

## Football Concussions

Jeff Casey, the football coach, spoke at the Treynor Optimist Club on June 18. He was an assistant coach from 2001 to 2015. He grew up in Treynor, has been in Treynor 30 years, and has four children. He works for a bank in Kansas City, handling commercial credit card accounts.



Jeff loves Treynor football. He is developing an unofficial football book. He also maintains a website for the football team,

<http://www.treynorcardinals.org/treynor-cardinal-football/home>

Jeff was in four sports and very active in school. He thinks it is very important for youth to be involved in everything that they can.

When he was a sophomore in 1994, the football team was playing Essex. He was knocked out cold. He ended up in the hospital. This was the first of a long line of head injuries he sustained. He had another concussion a week later. He learned how to hide his

head injuries. In track Jeff had severe head pain when he exerted himself.

In 1995 he had another head to head collision and went to the hospital again. Toward the end of the season he was hit under the chin, knocked out, and told he could never play sports again.

Central College in Pella recruited him, but he told them he could never play again. The coach asked him to be an assistant coach, even though he was only 18. There he learned to scout and recruit. He coached there four years.

As an assistant coach, Jeff went to a coach's convention at age 19. Tom Landry was the speaker. He got there two hours early and met Eddie Robinson, who was 92 at the time. Eddie Robinson coached the second most victories in NCAA Division I history and the third most overall. He retired in 1997 with a record of 408 wins, 165 losses, and 15 ties. Robinson coached every single game from the field and was inducted into the College Football Hall of Fame in 1997. Robinson talked to Jeff for two hours about coaching.

Jeff has a two prong approach for football:

- Being competitive in everything they do
- Having a program where every boy in school wants to play football

Two years ago they had 30 youth in football. Last year they had 45. This year they should have 55.

From 1975 to 2014, Treynor played 392 games. Thirteen times the defense gave up 40 points or more. Seven of those were in 2012 to 2014.

Two years ago Treynor gave up 60 points to AHST in a game at Avoca. Last year Treynor beat them. Seventeen youth graduated last year and 8-9 of them were recruited for college. This year they will have a large incoming freshman class.

Jeff is very focused on improving safety techniques. He looked at rugby players who don't wear helmets and seldom suffer concussions. Putting those techniques into practice, the team had only two concussions last year. One of those was after the play. Nebraska is implementing the same techniques this year.

Jeff emphasizes strength and conditioning three times a week. They also have a 7 on 7 camp. On August 1 they have a mini-camp. On August 8 they are starting practice.