



Space City partners with Unequal to Reduce Concussion Risk

The concerns over concussions and the potential negative impact to the developing brain has become a very public and national topic. Organizations at all levels and in all sports, youth to professional, are studying the new science and establishing protocols to better deal with concussions. The US Soccer Federation has recently made a rule not allowing anyone 10 years old or younger to head the ball as a result of these studies. They recognize the danger but may also be missing an important point. The ball contacting the head only accounts for 30 percent of concussions. We share the Federation's concerns about concussions and support the rule but we are also aware that many concussions come from head to head, elbow to head, knee to head, head to post and probably the most common, head to ground contact.

We are strongly recommending each player start protecting their head like they protect their shins. We have partnered with Unequal to help us educate our families on the importance of reducing concussion risk and to provide Space City FC members a discount on their Halo headgear. Unequal is the world's premier provider of lightweight and flexible head protection. These bands are made out of similar material used by the military to protect our soldiers yet they look like a regular head band.

I believe that it is only a matter of time until wearing head gear is mandatory. Before 1990, shin guards were optional. Then studies revealed an alarming number of leg injuries, surprise! Now we have studies showing an alarming number of concussions and other studies confirming the harmful effects of getting concussions. The concussion rate for girls playing soccer is quite concerning, it is second only to football. If not all the time, players should at least consider wearing the head bands during practice, especially heading drills. My own kids should probably be wearing them as they run around the house after each other!

I have been told the price is going to go up \$10 soon, so now's the time. You can also go [here](#) for more info and to purchase directly from Unequal. Enter the code "spacecity" to get a discounted price and they will ship direct.

I wish everyone a fun and safe spring season.

Randy Evans
Executive Director
Space City FC