



HEADS UP FOOTBALL MASTER TRAINER WORKSHOP

Invitation

USA Football and IFAF would like to invite any Federation who wishes to adopt the Heads Up Football program the opportunity to have one or two of the senior coaches trained as a Master Trainer. This will be a two-day workshop conducted by USA Football staff in conjunction with the International Bowl in Arlington, TX January 29-30.

When: January 29-30

Where: Arlington, TX

Location: TBD

Overview of Heads Up Football

In collaboration with IFAF, USA Football is committed to begin provide Federation Members with the ability to register for the Heads Up Football program. To begin this process, USA Football will host a Master Trainer training workshop in Arlington as part of the International Bowl.

About Heads Up Football

Heads Up Football® is a USA Football organizational membership program designed to create a better, safer game. Key components of this program include coaches completing the only nationally accredited, football-specific certification course and training in concussion recognition and response; Heads Up Tackling; Heads Up Blocking; equipment fitting; sudden cardiac arrest; and heat preparedness and hydration.

Key requirements of the International Federation:

- Register for the program through USA Football (Donovan Etchison, detchison@usafootball.com)
- Agree and sign and terms and conditions
- Nominate your Master Trainer and Club Player Safety Coaches
- Require all coaches to complete the Heads Up Football online coach certification or recertification
- Conduct a Coaches Clinic
- Conduct a Parents Clinic

About the Master Trainer

A Master Trainer is a highly experienced coach (National Team Coach) that has been trained by USA Football and IFAF to help the Federation implement the Heads Up Football program by conducting training clinics for their respective Player Safety Coaches.

What is a Player Safety Coach (PSC)?

Each organization selects one PSC. Along with the commissioner, the PSC is responsible for overseeing the organization's implementation of Heads Up Football®. A PSC attends a one-day training clinic with USA Football, ensures all coaches are certified, holds in-person clinics for head coaches, attends practices and games and serves as the organization's expert and point of contact for player health and safety. USA Football recommends a PSC



does not have team coaching responsibility. This position's profile melds the roles of coaching mentor and parent liaison, specifically for Heads Up Tackling, Heads Up Blocking and other player safety matters.

What are the benefits of a youth football organization adopting Heads Up Football®?

- Participating organizations' coaches, players and parents will be instructed in Heads Up Football® through in-person and online training using a train-the-trainer model. After selecting a Player Safety Coach, this person will be trained in-person by USA Football and will be responsible for bringing Heads Up Football back to the organization and its members through a prepared curriculum.
- Have comfort knowing that your league is taking a proactive approach to player health and safety.
- Confidently answer parents' questions about the steps you are taking to make the game better and safer for their children.
- Bring the credibility of a national safety program that is endorsed at every level of football to your organization.
- Impart uniform coaching education for all coaches and give them online resources to assist with practice planning and improving how to teach fundamentals
- All coaches who complete the certification receive \$1 million of general liability coaching insurance.
- Ensure all coaches are teaching essential football fundamentals, including tackling and blocking, resulting in greater player development.

Many thanks.
Sincerely,

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