



SOUTHINGTON TRAVEL FOOTBALL & CHEERLEADING REGISTERS FOR USA FOOTBALL'S HEADS UP FOOTBALL® PROGRAM – 2nd YEAR

Contact information:

*Mike Goralski, President
Jay Leavitt, Football Coordinator & USA HUF Player Safety Coach*

The **Southington Knights** are committed to ensuring a positive youth football experience and advancing player safety this fall by providing league-wide coaching education and teaching resources that benefit players, parents and coaches through USA Football's Heads Up Football® program. USA Football, the sport's national governing body, educates more youth and high school coaches combined than any organization in the United States.

All **Southington Knights** coaches will be trained in Heads Up Football® techniques before leading their teams this season. **Knights** head coaches and assistant coaches will complete USA Football's accredited Level 1 Coach Certification Course, which includes all the elements in the grid outlined below.

Through Heads Up Football, Player Safety Coach **Jay Leavitt** has been trained by USA Football to implement, evaluate and monitor Heads Up Football player safety protocols within the organization. Player Safety Coaches work with league commissioners, coaches, parents and players throughout the season to provide on-site clinics and mentoring to ensure that coaching and player safety best practices are used.

More than **5,500** youth football organizations and nearly **800** high schools took part in Heads Up Football in 2014.

Heads **Up Football** requires seven primary elements:

Coaching education	<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.
Equipment fitting	<ul style="list-style-type: none"> Coaches, parents and players are taught proper helmet and shoulder pad fitting.
Heads Up Blocking and Tackling	<ul style="list-style-type: none"> Series of fundamental drills reinforce tackling and blocking mechanics, teaching players who to perform these basic football skills with a focus on reducing helmet contact.
Sudden cardiac arrest	<ul style="list-style-type: none"> Instruction on how to have plans and procedures in place to quickly react in the case of cardiac events, the No. 1 cause of death for children and teens taking part in athletics.
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.
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.

Parents are encouraged to be involved throughout the process to ensure their youth players are learning Heads Up Football skills. Take full advantage of the health and safety resources offered by USA Football, by registering for a free Parent/Player Membership at <http://www2.usafootball.com/register/player> as well as our free USA Football Mobile App. Your child's health and safety is our highest priority – nothing else comes close.

If you have any questions regarding USA's Heads Up Football program please feel free to contact me below.

Go Knights!!!!

Jay Leavitt
Football Coordinator
USA HUF Player Safety Coach
860-406-1439
Jay.leavitt16@gmail.com