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## Byron nelson high school football

Updated by Christine Tucker June 27, 2018 There's not always a fast track to becoming a high school football coach. Some coaches have connections with school administrators, teachers, or athletic staff or have kids in the team. However, there are many courses of action that can increase the likelihood that you will be hired. Sometimes, getting a job as a high school football coach is just about being available when a position opens up. Although a college education is not a prerequisite for all high school football coaching positions, a degree or an advanced education can increase your status as a career professional. A college education payment is especially beneficial for high school coaching positions. Even if you majored in an area that is unrelated to football or athletics, a college degree can help you stand out in a pool of applicants. Your list on any experience you've directed football at the sports or especially high school or college level resume. Volunteering as an assistant football coach or offering to help as an unpaid assistant could increase the likelihood of being hired. Volunteer work proves that you're really interested in coaching football with no strings attached. You can offer tools, uniforms, practices, or books to help with playing and help maintain stat sheets during games. You can also work with special teams, offensive players or defensive linemen so you come across as experts in a particular part of the game. Some school districts don't have the funds to hire full-time professional employees to coach football, so they rely on high school academic teachers to fill the void. Tom Bass, a 30-year veteran coach in the National Football League, says individuals interested in getting a job as high school football coach should get a college degree and teaching credential to coaching positions full-time, according to the USA football website. Getting a job as a teacher is one of the most reliable ways to get a job as a high school football coach; However, it usually takes 4 years to get a bachelor's degree in education. Coaches can get certified through the National High School Coaches Association, giving them additional reliability and a deeper understanding of coaching responsibilities. Candidates can opt for general certification or certification in a specific sport such as football. According to nhsca, certification courses cover topics such as fundamentals, administration, sports law, first aid, safety and ethics. Certification applicants don't guarantee that they'll get jobs, but it does separate them from other applicants who may not have any training or education in high school coaching. Mayo Clinic researchers say they found promising results in the long-term health of men who played high school football. Share on PinterestA new study from Mayo Suggests that playing university-level high school football does not increase the risk of neurodegenerative diseases compared with other university-level sports. Sports medicine experts welcome the research — and say there's still a lot of work to be done when it comes to understanding brain injuries. The researchers analyzed the long-term health of people who played high school sports between 1956 and 1970. Altogether 486 alumni athletes were studied - 296 had played football, and 190 had participated in other sports. While both groups saw cases of head trauma, mild cognitive impairment, Parkinson's and dementia, playing football did not appear to be significantly higher risk. For example, while the percentage of alumni athletes who experienced head trauma was slightly higher among those who had played football (11 percent vs. 7 percent), student athletes who had not played football showed both mild cognitive impairment and slightly higher rates of Parkinson's. Read more: Youth football can be quite safe, pediatricians » Study discovered, published in Mayo Clinic Proceedings, in protest of recent revelations that many former pro football players feel that many former pro football players suffer from chronic traumatic encephalopathy (CTE), a degenerative brain disease associated with repeated head trauma. This is something reassuring, Dr. Gregory Landry, a pediatric and adolescent primary care physician at the University of Wisconsin School of Medicine and Public Health, told Healthline. But it has a relatively small sample size and the game has changed since the 50s and 60s. The Mayo Clinic study researchers acknowledged that their findings should not be interpreted as proving that football is harmless, stating, there may be a downgrade of risk, with little potential in high school football players that played over the study period. Landry echoed this sentiment, pointing out, there's no question that as you get older in football games, the injury rate goes up. Study after study has shown. Read more: Changing the way football is played » Concussion test protocol Contact has been introduced throughout the game, at all levels, as awareness of head injuries has increased in recent years. Dr. Gregory Stewart, co-director of Tulane University's sports medicine program, says head injuries need to be treated differently than other injuries. I tell my athletes that when they come in, 'If it was an ankle sprain, I would ask you to suck it and go back and play.' But this is your mind. If you're having headaches and other symptoms, you need to stop what you're doing and relax, and to get back to the point where you can do things you need to do,' he says healthline.Landry, it's a marked contrast to the way concussions were treated in the past. I don't think we recognized that some of these are relatively Head injuries were actually concussions and when that happened, a player should not be in the game, he said. I think players, coaches, and parents are recognizable to concussion much more easily. Any impairment in mental function after a head bonk is a concussion, and athletes shouldn't practice or sport if they're impaired in any way. Rule changes are also important when it comes to preventing injury. I think one of the biggest things that happened is USA Football has decided that it's important to teach coaches good tackle technique, Landry said. I think you can see that at every level now — that there are fewer of dangerous hits and that's essential. Dr. Patrick Karsi, medical director of USA Football, outlined some of the ways in which the organization has worked to reduce risk. There has been a solid emphasis on equipment fittings, he told Healthline. There have also been important educational coaches as well as steps taken with all participants in understanding of head injuries. Read more: Doctors diagnosed football dementia in living patients » While attitude and awareness around head injuries in football have changed drastically, there is still a big difference when it comes to fully understanding these injuries. As we continue to evaluate and study this injury, we continue to learn more about its treatment as well as the ability to be prevented, Kersey said. The way we manage concussion today, the way we managed to concussion even 10 years ago is quite different, Stewart said. And because of this, this pendulum has arrived — and with the pendulum swinging like this, we're not going to know if we're doing what we're doing today or maybe not for another 10 or 15 years. Stewart hopes that with continuous research, the medical community will find more ways to reduce risk in the future. I think if we continue to manage it right, we will be fine, he says. And then as we proceed with a lot of research that continues to go on and move forward, I think we'll get to a point where we have some of the answers. I think at some point we'll be able to test a battery where we can say, 'You're at a significantly higher risk of developing CTE, so you shouldn't participate in the game.' Football players are far more likely to be hurt than other high school competitors, but the odds of sustaining an injury may not be as high as you think. Share on Pinterest A teenager plays four years of high school football, chances are pretty good that they will sustain some kind of injury. In fact, a high school athlete is about three times more likely to be hurt than competitors in other major sports. In addition, that injury is more likely to occur on their head or face. It's even far more likely will hurt During a game instead of practice. However, it's highly unlikely the injury will require surgery. And if it does, chances are it won't have any serious lingering effects down the road. Those are some of the conclusions that can be reached by sifting through statistics and talking with sports experts about high school football players. Those experts say progress in treatment, as well as injury prevention, are helping to keep the number and severity of injuries down. They also note that the risk of upside injury to participate in sports could make something negligible. The benefits of participating in the team's games far outweigh the risks, said Dr. Margot Putukian, F.A.C.S. M.S., director of athletic medicine at Princeton University Healthline.Read: Youth football can be safe enough » Nearly 8,0,000 teens now participate in high school sports. That's double the 4,0,0 who participated in the 1971-72 school year. The injuries sustained by those athletes over the past decade have been monitored by the Colorado School of Public Health's Program for Injury Prevention, Education and Research (PIPER). The team, led by Professor Don Comstock, put up an annual report on injuries sustained in nine major high school games. The report detailed the estimated number for 100 high schools across the country as well as all high schools. That data is gleaned from high school athletic officials who report their injuries to Piper officials every Monday during his season. Statistics are broken down in the number of injuries, the number of athlete exposure, and the rate of injuries for every 1,0 of those risks. Injuries are defined as any event that requires medical attention and prevents the athlete from participating in sports or practices for at least one day. In addition, all fractures, concussions, dental injuries, and heat events are considered injuries. Exposure is defined as athletes participating in the same sport or practice. For example, if 20 players come into a game, there are 20 exposures to that squad. Read more: Lawmakers make pitch for youth sports safety » During the past decade, there has been an average of about 4 injuries per 1,0 athlete exposure in competition for all nine combined sports. For high school football players, the rate during the competition ranges from 11.26 to 13.52 injuries per 1,0 athlete exposure. The sport with the second highest rate is girls' football, which hovers above 5 injuries per 1,0 risk each year. For football, the injury rate during practice is correct around 2 incidents per 1,0 exposure. This compares with the average rate of under 1.5 per 1,0 exposure for all nine games. Overall,

Colorado researchers estimate that there are more than 500,000 injuries of some kind for high school football players nationwide each year. In most years, less 10 percent of those injuries require surgery. In 2015, 28 percent of football injuries were on players' heads or faces. They included concussion. Another 14 percent were knees, 11 percent were ankles, and 10 percent were shoulders. About 68 percent sustained injuries while players were dealing. Another 22 percent happened while players were blocked. Read more: Why your kids should play more than one game »

Safety concerns were 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 ago, a study was published that concluded high school players had concussion rates nearly twice as college players. Still, experts said more sophisticated medical treatment and improved prevention programs are holding the line on football injuries and reducing the severity of them. National Athletic Trainers Association (NATA) President Scott Sailor says athletes are also better prepared physically for contact sports than in previous decades, helping to curtail the severity of injuries. When surgery or other medical attention is required, he says, safer and better techniques are now available. Sailor also told Healthline that athletic trainers are available for schools, especially during the competition. He said only 37 percent of U.S. high schools currently have a full-time athletic trainer. Some of these precautions are also extending to football practice. Putukian noted the National Collegiate Athletic Association (NCAA) now prohibits contact practices for football teams twice a week. Plus, Ivy League teams are not allowed to deal in practices. Putukian said some measures may be going to get high school teams. He and Sailor also point out there are new coaching techniques to help reduce football injuries. One of them is the head of the football program overseeing USA Football. The program promotes handling and blocking techniques designed to make the game safer. Read more: Sports can offer athletes protection against opioid abuse »

Sailor and Putukian agree parents need to take the lead when it comes to their child's sports safety. Putukian urges parents to scope both a school program as well as their child sign up before the football coach. For example, does the coach teach good technology and put the safety of his athletes first? You need to do your homework, he said. Nata has launched the program at its own risk, providing information for parents, athletes and school officials about sports safety. Sailor says he thinks all measures make football a relatively safe contact game for high school students. If my son wanted to play football, I would let him play football, he said. And form.

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