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MORE THAN 220 FORMER NFL PLAYERS SERVING AS MASTER TRAINERS AND AMBASSADORS FOR USA FOOTBALL'S HEADS UP PROGRAM

Total number of former NFL players participating in program has tripled since its inception

Randy Gradishar, Jesse Sapolu, Ahman Green and Neil Rackers among those partnering with USA Football for the 2015 season

More than 220 former NFL players are serving as Master Trainers and Ambassadors to teach and reinforce USA Football's Heads Up Football program to youth leagues and high schools nationwide during the 2015 season. The number of former NFL Players participating in the program has tripled since 2013.

Approximately 6,500 youth football leagues and more than 1,100 high schools nationwide, representing more than 1 million players, have enrolled in Heads Up Football for better and safer play this season. The program has been endorsed by experts in medicine, child advocacy and athletics.

Of USA Football's 83 Master Trainers, 13 played in the NFL, bringing knowledge and insight gained from competing at the sport's highest level. USA Football Master Trainers lead full-day instructional sessions for high school and youth programs nationwide, teaching Heads Up Football's curriculum to high school- and youth league-appointed Player Safety Coaches.

In addition, more than 215 former NFL players will serve as Heads Up Football Ambassadors, visiting practices and games of teams that participate in the program. Ambassadors strengthen awareness and reinforce Heads Up Football's messages and standards.

"Young athletes deserve great sports experiences that produce positive physical, emotional and social outcomes," said USA Football Master Trainer **NICK GREISEN**, who played linebacker for the New York Giants, Jacksonville Jaguars, Baltimore Ravens and Denver Broncos from 2002-09. "USA Football helps high school and youth coaches deliver those experiences on a higher level by keeping the game fun and leveraging the best available science. I'm a dad as well as a USA Football Master Trainer – what we are doing at USA Football is important to me and former NFL players on a number of levels."

USA Football's Heads Up Football program encompasses hands-on, in-person training; USA Football's Level 1 Coach Certification Course; Heads Up Blocking and Heads Up Tackling techniques for better play; and proper equipment fitting. Heads Up Football also covers the all-sport-relevant elements of Centers for Disease Control and Prevention (CDC) concussion recognition and response and medical expert-approved protocols for heat and hydration as well as sudden cardiac arrest. The program has earned the support of the American College of Sports Medicine, the American Medical Society for Sports Medicine and the National Athletic Trainers' Association, among others.

For more information or to join a clinic attended by Master Trainers and Ambassadors, contact Catherine Boyle, NFL, 212/450-2162, catherine.boyle@NFL.com.

USA Football Master Trainers with NFL playing experience:

Ronald Bellamy	MIA
Doug Cosbie	DAL, DEN
Buddy Curry	ATL
Troy Drayton	STL, MIA, KC, GB
Robert Droege	CHI, CAR
Nick Greisen	BAL, JAX, NYG
Michael Haynes	CHI, NO

Michael Lewis	PHI, NO, SF
Mike Middleton	DAL, MIA
Willie Pile	KC, DAL
George Teague	DAL, GB, MIA
Michael Timpson	NE, CHI, PHI
Alan Zemaitis	TB

Heads Up Football Ambassadors:

Anthony Adams; SF, CHI	Stefon Adams; CLE, MIA, LA Raiders	Chidi Ahanotu; BUF, SF, STL, TB, MIA
Eric Alexander; CLE, JAX, NE	Bennie Anderson; BAL, BUF, MIA	Eddie Anderson, Jr.; SEA, OAK
Mike Attardi; LA Raiders	Edwin Bailey; SEA	Shawn Barber; KC, WAS, PHI, HOU
Frederick Baxter; CHI, NE, NYJ, WAS	Frank Beede; SEA	Donnell Bennett Jr.; KC, WAS
Blaine Bishop; PHI, TEN	Harold Blackmon; SEA	Kenny Blair; PHI
Joe Bock; BUF, STL Cardinals	Dante Booker; IND	Alfonso Boone; CHI, KC, SD
Casey Bramlet; ATL, BAL, CIN, MIA	Solomon Brannan; KC, NYJ	Larry Braziel; BAL Colts, CLE
Jim Breech; CIN, OAK	Luther Broughton; PHI, CAR	Dennis Brown; SF
Robert Butler; ATL	Earnest Byner; BAL, CLE, WAS	Chris Calloway; ATL, NE, NYG, PIT
Greg Camarillo; SD, MIA, MIN, NO	Anthony Cannon; DET	Tony Casillas; ATL, NYJ, DAL
Luis Castillo; SD	Jacques Cesaire; SD	Roger Chanoine Jr; STL, CLE, JAX
Kevin Clark; DEN	Gregory Comella; NYG, TEN, HOU, TB	Steven Conley; IND, PIT
Scott Conover; DET	Toi Cook; NO, SF, CAR	Marv Cook; NE, CHI, STL
Evan Cooper; ATL, PHI	Vernon Crawford; NE, GB	Clifton Crosby; STL, CIN, IND, KC
Mike Curcio; PHI, GB, NYG	Buddy Curry; ATL	Johnny Davis; TB, SF, CLE
Oliver Davis; CLE, CIN	Anthony Davis; BAL, GB, KC, SEA	Tony Davis; CIN, TB
Scott Davis; NYG, ATL	Lorenzo Diamond; ARI, MIA	Doug Donley; DAL, CHI
Marcus Dowtin; BUF, NYG, NYJ, PHI, SEA	Tyrone Drakeford; NO, SF, WAS	Troy Drayton; GB, KC, MIA, STL
Ebenezer Ekuban; DAL, CLE, DEN	Keith Elias; NYG, IND	Riki Ellison; SF, OAK
Luther Elliss; DET, DEN	Demetric Evans; DAL, WAS, SF	Thomas Everett; PIT, DAL, TB
Bill Ferrario; GB, WAS	Brian Finneran; PHI, ATL	Dion Foxx; MIA, WAS
William Frizzell; PHI, DET, TB	David Fulcher; CIN, LA Raiders, KC	David Garrard; JAX, NYJ
Mark Gastineau; NYJ	Randall Gay; NO, NE	Roy Gerela; HOU, PIT, SD
Bryan Gilmore; ARI, MIA, SF	Reggie Givens; SF, WAS	Nesby Glasgow; BAL/IND, SEA
Adam Goldberg; MIN, STL	Randy Gradishar; DEN	Neil Graff; NE, PIT, SEA, GB

Demingo Graham; SD, HOU	Alan Grant; IND, SF, CIN, WAS	Justin Green; BAL
Ahman Green; GB, SEA, HOU	Kenny Greene; STL Cardinals, SD	Nick Greisen; BAL, JAX, NYG
Burt Grossman; SD, PHI	Derek Hagan; BUF, MIA, NYG, OAK, TEN	Justise Hairston; NE, IND, BUF
Carl Hairston; PHI, CLE, ARI	Phil Hansen; BUF	Roger Harper; ATL, DAL
Deveron Harper; CAR, NO	James Harrell; DET, KC	Arlen Harris; STL, DET
Lloyd Harrison; MIA, SD, WAS	Jeff Hartings; DET, PIT	Aaron Hayden; GB, SD, PHI
Steve Hendrickson; SF, SD, HOO, PHI, DAL	Lester Holmes; ARI, OAK, PHI	Brad Hoover; CAR
Bobby Howard; TB	Garry Howe; PIT, CIN, IND	John Huard; DEN, NO
Javin Hunter; BAL, SF	Gerald Irons; OAK, CLE	Brad Jackson; MIA, BAL, ARI
Erasmus James; MIN, WAS	Paul Janus; CAR, DET	Ron Johnson; PHI
Donald Jones; NYJ, MIN	Mark Jones; TB, CAR, NYG, TEN	Andrew Jordan Jr.; MIN, TB, PHI
Isaiah Kacyvenski; SEA, STL, OAK	Mark Kelso; BUF	Derek Kennard; STL/PHO Cardinals, NO, DAL
Terry Killens; HOO, TEN, SF, SEA	Brian Kinchen; MIA, CLE, BAL, CAR, NE	Eric King; BUF, CLE, DET, TEN
Rocky Klever; NYJ	Tim Krumrie; CIN	Ralph Kurek; CHI
Jim Lachey; LA Raiders, SD, WAS	Harper LeBel; SEA, PHI, ATL, CHI, BAL	Chad Lewis; PHI, STL
Jeremy Lincoln; CHI, SEA, NYG, DET, STL	Neil Lomax; STL/PHO Cardinals	Keith Loneker; STL, ATL
Andre Lott; CHI, PIT, SD, WAS	Peter Macias; TB	Drew Mahalic; SD, PHI
Steve Marks; LA Rams	Mike Martin; CIN	Christopher Martin; KC, MIN, NO, STL
Cecil Martin; OAK, PHI, TB	Lonnie Marts Jr; KC, TB, TEN, JAX	Eugene Marve; BUF, TB, SD
Tony Mayberry; TB	Corey Mays; NE, CIN, KC	Blaine McElmurry; GB, TEN, JAX
Guy McIntyre; GB, PHI, SF	Billy McMullen; PHI, MIN, SEA	Michael Meade; GB, DET
Natrone Means; CAR, JAX, SD	Ahmad Merritt; ARI, CHI, DAL	Michael Merriweather; GB, MIN, NYJ, PIT
Pete Mitchell; DET, IND, JAX, NYG	Alonzo Mitz; SEA, CIN	Michael Mohring; SD
Langston Moore; ARI, CIN, DET	Dave Moore; TB, MIA, BUF	Robert Moore; ATL
Marty Moore; NE, CLE	Anthony Morgan; CHI, GB	Randall Morris; SEA, DET

Gregory Murphy; NYJ, NYG	Anthony Newman; NO, OAK, STL	Danny Noonan; DAL, GB
Ken Oxendine; ATL	Allen Patrick; CLE, JAX, NYG	JC Pearson; KC, MIN
Ted Petersen; PIT, CLE, IND	Todd Pinkston; PHI	Ron Pitts; BUF, GB
Bruce Plummer; DEN, IND, PHI	Lousaka Polite; ATL, CHI, DAL, MIA, NE	Mike Prior; TB, IND, GB
Neil Rackers; CIN, ARI, HOU	Kyle Richardson; BAL, MIN, CIN, CLE, MIA	Mike Richardson; CHI, SF
Elston Ridgle; ARI, BUF, CIN, OAK, SEA, SF	Kendrick Rogers; ARI, PHI	John Roman; NYJ
Durwood Roquemore; KC, BUF	Mike Rucker; CAR	Gary Russell; PIT, OAK
Chris Sanders; TEN	Jesse Sapolu; SF	Patrick Sapp; SD, ARI
Bo Schobel; TEN, IND, ARI, JAX	Kevin Scott; DET	Scott Shanle; STL, DAL, NO
Malcolm Sheppard; HOU, TEN	Daniel Shterk; DEN	Jamie Silva; IND
Tony Simmons; CLE, HOU, IND, NE, NYG	Thomas Smith; BUF, CHI, IND	Shaun Smith; CIN, CLE, DAL, KC, NO, TEN
Chris Smith; KC	Derek Stanley; STL	Duane Starks; BAL, ARI, NE, OAK
Syndric Steptoe; CLE	Rayna Stewart; HOO, MIA, JAX	Maurice Stovall; TB, DET, JAX
John Swain; MIN, MIA, PIT	Karl Swanke; GB	Reggie Swinton; ARI, DAL, DET, GB
Ray Sydnor; PHI	Charrod Taylor; NYG	Craig Terrill; SEA
Timothy Terry; CIN, SEA	Michael Timpson; NE, CHI, PHI	Robbie Tobeck; ATL, SEA
Rod Trafford; BUF, NE	Richard Trapp; BUF, SD, PHI	Ben Troupe; TEN, TB, OAK
Stu Voigt; MIN	Bryan Wagner; CHI, CLE, GB, NE, SD	Chris Ward; MIA, NO, NYJ
Christopher Wells; ARI	Jamel White; BAL, CLE, TB, DET	Erik Williams; BAL, DAL
Roland Williams; OAK, STL, TB	Wally Williams; BAL, CLE, NO	James Williams; CHI
Blaise Winter; IND, GB, SD	Garrett Wolfe; CHI	Lee Woodall; SF, CAR, DEN
Eric Wright; CHI	Ryan Yarborough; NYJ, BAL	David Zawatson; ATL, CHI, NYJ, MIA

Among the leaders across medicine and sport who support USA Football's Heads Up Football program include:

- Amateur Athletic Union
- American College of Sports Medicine
- American Football Coaches Association
- American Medical Society for Sports Med.
- Arizona Interscholastic Association
- Korey Stringer Institute at the U. of Conn.
- Md. Public Secondary Schools Ath. Assoc.
- Maxwell Football Club
- Michigan H.S. Football Coaches Assoc.
- Minnesota Football Coaches Assoc.
- NFL Physicians Society
- Nat'l Interscholastic Athletic Admin. Assoc.
- National Police Athletic League
- National Parent Teacher Assoc. (PTA)
- North Carolina Coaches Association

- Atlantic Coast Conference (ACC)
- Big 12 Conference
- Big Ten Conference
- Boys and Girls Clubs of America
- Conference USA
- ESPN
- Indiana Football Coaches Association
- National Association of Sports Officials
- National Athletic Trainers Association
- NATA Research & Ed. Foundation
- National Fed. of State High School Assoc.
- National Football League
- NFL Alumni Association
- NFL Head, Neck & Spine Committee
- Northern Va. Football Coaches Assoc.
- Oregon School Activities Association
- Pac-12 Conference
- Pop Warner Little Scholars
- Pro Football Athletic Trainers Society
- Southeastern Conference (SEC)
- Sport Safety International
- Sports & Fitness Industry Association

About USA Football: Indianapolis-based USA Football (www.usafootball.com) is the sport's national governing body, leading the game's development for youth, high school and other amateur players. The independent nonprofit partners with leaders in medicine, child advocacy and sport to establish important standards rooted in the best available science. USA Football advances coaching education and player skill development for safer play and positive experiences through athletics. Follow USA Football at www.facebook.com/usafootball or on Twitter [@USAFootball](https://twitter.com/USAFootball).