



Nearly 2,800 youth leagues throughout the United States registered for USA Football's Heads Up Football program in 2013 – and more than 50 percent of all leagues nationwide are expected to join the movement for a better and safer game this season.

Benefits of Youth Sports

Researchers have found that playing youth football and other sports hold the following benefits for children*:

- Reduced risk of becoming overweight or obese
- Increased likelihood of being physically active later in life
- Increased opportunities to make new friends
- Less time spent watching television
- Higher levels of self-esteem
- Higher high school graduation rates

*Sources: U.S. Department of Health and Human Services; National Center for Biotechnology Information

Did You Know?

All sports and activities have rewards as well as risk, but medical experts agree that developing fundamentals and learning proper mechanics dramatically reduces the chances for injury.

- The most common cause for concussion in children age 9 and younger are bicycles and playgrounds-*
- Concussions can occur in any sport or physical activity; recognition and proper response to concussions when they first occur helps prevent further injury-*
- Concussion rates per athlete-exposure for college hockey and college women's soccer are greater than college football-**
- According to a 2012-13 study of leagues in six states, nearly 96 percent of youth football players did not sustain a concussion over the course of two seasons-***

** Source: National Academy of Sciences; *** Source: Institute of Medicine and National Research Council

USA Football's Partners

USA Football's Heads Up Football program is supported by dozens of leaders in medicine and sport, including:



"Heads Up Football teaches the key fundamentals of keeping the head up while using the legs, hips, chest and arms for safe and effective tackling. I have shown it to my two sons who are currently playing football, and I think it will positively influence the way they play the game."

Dr. Kevin Guskiewicz, co-director of the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center, University of North Carolina

"The biggest thing for me, the impact of USA Football on the youth level, is allowing parents to say, 'You know what? My children are being taught by someone who knows what they are doing.' The coach has been certified. He knows how to teach the game, so the kids can play the game the right way – a safer way."

David Shaw, Head Coach, Stanford (Pac-12)



For a **FREE** Parent/Player membership, visit: www.usafootball.com/parents

For more information on Heads Up Football, visit: www.usafootball.com/headsup