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Swink 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. The coach's goal is to improve and improve the athlete's form, technique and endurance. Coaches prepare athletes for competitions by organizing training sessions when they can point out the areas of correction that the athlete needs. In addition to refining individual skills, the coach is also responsible for instilling good sportsmanship and team spirit, which are crucial during a competition. Before the match, the coach will plan the team's strategy. He can change the plan and change players during the match. Here's how to become a high school football coach. Training and Education There are no specific educational requirements to become a basic level trainer. However, if you want to be a head coach or instructor, you will need to obtain a university degree, usually in sports science, physiology and physical education. High school coaches are often teachers who are supplementing their income. Schools only hire a stranger as a coach if there's no teacher available. Before becoming a football coach, the teacher will have to take a basic training course in football coaching. This course will include learning about the sport, along with its rules and regulations. Experience Before you become a basic level trainer, you will have to prove your knowledge and experience. Volunteering is the best way to gain experience. Volunteer to coach children's league football teams or your child's primary school football team. With this experience you can start your career. Certification Check with your state's licensing authority to see if you need certification to be a coach. These rules vary from state to state. However, if you want to become a head coach, you will need state certification. You will have to meet certain requirements to receive this certification. [Sources:BLS, Education] Advertising Researchers at the Mayo Clinic say they have found promising long-term health outcomes for men who played soccer in high school. Sharing on PinterestThe new study from the Mayo Clinic shows that playing mid-level football does not have an increased risk of neurodegenerative diseases compared to other varsity-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. 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 played soccer and 190 competed in other sports. While cases Head trauma, mild cognitive impairment, parkinsonism and dementia were observed in both groups, the football game did not seem to have a significantly higher risk. For example, while the percentage of former student athletes who experienced the trauma was slightly higher among those who played soccer (11% vs. 7 percent), student athletes who did not play soccer had slightly higher rates of mild cognitive impairment and parkinsonism. Read more: Youth football may be safe enough, pediatricians » The discovery of the study, published in Mayo Clinic Proceedings, appears to be in opposition to recent revelations that many former professional soccer players suffer from chronic traumatic encephalopathy (CTE), a degenerative brain disease associated with repeated head trauma. It's a little comforting, Dr. Gregory Landry, a pediatric and adolescent physician at the University of Wisconsin School of Medicine and Public Health, told Healthline. But it is a relatively small sample size and the game has changed since the 1950s and 1960s. Researchers at the Mayo Clinic study acknowledged that their findings should not be interpreted as proving that football is harmless, stating: There may be a risk gradient with low potential in high school football players who played in the study period. Landry echoes that sentiment, pointing out: There is no doubt that as you age in the sport of football, the injury rate rises. Study after study showed this. Read more: Changing the way football is played The concussion test protocol has been introduced in all contact sports, at all levels, in recent years as awareness of head injuries has grown. Dr. Gregory Stewart, co-director of the Sports Medicine Program at Tulane University, says head injuries need to be treated differently from other injuries. I tell my athletes when they come in, 'If this was a sprained ankle, I'd tell you to swallow and come back and play. But that's your brain. If you're having 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,' he told Healthline.Landry says this is a sharp contrast to how concussions have been treated in the past. I don't think we recognize that some of those relatively minor head injuries were actually concussions and that when that happened, a player shouldn't be in the game, he said. I think players, coaches and parents are recognizing concussions much more easily. Any deficiency in mental function after a head problem is a concussion, and athletes should not be practicing or playing if they are impaired in any way. Rule changes are also crucial when it comes to preventing injuries. One of the biggest things that has happened is that U.S. soccer has decided that it's critical for coaches to teach a good coping technique, Landry said. I think you can see that in the levels now - that there are less of the dangerous blows and this is imperative. Dr. Patrick Kersey, usa football's medical director, outlined some of the ways the organization has worked to reduce risk. He told Healthline: There was a concerted emphasis on assembling the equipment. Significant educational measures were also taken with the coaches, as well as all participants in understanding head injuries. Read more: Doctors diagnose dementia in football in living patients Although attitudes and awareness around head injuries in football have changed significantly, there is still a big gap when it comes to fully understanding these injuries. As we continue to evaluate and study this injury, 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've administered concussions even 10 years ago is significantly different, Stewart said. And because of that, that pendulum shook - and with the pendulum swinging like this, we won't know whether what we're doing today is right or not for probably another 10 or 15 years. Stewart hopes that with continued research, the medical community will find more ways to minimize risks in the future. I think if we keep managing it right, we'll be fine, he says. And then, as we move forward with a lot of research going on and we keep moving forward, I think we're going to get to a point where we have some of the answers. I think at some point we may have a battery of tests where we can say, 'You are at a significantly higher risk of developing CTE, so you should not participate in this sport.' Football players are much more likely to get hurt than other high school competitors, but the chances of suffering an injury may not be as high as you think. Share on PinterestAnd a teenager playing four years of high school football, chances are very good that they will suffer an injury of some kind. In fact, a high school athlete is about three times more likely to get hurt than competitors in other major sports. Also, this injury is more likely to be to your head or face. It is also much more likely that the injury will happen during a game rather than practice. However, it is highly unlikely that the injury will require surgery. And if that happens, chances are it won't have any lingering serious effect on the road. These are some of the conclusions that can be reached by sifting through statistics and talking to sports experts about high school football players. These experts add that advances in treatments, as well as injury prevention, are helping to keep the number and severity of injuries down. They also note that the positive side of participating in sports can make the risk of injury a little insignificant. The benefits participating in team sports far outweigh the risks, Dr. M.C Healthline. »Almost 8 million teenagers now participate in high school sports. That's double the 4 million who participated in the 1971-72 School year. In the last decade, the injuries suffered by these athletes have been monitored by the Injury Prevention, Education & Research Program of the Colorado School of Public Health (PIPER). The team, led by Professor Dawn Comstock, makes an annual report on injuries sustained in nine major high school sports. The report has detailed statistics from 100 high schools nationwide, as well as estimated numbers for all high schools. This data is obtained from high school officials who report their injuries to PIPER employees every Monday during their season. Statistics are divided into number of injuries, number of exposures of athletes, and the rate of injuries for every 1,000 of these exposures. Injuries are defined as any event that requires medical attention and prevents the athlete from participating in games or training for at least one day. In addition, all fractures, concussions, dental injuries and thermal events are considered injuries. Exhibitions are defined as an athlete participating in a single game or practice. For example, if 20 players enter a game, then there are 20 exhibitions for that team. Read more: Legislators field for youth sports safety » During the last decade, there have been an average of about 4 injuries per 1,000 exhibitions of athletes in the competition for all nine sports combined. For high school soccer players, the rate during the competition ranged from 11.26 to 13.52 injuries per 1,000 athlete exposures. The sport with the second highest rate is women's football, which hovers just above 5 injuries per 1,000 exposures each year. For football, the rate of injuries during training is about 2 incidents per 1,000 exposures. This compared with an average rate of less than 1.5 per 1,000 exposures for all nine sports combined. Overall, Colorado researchers estimate that there are more than 500,000 injuries of some kind to high school football players nationwide each year. In most years, less than 10% of these lesions require surgery. In 2015, 28% of football injuries were to a player's head or face. That included concussions. Another 14% were knees, 11% ankles and 10% shoulders. About 68% of the injuries occurred while the players were struggling. Another 22% occurred while players were blocking. 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 United States during the 2015 season. Two years earlier, a study was published that concluded that the players of the average had almost double the rate of concussion as college players. Still, experts said more sophisticated medical treatments and better prevention prevention are holding the line about football injuries and reducing their severity. Scott Sailor, president of the National Association of Athletic Coaches (NATA), says athletes are also more physically prepared for contact sports than in past decades, helping to reduce the severity of injuries. When surgery or other medical care is needed, he says, there are now safer and better techniques available. Sailor also told Healthline that it's important that schools have athletic coaches available, especially during the competition. He said only 37% of U.S. high schools currently have a full-time athletic coach. Some of these precautions are also extending to soccer drills. Putukian notes that the National Collegiate Athletic Association (NCAA) now restricts contact practice sprees to twice a week for football teams. In addition, Ivy League teams do not allow fighting in practice. Putukian said some of the measures may be dripping for high school teams. She and Sailor also point out that there are new training techniques to help reduce injuries in football. One of them is the Heads Up Football program supervised by USA Football. The program promotes coping and blocking techniques designed to make the game safer. Read more: Sports can offer athletes protection from opioid abuse » Sailor and Putukian agree that parents need to take the lead when it comes to their children's sports safety. Putukian urges parents to scope both a school program and the football coach before their child signs up. For example, does the coach teach good techniques and put the safety of his athletes first? You need to do your homework, she said. NATA has launched the At Your Own Risk program, which provides information to parents, athletes and school officials on sports safety. Sailor says she feels that all the measures being taken make 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.