



## **CONCUSSION TRAINING REQUIRED FOR PAFA PARENTS**

PAFA is focused on creating a culture that is safe and supportive for youth athletes. To support this objective, PAFA is requiring at least one parent for each player to complete the on-line concussion training course provided by the U.S. Center for Disease Control and Prevention at the following address:

### **Link to required Heads Up Concussion training:**

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

**One parent is required to provide to their DA on the first day of practice a certificate showing he/she has completed the training,** which covers how to recognize, respond and prevent concussions in youth. Please allow about 30 minutes to complete the training, and assure you are at a computer from which you can print your completion certificate.

We want to assure all possible measures are taken to assure the safety of our youth athletes, recognizing this is a shared objective and responsibility between our coaches and our families. If you have any questions, please contact your division District Administrator (please see the PAFA website for a listing of all DAs by division).

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## **PAFA PRE-SEASON PRACTICE INFORMATION**

All players are required to participate in the pre-season practice schedule outlined below:

- Aug. 1-4: Practices will be 90 mins. Mon. and Tues., 2 hours Wed. and Thurs.
- Aug. 8-11: Practices will be 2 hours Mon.-Thurs
- Aug. 15-19: Practices will be 2 hours Mon, Tues., Thurs. and Fri.
- Aug. 20: Party in the Park, Community Park
- Aug. 22-26: Four days of practices, times/days to be communicated by your coach.
- Games start weekend of Aug. 27

The above practices will take place in the evening, exact times will be provided closer to the start of the season. The above dates may change based on the schedule your coach sets forth, but pre-season practices will be four days a week. After the season starts, practices will be 90-minutes, three days a week, times/days to be set by your coach.

Thank you for your involvement in making this a safe, fun and rewarding football season for our young athletes.