

A background image of a football field with players in blue and red uniforms. In the foreground, a large, brown and white football is in focus.

# WHY FOOTBALL?

As a Heads Up Football program, our number one priority is building the safest possible environment for players without standing in the way of their passion and joy for the game. So why play for our team? Here are 4 reasons...

## 1 / FOOTBALL INSTILLS IMPORTANT LIFE VALUES

Football stresses the importance of teamwork, dedication, and accountability. It teaches players more than the X's and O's; it focuses on how to lead, work with others, and persevere through hard obstacles and accomplish goals. Football, without a doubt, enriches the lives of every player that steps onto the field of play.

## 2 / HELPS IMPROVE ACADEMIC PERFORMANCE

Students benefit from sports both on the field and in the classroom. Playing sports increases self-esteem and confidence which leads to improved academic performance. The learning, repetition, and goal-setting skills that sports teach athletes can be transferred to the classroom, leading to academic success.

## 3 / BOND WITH OTHERS OVER A PASSION FOR THE GAME

Students who participate in sports form close bonds with their teammates and coaches that often last for the rest of their lives. Strong relationships are essential for the mental and emotional well-being of a student-athlete. Forming meaningful relationships helps players develop interpersonal skills and creates feelings of trust and acceptance among peers.

## 4 / WE PUT SAFETY FIRST INTO EVERYTHING WE DO

Through the Heads Up Football program our football coaching staff accessed certification curriculum created by the nation's leading medical and football experts. They have been trained to teach the proper guidelines, skills, and drills to ensure the safety of players during practices and games.

Components of Heads Up Football include concussion recognition and response, heat preparedness and hydration, sudden cardiac arrest, and proper fitting equipment. Heads Up Football programs experienced 88% lower rates of concussion in practice and 57% lower injury rates across all injuries in games.

## WHAT IS OUR PROMISE TO YOU, THE FOOTBALL PARENT?

- Your player's safety will be our number one priority
- Your player's life will be enriched
- Our coaches are trained and certified