

Oregon coaches to begin 'Heads Up Football' training

High school football programs statewide will kick off the 2016 season with a focus on coaching education and student-athlete safety through USA Football's Heads Up Football program.

Beginning Feb. 13, USA Football will conduct more than a dozen Heads Up Football Player Safety Coach clinics across Oregon.

For the good of its student-athletes, the Oregon School Activities Association (OSAA) is the country's first state high school activities association to require its member schools' football coaches to enroll in USA Football's Heads Up Football program for the 2016 season.

Heads Up Football establishes nationally endorsed standards rooted in the best available science.

USA Football, the sport's national governing body and recognized by the U.S. Olympic Committee, trains more high school and youth football coaches combined than any organization in the country.

Heads Up Football is a comprehensive approach to teach

and play the No. 1 participatory sport in the U.S. for high school boys.

Supported by the American College of Sports Medicine, the National Athletic Trainers' Association and the American Medical Society for Sports Medicine, the program teaches tackling and blocking techniques designed to reduce helmet

contact while addressing all-sport-relevant topics with Centers for Disease Control and Prevention (CDC) concussion recognition and response; sudden cardiac arrest protocols; hydration and heat preparedness; and instruction on proper helmet and shoulder pad fitting.

More than 1,100 high schools and nearly 70 percent of U.S. youth football leagues registered for Heads Up Football in 2015 for smarter, safer play. Fairfax County, Va., Public Schools, the ninth-largest school district in the country and the first school district to adopt Heads Up Football on the high school level, recorded a 16 percent

decrease in football injuries and a 28 percent decrease in

"Our primary goal is always to try to ensure the health and safety of our student-athletes."

— Scott Hallenbeck,
USA Football CEO

concussions since employing Heads Up Football's curriculum and hands-on training.

In addition, the South Bend Community School Corporation employed USA Football's Heads Up Football program for the first time in 2015 and reported a 40 percent decline in concussions sustained by football-playing student-athletes.

Each OSAA member school will designate one Player Safety Coach (PSC) from its football coaching staff. PSCs will be trained by USA Football to guide, direct and monitor the program's implementation, as well as lead in-person training for fellow

coaches, parents and student-athletes.

"The OSAA is excited to partner with USA Football in implementing the Heads Up Football program," said Tom Welter, executive director of the OSAA. "Our primary goal is always to try to ensure the health and safety of our student-athletes."

"This educational program will provide all of our coaches with the knowledge, the training, the skills and the techniques to teach the game of football with safety as the top priority."

Dr. Michael Koester, chairperson of the OSAA Sports Medicine Advisory Committee, says the Heads Up Football requirement in Oregon is logical considering in 2008 OSAA became the first state high school activities association to prohibit same-day return to play for athletes with a suspected concussion.

"The really exciting thing about this program is that what happens at the high school level will spread throughout the youth programs in each com-

munity," Koester said. "This will allow kids to develop their skills in a culture that shares the same language, same techniques and same safety standards from grade school through high school."

"The OSAA's commitment to its football student-athletes is exceptional and groundbreaking," USA Football CEO Scott Hallenbeck said. "As the first state high school associa-

tion requiring its member schools to employ our medically endorsed Heads Up Football program, the OSAA shares our highest priority of advancing player safety through the best available science. Coaches are teachers.

"Supporting them with education is a powerful catalyst to change for the better how players are taught and safety is addressed."

Tonight's STEP meeting to discuss steelhead fishing

Ryan Hatfield, owner-operator of 2NorthForkOutfitters, will be the guest speaker at tonight's general meeting of the Florence Salmon and Trout Enhancement Program (STEP).

The meeting begins at 7 p.m. at the Elks' Lodge on 12th Street in Florence.

The public is welcomed to attend.

Hatfield will share his techniques and strategies for winter

steelhead fishing in the Siuslaw River Basin. The guide will bring a variety of rods rigged with various set-ups and discuss bait selection, lures and other attractants.

He will share techniques for both drift boat and bank fishing.

"I will focus on preparation too," Hatfield said. "That includes riggings and the things I do that are helpful before I ever get to the water to

begin fishing."

He also plans to showcase how he rigs his fishing rods for different presentations of baits and lures to the fish.

Hatfield, who grew up in Florence, has been guiding full time for four years. He operates out of the Port of Siuslaw for fall Chinook season and fishes the Willamette and Columbia rivers in April and May for spring Chinook.

Summers he works for a

fishing resort on Bristol Bay in Alaska.

Prior to Hatfield's talk, there will be a short business meeting, including reports from the Whittaker Creek trap and the STEP hatchery facility.

Club volunteers have been working the trap for two weeks and have counted more than 400 steelhead in three working trips to the trap.

Siuslaw from 1B

long-range shooting ability to neutralize Siuslaw's zone defense.

After a pair of 3-pointers from North Bend's Tanner Hanneman, the Viks bumped up their pressure and held the Bulldogs to just one more basket in the period.

However, it was enough to leave Siuslaw with a six-point deficit heading into the third period, where senior guard Kenneth Thrall brought the Viks within one point late in the period with his own 3-pointer to make it 16-

17 with three minutes remaining.

The Bulldogs controlled the last two minutes of the period, holding Siuslaw scoreless and posting five points on a fastbreak and 3-pointer for a 22-16 lead to begin the fourth quarter.

Sophomore forward Jared Brandt scored a quick offensive rebound to bring the Viks within four points, but the Bulldogs extended their lead with back-to-back 3-pointers to jump ahead by 10 points, 28-18.

Slipping into a delay offense, North Bend worked the clock as the Vikings were forced to foul for possession. While the

Bulldogs may have been good at sinking the ball from beyond the arc, their shooting from the foul line fell short, only making three of seven attempts.

Meanwhile, Siuslaw rallied to within two points with scoring from Brandt, Siegel and Reavis before the clock ran out in favor of North Bend, 37-35.

Reavis led scoring with 12 points. Siegel had 8, Brandt had 7, senior Preston Mitchell had 4, and Thrall had 3 points.

Last night, Siuslaw hosted a nonleague matchup with Sweet Home (after press deadlines).

Tomorrow night, Siuslaw will

host a rare Thursday night game as they tip off the second half of league play in a rematch with South Umpqua.

Tipoff is set for 7:30 p.m.

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Viks from 1B

visiting Bulldogs of North Bend, whose ability to platoon-in players and press the entire 32 minutes took its toll.

With four out of six teams carrying double-digit win-to-loss ratios and echoes of state play-off contentions, the Vikings have found themselves scrambling in a steep climb to reach the Far West League summit — something that is still a ways off.

"The effort is there, we just need to build on that," said head coach Clint Tatum, now in his first year as head coach. "They give everything they've got, every game. That's something you can build on."

In Friday's 52-14 loss, junior Destinie Tatum, the team's leader in scoring and rebounding, had six points and five rebounds. Freshman Annabell Tupua, sophomore Marika White and senior Taylor Dotson each had two points, along with six boards for Dotson, five for White and two for Tupua.

Last night, Siuslaw (1-4) hosted Sweet Home in a non-league game (after press deadlines).

Thursday, the Viks will return to their home court to begin the second half of the Far West League season by hosting South Umpqua (0-5).

Tipoff is 6 p.m.

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