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Clarkston high school football

The coaching task is to train amateurs and professional athletes and teach them the fundamental skills of the sport they play. The coach's goal is to improve and improve the athlete's form, technique and endurance. Coaches prepare athletes for competitions by arlying training when they can teach the areas of correction that an athlete needs. In addition to refining individual skills, the coach is also responsible for insuding good sporting and team spirit, which are key during the competition. Before the game, the coach will plan the team's strategy. He can change the plan and change players during the game. Here's how to be a high school football coach. Training and education There are no specific educational requirements to become a coach at the entry level. However, if you would like to be a head coach or instructor, you will need to earn a college degree, usually in sports science, physiology and physical education. High school coaches are often teachers who supplement their income. Schools only hire a foreign coach if there is no teacher available. Before he becomes a football coach, the teacher will have to take a basic football coaching course. This course will include learning about sport along with its rules and regulations. Experience Before you become a coach at the entry level, you will need to prove your knowledge and experience. Volunteering is the best way to gain experience. Volunteer football teams or children's primary school football team. With this experience, you can start your career. Certification Check with your country's licensing authority to see if you need a certificate for a trainer. These rules vary from country to country. But if you want to be a coach, you're going to need state certification. To obtain this certificate, you will need to meet certain requirements. [Resources:BLS, Education] The Mayo Clinic advertisers say they have found promising results in the long-term health of men who played high school football. A new study by the Mayo Clinic shows that playing high school football at varsity level does not carry an increased risk of neurodegenerative disease compared to other varsity-level sports. Sports medicine experts welcome the research - and say there is still a lot of work to be done when it comes to understanding brain damage. Researchers analyzed the long-term health of people who played high school sports between 1956 and 1970. 486 former student athletes were investigated – 296 of them played football and 190 competed in other sports. While cases of head trauma, mild cognitive impairment, parkinsonism and demency were observed in both groups, playing football did not appear to have a significantly higher risk. For example, while the percentage of former student athletes who experienced Trauma was slightly higher among those who played football (11 percent versus 7 percent), and student athletes who did not play football showed slightly higher rates of both mild cognitive impairment and parkinsonism. Read more: Youth football may be safe enough, pediatricians The finding of a study published in Mayo Clinic Proceedings appears to contradict recent revelations that many former pro football players suffer from chronic traumatic encephalopathy (CTE), a degenerative brain disease associated with repeated head injuries. That's somewhat reascent, said Dr. Gregory Landry, a pediatric and adolescent primary health physician from the University of Wisconsin School of Medicine and Public Healthline, for Healthline. But it's a relatively small sample size and the game has changed since the 50s and 60s. Researchers from the Mayo Clinic study acknowledged that their findings should not be interpreted as proving that football is harmless, arguing: There may be a risk gradient, with low potential in high school football players who played during the study period. Landry echoes that sentiment, pointing out: There's no doubt that as you get older in the sport of football, the speed of injury jumps. Study after study showed that. Read more: Changing the way football is played » Concussion testing protocol has been introduced through contact sports, at all levels, in recent years as awareness of head injuries has grown.Dr. Gregory Stewart, a fellow of Tulane University's Sports Medicine Program, says that head injuries should be treated differently from other injuries. When they come, I tell the athletes, If I had an ankle sprain, I'd tell you to dry out and go back and play. But this is your brain. If you have headaches and other symptoms, you need to stop doing what you're doing and get rested, and get back to being able to do the things you need to do,' he told Healthline.Landry says this is a marked contrast to the way you treat concussions in the past. I don't think we recognized that some of those relatively mild head injuries were really concussions and that at the same time the player shouldn't be in the game, he said. I think players, coaches and parents recognize concussions a lot more quickly. Any impairment of mental function after a bonk head is a concussion, and athletes should not practice or play if they are affected in any way. Changes to the rules are also crucial to prevent injuries. I think one of the biggest things that's happened, U.S. soccer decided it was critical that coaches teach good learning techniques, Landry said. I think you can now see that at every level - there are fewer dangerous hits and that's necessary. Dr. Patrick Kersey, medical director of USA Football, introduced some the way the organisation worked to reduce risk. He told Healthline: 'There was a consistent focus on the equipment. Important educational steps have also been taken with coaches and all players in understanding head injuries. Read more: Doctors diagnosed football dementia in living patients While attitudes and awareness of head injuries in football have changed significantly, there is still a huge gap when it comes to a full understanding of these injuries. As we continue to assess and study this injury, we continue to learn more about its ability to treat and prevent it, Kersey said. The way concussions are managed today is fundamentally different compared to how we managed concussions 10 years ago, Stewart said. And that's why the pendulum has swung - and with such a fluctuation, we won't know if what we're doing today is right or probably another 10 or 15 years. Stewart hopes that further research by the medical community will find further ways to reduce risk in the future. I think if we keep running properly, we're going to be okay, he says. And then, as we continue with the great research that is going on and moving on, I think we're going to move on to the point where we have some answers. I think at some point we will be able to have a battery of tests where we can say: You are significantly more at risk of developing CTE, so you should not participate in this sport. Footballers are much more likely to get injured than other high school players, but the chances of injury may not be as high as you think. Parts of Pinterest If a teenager plays four years of high school football, the chances are pretty good that they will suffer some kind of injury. In fact, a high school athlete is about three times more affected than competitors in other major sports. In addition, this injury is more similar to their head or face. It's also much more that the injury will happen during the game instead of training. However, it is highly unlikely that the injury will require surgery. And if it does, it probably won't have any serious adverse effects down the road. These are some of the conclusions that can be reached by overstating statistics and talking to sports experts about high school football players. These experts add that advances in treatment, as well as injury prevention, help keep the number and severity of injuries down. They also note that the risk of injury may also be somewhat negligible when taking part in sport. The benefits of participating in team sports far outweigh the risks, said Dr. Margot Putukian, F.A.C.S.M., director of athletic medicine at Princeton University.Read more: Youth football can be more: Youth football can enough Almost 8 million teenagers now participate in high school sports. That's double the 4 million who participated in the 1971-72 school year. Over the past decade, injuries suffered by these athletes have been monitored by the Colorado School of Public Health's Program for Injury Prevention, Education & Research (PIPER). The team, led by Professor Dawn Comstock, gave an annual report on the injuries they suffered in nine major high school sports. The report provides detailed statistics from 100 grammar schools across the country and estimated figures for all secondary schools. This information was questioned by senior sports officials, who report injuries to PIPER officials every Monday during the season. The figures are broken down into the number of injuries, the number of exposures to athletes and the rate of injuries for every 1,000 of these exposures. Injuries are defined as any event requiring medical attention and the athlete will not participate in games or practices for at least one day. In addition, all fractures, concussions, tooth injuries and febrile events are considered as injuries. Exposures are defined as one athlete participating in a single game or practice. For example, if 20 players come into the game, then that's 20 exposures for this team. Read more: Lawmakers have made a playground for youth sports safety »Over the past decade, there have been an average of about 4 injuries per 1,000 sports exposures in the competition for all nine sports combinations. For high school football players, the rate during the competition ranged from 11.26 to 13.52 injuries per 1,000 exposure to athletes. The sport with the second highest level is women's football, which each year has just over 5 injuries per 1,000 exposures. In football, the injury rate during training is about 2 incidents per 1,000 exposures. This compares with an average rate of under 1.5 per 1,000 exposures for all nine sports combined. Overall, Colorado researchers estimate that there are more than 500,000 injuries to high school football players across the country each year. In most years, less than 10 percent of these injuries require surgery. In 2015, 28 percent of football injuries were to the head or face of players. Among them were concussions. Another 14 per cent were knee-jerk, 11 per cent were ankles and 10 per cent had shoulders. About 68 percent of injuries happened while the players faced it. Another 22 per cent were blocked by players. Read more: Why your kids should play more than one sport » Safety concerns were raised last year when it was reported that at least 11 high school football players died in the US during the 2015 season. Two years earlier, a study was published that concluded that high school students had nearly twice as high-level concussions as students. However, experts said that more sophisticated medical treatments and better prevention in football injuries and reduce the severity of these injuries. Scott Sailor, president of the National Association of Athletics Coaches (NATA), says that athletes are also better physically prepared for contact sports than in previous decades, helping to reduce the severity of injuries. When surgery or other medical help is needed, he says, safer and better techniques are now available. Sailor also told Healthline that it's important that schools have athletic trainers available, especially during the competition. He said that at the moment only 37 percent of high school in the U.S. has a full sports coach. Some of these precautionary uranium also go back to football practice. Putukian notes that the Athletic Association of National Colleges (NCAA) now limits contact practices to twice a week for football teams. Besides, Ivy League teams don't allow themselves to be tackled in practice. Putukian said that some of the measures may be embodied on high school teams. She and Sailor are still learning that there are new coaching techniques that help reduce football injuries. One of them is the Heads Up Football program, which is controlled by U.S. soccer. The program encourages tackling and blocking techniques designed to make the game safer. Read more: Sport can offer athletes protection against opioid abuse »Sailor and Putukian agree that parents should lead when it comes to their child's sporting safety. Putukian is urging parents to consider both the school program and the football coach before their child signs up. For example, does a coach teach good techniques and put the safety of his athletes first? You have to do your homework, she said. NATA has launched the At Its Own PerIls program, which provides information to parents, athletes and school officials about sports safety. The sailor says he finds all the measures being taken, football a relatively safe contact sport for high school students. If my son wanted to play football, I'd let him play football, he said. Said.

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