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MEMO

TO: All Pop Warner football coaches and administrators
FROM: Sam Mutz, National Football Commissioner
Jon Butler, Executive Director
DATE: August 8, 2011
SUBJECT: Safety precautions

As you're probably aware, there are two current issues that all of us are dealing with: the **extreme high temperatures, and concussions.**

Regarding the temperature and heat index, please check the tips from the U. S. Center for Disease Control and the National Athletic Trainers Association on our website. No win on the field is worth endangering a child's life! Keep practices brief, allow water whenever the athletes want it, and enforce regular practice breaks to help insure the safety of your young athletes.

Concerning concussions, teach proper blocking and tackling techniques! Keep the head out of football – never teach, or allow your players to practice, blocking or tackling when they lead with the head or face!

Also, to decrease the potential for concussion, we strongly recommend reducing the amount and duration of contact at your practices. More injuries occur during practice since teams spend more time practicing than playing in games. College and NFL teams are cutting the amount of contact time in their practices. You can teach a great deal without requiring contact. We strongly recommend that contact be limited to a 1/3 of your overall practice hours. Here are two examples for practices run after Labor Day (6 practice hours per week):

Example 1: 1/3 of each practice session is spent on contact drills/scrimmages

Example 2: The first 2 practice sessions, ½ of the time is spent on contact drills/scrimmages, the 3rd practice will be spent on non contact activities.

To recap: water and rest breaks, proper techniques without the head, and less contact in practice!

Thanks for all your hard work and concern for the children in Pop Warner!