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PRESS RELEASE

Coach Reginal Harris of St. Thomas Aquinas to lead Western Communities Football League (WCFL) Free USA Football Heads Up Clinic

WELLINGTON – You want a hot topic in sports? Look no further than the concussion topic in football. For years doctors, coaches and players had no idea what repeated concussions could do to a player’s brain. Just a few years ago concussions were misdiagnosed and not treated or even mistreated.

Now we know about the concussion issue. The medical profession has made tremendous strides in the diagnosis and treatment of concussions. Other sports besides football have also had high rates of concussions. But no sport has taken on the issue and put measures in place to address the issue like football has.

WCFL is offering a Free USA Football Heads Up Clinic on Saturday, June 9th at 9 am to noon. WCFL is a Certified USA Football Heads Up league. USA Football is the national governing body for amateur American football in the United States. USA Football has worked with leaders in both medicine and sport across the country to create a full-featured program that any league or school can use to address key safety issues — and ensure that every coach understands and knows how to implement each component of the program.

To lead the clinic WCFL brought in USA Football Heads Up Certified Instructor Coach Reginald Harris. Harris is currently the Assistant Head Football Coach at St. Thomas Aquinas High School and Varsity Girls and Boys Track Coach. Harris has been coaching football for 20 years and has won 7 High School State Championships between California and Florida, most recently the 2018 Girls Track Florida State High School Championship.

Harris has spent most of his life involved in football and has had several life experiences through football. “I’ve seen the best and the worst of football” Harris explains. Harris goes on to say he has seen the great benefits football can offer kids. “So many kids I’ve seen go through football have grown in so many ways as a person. Some have used football to get out of very difficult living situations including inner city gangs”. Harris says the Heads Up program by USA Football is a step in the right direction and is making football safer.

“Football is now safer than it’s ever been, and we want the parents to know how serious the WCFL takes the safety of the kids playing football,” said John Navarro, President of the WCFL Board of Directors. “WCFL is all about the kids, from safety to character building and doing well in school. Our goal is that the kids leave the WCFL with better tools to succeed in anything they do in life.”

Having a Heads-Up Football program in place, with teams led by USA Football certified coaches, goes a long way toward showing that youth football is being taught the right way and that parents feel confident about the league. Heads Up Football is the safer way to practice and play, according to Navarro.

The WCFL 2018 Tackle Football registration is now open, to register visit www.wcflfootball.com.