

# D211 POST: DISTRICT 211 TO HOST HEADS UP FOOTBALL CLINIC



Township High School District will host the first of two of USA Football's Heads-Up Football clinic at James B. Conant High School May 23, from 2 p.m. until 6 p.m. The clinics are designed to teach football coaches safer ways to practice and play football.

The clinic will see coaches from throughout the Mid Suburban League conference discuss topics such as concussion recognition and response, heat preparedness and hydration, sudden cardiac arrests, and shoulder tackling.

"The goal is to make football safer for our athletes," said District 211 Director of Athletics and Activities Eric Wenckowski. "USA Football has created a system of teaching and drills that has been designed to make football safer by reducing the head contact during football games and practices. We will continue to look for ways to reduce concussions in our programs."

Wenckowski added that he hopes parents will feel more secure in allowing their children to play football.

An independent study conducted throughout Fairfax County, Virginia found a 43% reduction in concussions among 25 schools which employed Heads Up Football.

According to Wenckowski, the ideas and practices taught in the clinic puts coaches in a position which fits with the overall District model of using the "best practices."

"We use best practices in all areas of education in District 211. We go to the experts for the most up-to-date information and practices," he said. "We are now doing the same for our football programs. Through the techniques and drills taught, our current practices will be adjusted to create a safer experience for our athletes."

A second clinic for the MSL will be held by District 214 at Prospect High School in mid-June.