



COMMITTED TO SAFETY. COMMITTED TO THE GAME.



TOP 5 REASONS TO PLAY ON OUR TEAM

As a league committed to Heads Up Football, we are taking the necessary steps to build the safest possible environment for your player.

OUR LEAGUE HAS EVERYTHING COVERED WITH HEADS UP FOOTBALL...

1

FUNDAMENTALS – AGE-APPROPRIATE LEARNING

We teach the age-appropriate tackling and blocking methods from USA Football's Heads Up Football curriculum. We stress the importance of developing fundamentals based on appropriate player progression in skills and drills.

2

COACHING CERTIFICATION = YOUR PEACE OF MIND

In order to be a Heads Up Football league all of our coaches must be certified. USA Football's certification curriculum is created by the nation's leading football and medical experts, making it the most in-depth player-safety program of its kind in the nation.

3

HEALTH & SAFETY – WE HAVE THAT COVERED, TOO

From concussion recognition and response, heat preparedness and hydration to sudden cardiac, our coaches have taken comprehensive health and safety courses to help protect your player on and off the field.

4

EXPERTS ON THE RIGHT FIT

Did you know that improperly fitted equipment can increase the risk of injury to players? As a part of our Heads Up Football training, we are trained on the proper way to size and fit helmets and shoulder pads for all of our players.

5

PUTTING SAFETY FIRST IN EVERYTHING WE DO

The health and safety of every player on our team is our priority. From coach development to implementing proper practice guidelines, skills and drills and more, each of our efforts has a central focus on your player's safety and making the experience better from practice to games.

JOIN OUR TEAM TODAY.

Visit www.usafotball.com/headsup for more information.