Kirby will implement and monitor Heads Up Football® player safety protocols by working with our Board, coaches, parents and players throughout the season to provide on-site clinics and mentoring to employ coaching and player safety best practices. Parents are encouraged to be involved throughout the process to ensure their youth players are learning Heads Up Football® skills.

Using the promo code above will reduce the USA Football membership to \$10.00. This fee includes access to your certification course, practice planners, skill & drill video Libraries. Your own personal team website, Playbooks and document access as well as up to 1,000,000 in coaching liability insurance. Each coach will be responsible for paying their own membership fee. Coaching certification should be completed prior to the start of regular season practices on July 6th.

For coaching affiliation questions on the registration, your National affiliation should be none, your League affiliation is American Youth Football League, South Florida and your Club affiliation is the Coconut Creek Eagles.

Heads Up Football® is composed of six primary elements:

Coaching certification	<ul style="list-style-type: none">• All coaches within a youth program are trained to teach the game's fundamentals by completing USA Football's nationally accredited Level 1 Coaching Certification Course.
Concussion recognition and response	<ul style="list-style-type: none">• Coaches learn and are assessed on CDC concussion recognition and response through USA Football's Level 1 Coaching Certification Course.• Coaches, parents and players are taught concussion-related protocols at the start of the season at a league-wide clinic and have them reinforced throughout the season.
Heat and hydration	<ul style="list-style-type: none">• Coaches, parents and players learn heat and hydration safety measures provided by the University of Connecticut's Korey Stringer Institute.
Equipment fitting	<ul style="list-style-type: none">• Coaches, parents and players are taught proper helmet and shoulder pad fitting.
Heads Up TacklingSM	<ul style="list-style-type: none">• USA Football's Heads Up TacklingSM technique, endorsed by medical and football experts, teaches players to keep their heads up and out of the line of contact.
Player Safety Coach	<ul style="list-style-type: none">• Appointed by each participating Heads Up Football® youth organization. This individual ensures compliance with Heads Up Football's player safety protocols, including coaching certification and conducting safety clinics for coaches, parents and players.

For more information about Heads Up Football®, please contact me at terrym76@aol.com or [954-364-3534](tel:954-364-3534) or the USA Football Membership Team at (317) 614-7752 or memberservices@usafootball.com.