

TackleBar Football

When Jeremy Ling's oldest son wanted to play tackle football, he researched all of the data available on concussions and CTE (chronic traumatic encephalopathy) and youth brains. He learned that there actually are unique head injury concerns for youth. Youth are more susceptible to concussions and recover slower because their brains are not fully developed. Ling, who is a believer in the values and life lessons this sport can offer our youth, was alarmed by these learnings. "Certainly, there has to be a way to still let kids play football, but stop short of dangerous collisions," says Ling.

That's why Ling, a product development engineer, created TackleBar™ Football. Kids playing TackleBar Football wear a helmet, shoulder pads, and a TackleBar harness with two foam TackleBars on the back. The ball carrier is downed by pulling off one of the foam bars.

"This is real football for kids," says Ling. "Kids don't need to tackle at a young age. Using TackleBar Football, kids learn all the fundamentals of the game while developing that love for football. The competitive spirit and life lessons embedded in football have made it a cherished community activity, and we want to help sustain that."

Last fall, several youth programs in the Minneapolis/St. Paul area converted to TackleBar Football, and participation in these programs increased by an average

of 40% from the previous year. There were zero contact injuries throughout the season. And just as importantly, the kids, the parents, and the coaches loved it. "Our goal is to keep kids safe while playing the game they love, which will bring kids back to the game of football," says Ling.

"We're teaching all the same fundamentals of football in TackleBar that we do in tackle," says Greg Page, youth coach at the Nativity Groveland Football Association.

"TackleBar Football seems to be a very good alternative to teach the fundamentals of football, while minimizing injuries to players. I see this form of the game as a better fit for young players; I do not see the need of starting tackle at such a young age," says Glen Mason, Big 10 Network Analyst and former head coach at Kent State, the University of Kansas, and the University of Minnesota.

Tim Healy, CEO of TackleBar, says, "I believe that something has to change at the youth level or football will change as we know it. TackleBar Football is the answer. This will save the game we love."

For more info, text C5114 to 607-882-1273.

The Iron Neck

Having a strong neck provides a variety of benefits. Most notably, recent research has shown that increased neck strength in athletes decreases their odds of receiving a concussion. Thanks to the Iron Neck, it is now easier than ever to develop the strong neck you need to reduce injuries and improve overall wellness.

