



Dear Ipswich Youth Football Parents,

For the past 15 years or more, the Ipswich Tiger Youth Football League has been committed to our children by instilling life lessons and physical fitness through the discipline and fun of youth football.

In order to make the game safer and a better experience for our kids in 2015, we are now in our 4th year of participation with USA Football.

By partnering with USA Football, the official youth football development partner of the NFL, we have strengthened our program by adopting Heads Up Football, a new way to teach and play better, safer football.

Endorsed by medical experts in the area of concussion as well as football experts on all levels of the game, Heads Up Football affords our league the following:

- Football's only nationally certified coaching education course for all head and assistant coaches
- Concussion awareness and education for all coaches
- Safer tackling techniques to lessen the risk for head injuries
- League-wide instruction on proper equipment fitting, helmets in particular
- The latest information on heat- and hydration-related issues

USA Football's Heads Up Football program also includes two clinics before the start of the season: an instructional clinic for coaches and a player safety clinic for parents and players.

In addition to earning coaching certification, each ITYFL coach receives USA Football's online coaching tools to better teach your child, including a video drills library, a practice planner, playbooks and more.

Parents are encouraged to be involved throughout the process to ensure their youth players are learning Heads Up Football skills. Take full advantage of the health and safety resources offered by USA Football, by registering for a free Parent/Player Membership at <http://www2.usafootball.com/register/player>.

We look forward to sharing more safety information with you at the start of the season.

Your child's health and safety is our highest priority – nothing else comes close.



With your involvement and through new and exciting teaching resources, I look forward to our finest season to date in 2015.

Sincerely,

Steve Moylan – President ITYFL

Howie Lewis – Safety Officer ITYFL

And the entire ITYFL Board of Directors