**Complete your 2016 USA Football Level 1 Tackle Certification

Dublin Football League** is pleased to be participating in Heads Up Football®, USA Football’s player safety program. A comprehensive method to teaching the sport’s fundamentals in a progressive, age-based approach, Heads Up Football® helps youth football leagues and clubs across the United States ensure a better, safer experience for players, coaches, commissioners and parents.

1. Already have a USA Football account?
	* Log in and renew here: <https://usafootball.com/login>
2. Need to create a USA Football account?
	* Register here: <http://usafootball.com/register>

You must state you are with Dublin Football League to reveive a $15.00 Discount

1. Once logged in, obtain Level 1 Tackle Certification by completing these three courses:
* Health and Safety
* Blocking and Tackling Skills
* Coaching Fundamentals

These courses can be accessed here: <http://www2.usafootball.com/dashboard/coach>

Have questions? Contact the USA Football help desk:

Step-by-step instructions: [Available here](https://p5.zdassets.com/hc/theme_assets/433739/200004015/2016_Coach_Registration___Renewal_Instructions.pdf)

Online: <https://helpdesk.usafootball.com/hc/en-us>

Email: support@usafootball.com

Phone: 1-877-5-FOOTBALL (1-877-536-6822)