

## Concussions

I will not down play concussions, they are real possibility when playing any contact sport and/or any sport for that matter. I will tell you that I have personally seen more concussions in soccer than I have in football. The reality is, that it goes unreported because it is considered a non-contact sport. The fact is that players go without protective equipment in many of the so called non-contact sports such as baseball. I know right, out of the 6 years I have been a coach in baseball, my team has experience two concussions in one year (*Kid Pitch*) one of my players was hit by a pitch in the head and the other was sliding in at home plate (*he was safe*) he was out for two games and the other was out for the season.

As football is concerned, we as coaches are training our players how to protect themselves when being tackled and the correct way when tackling other players. There is a plethora of information on concussion protocols. As the President of the Wylie Football League take this issue utmost seriously. All of your Coaches will be required to take the “Heads Up” training this year.  
[https://www.cdc.gov/headsup/basics/concussion\\_what.html](https://www.cdc.gov/headsup/basics/concussion_what.html)

I am in the process of looking for Doctors or training personal who specialize in concussions, to have a mandatory one day group training session for all the coaches before the season starts about concussions and what signs to look for if a concussion exists.

I have six (6) boys who all played football. None of them have had concussions in the 15 years that I have been coaching. I teach my team the right way to play football. As a coach my primary concern is concussions and is always on my mind even in practice. My team knows that if they try and tackle the wrong way, I am going to yell at them like you would not believe. Now this might scare you but it is the only way I can drive my point home. The parents of my players know that I love my players and they know I have the safety of their child always on my mind and they are fine with it. *“Teach a child in the way he/she should go and he/she will never depart from it”*

I hope that this has helped you with some of your concerns. Here are some words of advice that I will give you.

- **“Spend the money on the Helmet”** no matter what you think buy the best helmet you can.
- **Interview the coach**
  - Ask him how do you teach a player to tackle?
  - Somewhere in his answer, should be heads up, eye contact or helmet up. If you don’t hear any phraseology of this fashion **“GET ANOTHER COACH!!”** he’s going to get your child hurt.

Feel free to call me Cell 214-924-9651 if I don't recognize the number I won't answer so leave a message I WILL call you back.