



NEW JERSEY AMERICAN YOUTH FOOTBALL

JERSEY SHORE CONFERENCE

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WALL KNIGHTS

6/5/2012

To: All Association Board Members, Football, & Cheer Coaches

Re: 2012 NJAYF Concussion Awareness Program

The safety of our children is of the utmost importance to all of us at the NJAYF. With that being said, it seems like way too often these days when you turn on ESPN, 60 Minutes, Real Sports, or read the newspaper we are hearing from former football players who have had their lives impacted in some way by a concussion(s).

Football/Cheer are SAFE SPORTS when players are taught the proper way to tackle/stunt and play these great games that we all love. It is also of the utmost importance that as coaches we know the signs and symptoms of concussions. We are here to teach these young men and women how to play the game of football /cheer as well as protect them the best we can, so they can grow up to teach their children these great games. It is ALL of our responsibilities to recognize that a child has had a possible brain injury, remove the player from participation, and make sure they have seen a medical professional before returning to active participation.

While attending the 2012 National AYF Leadership Conference I had the privilege of being educated by Former Ohio State QB Joe Germaine of AXON Sports, Jim Schmutz of ASEP, and Ernie Conwell former ALL-Pro tight end and current head of the NFL Players Association Health and Safety Committee on the impact of concussions in youth football.

For the 2012 season and beyond the NJAYF Board of Directors has adopted a MANDATORY Concussion Awareness Program for ALL Coaches (Football & Cheer).

It is required for the 2012 season that ALL COACHES FOOTBALL & CHEER, AT ALL LEVELS are to view this 30 minute educational video "HEADS UP ON CONCUSSIONS IN YOUTH SPORTS" presented by the CDC, print the certificate, and place them with the appropriate team book that is due at certification in August. It is also required that ALL ASSOCIATION FOOTBALL & CHEER COMMISSIONERS follow the same procedures as their association COACHES.

The link for the video:

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

Regards,

Craig Karahuta

President NJAYF – Jersey Shore

Sports Concussions:

Training:

The Rutgers SAFETY Clinic course was upgraded in July 2011 to include training on sports concussions. The CDC (Centers for Disease Control) prepared a free [online training program](#) that produces a certificate upon successful completion of the course. All coaches, referees and other officials involved in sports activities should be required to complete at least one of these or a similar course and submit the documentation for the town's records. Parents should also be encouraged to take a course.

Background:

Each year more than 750,000 Americans are injured during recreational sports. Brain injuries cause more deaths than any other sports injury. Concussions are often untreated because few symptoms are visible to casual observers. An athlete may also experience considerable pressure from spectators, teammates and coaches to resume playing. Multiple concussions over time may result in cumulative damage while repeated concussions over a short period may lead to second impact syndrome.

Signs of Brain Injury:

Whenever an individual loses consciousness, the brain has suffered an injury. However, most brain injuries do not involve loss of consciousness. Therefore, it is essential for a coach to keep a player out of a game where there are any signs or symptoms of a concussion.

The term "concussion" is often used in the medical literature as a synonym for a mild traumatic brain injury. If a concussion is managed appropriately, the prognosis for complete recovery is good. The hallmarks of concussion are confusion and amnesia, often without preceding loss of consciousness. The amnesia generally involves loss of memory for the traumatic event but frequently includes loss of recall for events immediately before or after the head trauma. An athlete with amnesia may be unable to recall details about recent plays in the game or details of well-known current events in the news. Amnesia also may be evidenced by an athlete repeatedly asking a question that has already been answered.

Legal Requirements:

NJSA 18A:41.4 et seq. requires that: "A student who participates in an interscholastic sports program or cheerleading program and who sustains or is suspected of having sustained a concussion or other head injury while engaged in a competition or practice shall be immediately removed from the competition or practice. A student-athlete or cheerleader who is removed from competition or practice shall not participate in further sports or cheerleading activity until he is evaluated by a physician or other licensed healthcare provider trained in the evaluation and management of concussions, and receives written clearance from a physician trained in the evaluation and management of concussions to return to competition or practice."

Under this law, the BOE must also require other organizations that use school sports facilities to comply with the District's policies for the management of concussions and other head injuries. This provision has the effect of extending these requirements to municipal sponsored programs that use school facilities.