

# NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

Member of the National Federation of State High School Associations



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## **NEBRASKA SCHOOL ACTIVITIES ASSOCIATION ENDORSES USA FOOTBALL'S HEADS UP FOOTBALL PROGRAM**

The Nebraska School Activities Association (NSAA) has endorsed USA Football's Heads Up Football High School<sup>®</sup> program for the betterment of its student-athletes across its 298 football-playing member high schools. Including the NSAA, a total of 32 state high school athletic associations and coaches associations spanning 25 states support the USA Football program.

Created and administered by independent non-profit USA Football, the sport's national governing body and a member of the U.S. Olympic Committee, Heads Up Football High School establishes important standards rooted in the best available science and is supported by the American College of Sports Medicine, the National Athletic Trainers' Association and the American Medical Society for Sports Medicine, among other leading associations spanning medicine and sport.

"Our strong support for Heads Up Football is consistent with our board of directors' priority to offer the best possible experience for our student-athletes," said Nebraska School Activities Association Executive Director Dr. James A. Tenopir. "The coaching education gained through USA Football's program advances our emphasis on player safety and further empowers our coaches. We value the work done by our schools' athletics departments to strengthen their sports offerings and encourage them to pursue innovative programs like Heads Up Football."

Heads Up Football at the high school level is a comprehensive approach to teach and play the sport. USA Football's Heads Up Football High School Coach Certification, a series of four courses which were developed in partnership with National Federation of State High School Associations (NFHS), is available to high school coaches. The certification includes a course on tackling and blocking techniques designed to reduce helmet contact and improve skill development. The certification also includes courses on all-sport-relevant topics including Centers for Disease Control and Prevention (CDC) concussion recognition and response; sudden cardiac arrest protocols; heat preparedness and hydration; and instruction on proper helmet and shoulder pad fitting.

Schools participating in the USA Football program are to designate a Player Safety Coach (PSC) from their football coaching staffs. PSCs are trained to guide, direct and monitor the program's implementation as well as lead in-person training for fellow coaches, parents and players. PSCs have access to USA Football clinics throughout the offseason to learn Heads Up Football protocols and techniques.

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## Education Components of Heads Up Football High School:

- Concussion Recognition and Response
- Sudden Cardiac Arrest
- Heat Preparedness and Hydration
- Proper Equipment Fitting
- Shoulder Tackling
- Blocking

“The Nebraska School Activities Association deserves credit for its continued commitment to its coaches and student-athletes,” said USA Football CEO Scott Hallenbeck. “We are pleased to have a role in the NSAA’s mission to cultivate the benefits of playing sports and to promote the health and safety of its student-athletes.”

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