



Oregon School Activities Association
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NEWS RELEASE

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OREGON HIGH SCHOOL FOOTBALL COACHES TO BEGIN TRAINING WITHIN USA FOOTBALL'S HEADS UP FOOTBALL® PROGRAM FOR 2016 SEASON

***OSAA is the first state high school activities association to require
USA Football's High School Heads Up Football program to advance player safety in 2016***

High school football programs statewide are kicking off the 2016 season with a focus on coaching education and student-athlete safety through USA Football's Heads Up Football® program. Beginning Feb. 13, USA Football will conduct more than one dozen Heads Up Football Player Safety Coach clinics across Oregon.

For the good of its student-athletes, the Oregon School Activities Association (OSAA) is the country's first state high school activities association to require its member schools' football coaches to enroll in USA Football's Heads Up Football® program for the 2016 season.

Heads Up Football establishes nationally endorsed standards rooted in the best available science.

USA Football, the sport's national governing body and recognized by the U.S. Olympic Committee, trains more high school and youth football coaches combined than any organization in the country.

Heads Up Football is a comprehensive approach to teach and play the No. 1 participatory sport of U.S. high school boys. Supported by the American College of Sports Medicine, the National Athletic Trainers' Association and the American Medical Society for Sports Medicine, the program teaches tackling and blocking techniques designed to reduce helmet contact while addressing all-sport-relevant topics with Centers for Disease Control and Prevention (CDC) concussion recognition and response; sudden cardiac arrest protocols; hydration and heat preparedness; and instruction on proper helmet and shoulder pad fitting.

More than 1,100 high schools and nearly 70 percent of U.S. youth football leagues registered for Heads Up Football in 2015 for smarter, safer play. Fairfax County (Va.) Public Schools, the ninth-largest school district in the country and the first school district to adopt Heads Up Football on the high school level, recorded a 16 percent decrease in football injuries and a 28 percent decrease in concussions since employing Heads Up Football's curriculum and hands-on training.

In addition, the South Bend Community School Corporation employed USA Football's Heads Up Football program for the first time in 2015 and reported a 40 percent decline in concussions sustained by football-playing student-athletes.

Each OSAA member school will designate one Player Safety Coach (PSC) from its football coaching staff. PSCs will be trained by USA Football to guide, direct and monitor the program's implementation as well as lead in-person training for fellow coaches, parents and student-athletes.

"The OSAA is excited to partner with USA Football in implementing the Heads Up Football program," said Tom Welter, executive director of the OSAA. "Our primary goal is always to try to ensure the health and safety of our student-athletes. This educational program will provide all of our coaches with the knowledge, the training, the skills and the techniques to teach the game of football with safety as the top priority."

Dr. Michael Koester, chairperson of the OSAA Sports Medicine Advisory Committee, says the Heads Up Football requirement in Oregon is logical considering in 2008 OSAA became the first state high school activities association to prohibit same day return to play for athletes with a suspected concussion.



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"The really exciting thing about this program is that what happens at the high school level will spread throughout the youth programs in each community," Koester said. "This will allow kids to develop their skills in a culture that shares the same language, same techniques and same safety standards from grade school through high school."

"The OSAA's commitment to its football student-athletes is exceptional and ground-breaking," USA Football CEO Scott Hallenbeck said. "As the first state high school association requiring its member schools to employ our medically endorsed Heads Up Football program, the OSAA shares our highest priority of advancing player safety through the best available science. Coaches are teachers. Supporting them with education is a powerful catalyst to change for the better how players are taught and safety is addressed."

USA Football will conduct the following Heads Up Football Player Safety Coach clinics in Oregon this year:

Date/Time	Location	Address
Saturday, February 13	Eastern, OR	Nyssa High School 824 Adrian Blvd. Nyssa, OR 97913
Saturday, February 20	Portland, OR	West Linn High School 5464 W A St. West Linn, OR 97068
Saturday, March 5	Bend, OR	Bend High School 230 NE 6th Street Bend, OR 97701
Saturday, April 23	Cottage Grove, OR	Cottage Grove High School 1375 S. River Road Cottage Grove, OR 97424
Saturday, April 30	Coos Bay, OR	Marshfield High School 927 Ingersoll Avenue Coos Bay, OR 97420
Saturday, May 7	Medford, OR	South Medford High School 1551 Cunningham Avenue Medford, OR 97501
Saturday, May 14	Ontario, OR	Ontario High School 1115 W Idaho Ave. Ontario, OR 97914
Saturday, May 21	Tigard, OR	Tigard High School 9000 SW Durham Road Tigard, OR 97224
Saturday, June 4	Bend, OR	Summit High School 2855 NW Clearwater Drive Bend, OR 97701
Saturday, June 25	Eugene, OR	Sheldon High School 2455 Willakenzie Road Eugene, OR 97401
Saturday, July 9	Gold Beach, OR	Gold Beach High School 29516 Ellensburg Avenue Gold Beach, OR 97444
Saturday, July 16	Newport, OR	Newport High School 322 NE Eads Street Newport, OR 97365
Saturday, July 23	Gresham, OR	Gresham High School 1200 N. Main Avenue Gresham, OR 97030
Saturday, August 13	Roseburg, OR	Roseburg High School 400 W. Harvard Avenue Roseburg, OR 97470



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About the OSAA: The Oregon School Activities Association (www.osaa.org) is a private nonprofit, board governed association comprised of 290 member high schools. The OSAA, a member of the National Federation of State High School Associations, annually sponsors 116 state championships in 19 sports and activities. Follow the OSAA at www.facebook.com/osaasports, on Twitter at @OSAASports and Instagram @OSAASports.

About USA Football: Indianapolis-based USA Football (www.usafootball.com) is the sport's national governing body, leading the game's development for youth, high school and other amateur players. A member of the U.S. Olympic Committee, USA Football partners with leaders in medicine, child advocacy and sport to establish standards rooted in the best available science. USA Football advances coaching education and player skill development for safer play and positive experiences through football. Follow USA Football at www.facebook.com/usafootball or on Twitter @USAFootball.

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