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Westfield high school football

A coach's job is to train amateur and professional athletes and teach them the fundamental skills of the sport they play. A coach's goal is to improve and perfect an athlete's shape, technique, and stamina. Coaches prepare athletes for competitions by arranging training sessions when they can demonstrate the field of correction that athletes need. In addition to improving individual skills, coaches are also responsible for instilling good sportsmanship and team spirit, which is very important during the competition. Before the game, the coach will plan the team's strategy. He might change plans and change players during games. Here's how to become a high school football coach. Training and Education There is no special educational requirement to become an entry-level coach. However, if you want to be a head coach or instructor, you must obtain a bachelor's degree, usually in sports science, physiology and physical education. High school coaches are often teachers who supplement their earnings. Schools only hire outsiders as coaches if no teachers are available. Before becoming a football coach, teachers must take basic training courses in football coaching. This course will include learning about sports along with its rules and regulations. Experience Before you can become an entry-level coach, you have to prove your knowledge and experience. Volunteering is the best way to gain experience. Volunteer to coach your child's minor league soccer team or elementary school football team. With that experience you can start your career. Check certification with your country's licensing authority to see if you need certification to become a coach. These rules vary from state to state. However, if you want to be a head coach, you will need state certification. You must meet certain requirements to receive the certification. [Source:BLS, Education] Mayo Clinic researchers say they have found promising results in the long-term health of men who play high school football. Shared on PinterestA new study from the Mayo Clinic shows that playing varsity-level high school football does not carry an increased risk of neurodegenerative diseases compared to other sports levels of varsity. Sports medicine experts welcomed the research - and said there was still a lot of work to be done in terms of understanding brain injury. The researchers analyzed the long-term health of people who played high school sports between 1956 and 1970. In all, 486 former student athletes were studied - 296 have played football, and 190 have competed in other sports. While cases of trauma Mild cognitive impairment, parkinsonism, and dementia were observed in both groups, playing football did not seem to carry a much higher risk. For example, while the percentage of former student athletes experiencing trauma was slightly higher among those who had played football (11 percent vs. 7 percent), student athletes who had not played football showed slightly higher rates of mild cognitive impairment and parkinsonism. Read more: Teen football can be quite safe, pediatrics » Findings of the study, published in Mayo Clinic Proceedings, seem at odds with recent revelations that many former pro football players suffer from chronic traumatic encephalopathy (CTE), a degenerative brain disease associated with repeated head trauma. This is somewhat reassuring, Dr. Gregory Landry, a pediatric and adolescent primary care physician from the University of Wisconsin School of Medicine and Public Health, told Healthline. But the sample size is relatively small and the game has changed since the 50s and 60s. Researchers from the Mayo Clinic study acknowledged that their findings should not be construed as proving that football is harmless, stating, There may be a risk gradient, with low potency in high school football players who played in the study period. Landry echoes this sentiment, pointing out, There's no question that as you get older in the sport of football, the injury rate goes up. Study after study has shown it. Read more: Changing the way football is played » Concussion testing protocols have been introduced across contact sports, at all levels, in recent years as awareness of head injuries has grown.Dr. Gregory Stewart, co-director of Tulane University's Sports Medicine Program, says head injuries need to be treated differently from other injuries. I tell my athletes when they come in, 'If this is an ankle sprain, I'll tell you to suck it up and come back and play. But this is your brain. If you're experiencing headaches and other symptoms, you need to stop what you're doing and rest, and get back to the point where you can do the things you need to do,' she told Healthline.Landry said this was a marked contrast to the way concussions were treated in the past. I don't think we recognize that some of these relatively minor head injuries are indeed concussions and that when that happens, a player shouldn't be in the game, he said. I think the players, coaches, and parents recognize concussions a lot easier. Any disorder in mental function after a bonk head is a concussion, and athletes should not practice or play if they are impaired in any way. Rule changes are also very important in terms of preventing injury. I think one of the biggest things that's happened is USA Football has decided that it's important that coaches teach good coping techniques, Landry said. I You can see that at every level now - that there are fewer dangerous punches and that's important. Dr. Patrick Kersey, medical director of USA Football, described several the way organizations have worked to reduce risk. He told Healthline: 'There's been an emphasis on fitting equipment. There are also significant educational steps taken with the coach as well as all participants in understanding head injuries. Read more: Doctors diagnose football dementia in living patients »While attitudes and awareness around head injuries in football have changed significantly, there is still a huge gap in terms of fully understanding these injuries. As we continue to evaluate and study these injuries, we continue to learn more about his ability to be treated and prevented, Kersey said. The way we manage concussions today compared to the way we manage concussions even 10 years ago is very different, Stewart said. And therefore, this pendulum has swung - and with a pendulum swing like that, we won't know if what we're doing today is right or not for maybe another 10 or 15 years. Stewart hopes that with ongoing research, the medical community will find further ways to minimize future risks. I think if we keep managing it properly, we'll be fine, he said. And then as we move forward with a lot of ongoing research and keep moving forward, I think we'll get to the point where we have some answers. I think at some point we're going to be able to have a battery test where we can say, 'You're at a much higher risk of developing CTE, therefore you shouldn't participate in this sport.' Footballers are much more likely to get hurt than other high school competitors, but the likelihood of getting an injury may not be as high as you might think. Share it on PinterestIf a teenager plays four years of high school football, chances are good enough they'll have that kind of injury. In fact, a high school athlete is about three times more likely to get hurt than a competitor in another major sport. In addition, the injury was more likely to occur on their head or face. It's also much more likely the injury will occur during the game instead of practice. However, it is highly unlikely the injury will require surgery. And if that happens, chances are it won't have a serious lingering effect on the road. Those are some of the conclusions that can be reached by sorting out statistics and talking to sports experts about high school football players. The experts added that advances in care, as well as injury prevention, helped keep the number and severity of injuries down. They also note the upside of participating in sports can make the risk of injury somewhat negligible. Benefits of participating in the team is far greater than the risk, Dr. Margot Putukian, F.A.C.S.M., director of athletic medicine at Princeton University, told Healthline.Read more: Youth football could be simply »Nearly 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, issued an annual report on injuries suffered in nine major high school sports. The report has detailed statistics from 100 secondary schools across the country as well as estimated numbers for all secondary schools. That data was emitted from high school athletic officials who reported their injuries to PIPER officials every Monday during their season. Statistics are broken down into the number of injuries, the number of athlete exposures, and the injury rate for each of those 1,000 exposures. Injuries are defined as any event that requires medical attention and prevents athletes from participating in games or exercises for at least one day. In addition, all fractures, concussions, dental injuries, and heat events are considered injuries. Exposure is defined as one athlete participating in a single match or exercise. For example, if 20 players get into the game, then that's 20 exposures to that squad. Read more: MPs make pitch for juvenile sports safety » Over the past decade, there have been an average of about 4 injuries per 1,000 athlete exposures in competitions for all nine sports combined. For high school football players, the rate during the competition has ranged from 11.26 to 13.52 injuries per 1,000 athlete exposures. The sport with the second highest rate is girls' football, which hovers just above 5 injuries per 1,000 exposures each year. For football, the injury rate during practice is right around 2 incidents per 1,000 exposures. That compares with an average rate below 1.5 per 1,000 exposures for all nine sports combined. In all, Colorado researchers estimate there are more than 500,000 such injuries to high school football players across the country each year. In most years, less than 10 percent of those injuries require surgery. In 2015, 28 percent of football injuries were to a player's head or face. That includes concussions. The other 14 percent are knees, 11 percent are ankles, and 10 percent are shoulders. About 68 percent of injuries occur while players are dealing. The other 22 percent occurred while the player was in the running. Read more: Why your kids should play more than one sport » Safety concerns raised last year when it was reported at least 11 high school football players died in the United States during the 2015 season. Two years a study was published that concluded high school players had nearly twice the rate of concussions as college players. However, experts say more advanced medical care and better prevention are good hold the line on football injuries and reduce their severity. Scott Sailor, president of the National Athletic Trainers' Association (NATA), said athletes are also better prepared physically for contact sports than they were decades ago, helping reduce the seriousness of injuries. When surgery or other medical attention is needed, he said, there are now safer and better techniques available. Sailor also told Healthline it's important for schools to have athletic trainers available, especially during competitions. He said only 37 percent of U.S. high schools currently have full-time athletic trainers. Some of these precautions also extend to football practice. Putukian noted the National Collegiate Athletic Association (NCAA) now limits contact practices twice a week to football teams. In addition, Ivy League teams do not allow tackling in practice. Putukian said some of the steps may trickle down to the high school team. He and Sailor also pointed out there are new training techniques to help reduce football injuries. One of them is the Heads Up Football program overseen by USA Football. The program promotes coping and blocking techniques designed to make the game safer. Read more: Sports may offer athletes protection against opioid abuse »Sailors and Putukian agree parents need to take the lead when it comes to the safety of their child's sport. Putukian urged parents to scope both school programs and football coaches before their child enrolls. For example, do coaches teach good techniques and put the safety of their athletes first? You need to do your homework, he said. NATA has launched the At Your Own Risk program, which provides information for parents, athletes, and school officials about sports safety. Sailor said he felt all the steps taken made football a relatively safe contact sport for high school students. If my son wants to play football, I'll let him play football, he said. Says.