(Date)

(City Leadership)

(Address)

(Address)

Dear (Name),

We would like to respond to the funding proposed by the city for the (Name) League. We applaud spending money to enrich the lives of young people in the community. But throwing over $(Amount)into programs that will destroy children's brain cells and futures is very short sighted. Twenty years ago that might have been a noble idea. But science and knowledge has evolved and we now know that just one season of football can deter development of young brains and may lead to behavioral and learning disabilities.

We were even more dismayed to hear comments concerning a question about CTE, Chronic traumatic encephalopathy. To answer that coaches would be trained about concussions shows no grasp of the science. CTE is believed to be caused by repetitive hits and NOT concussions. If those in charge don’t know about CTE, how is it to be prevented in our youth. We suggest every parent of every participant in the League be informed about CTE. Concussion talk is not enough. While concussions are harmful and dangerous, concussions should be the lesser of our worries. In most cases concussions are obvious, and protocols are in place for removal from play, and steps for recovery over the following weeks, months, or even years. Most (not all) recovery is achievable with proper care, and avoidance of additional brain trauma during recovery.

The larger dangers in contact sports are the "hits" players experience routinely on almost every play in football. These hits are sub-concussive blows to the head caused by collisions with other players, sudden changes in direction, or head impacts when hitting the ground. These hits jostle or twist the brain in its fluid and cause the brain to hit the inside of the skull. Helmets protect the skull and face from fractures. There is no known way to stop the movement of the brain in the fluid inside the skull.

In contact sports the brain is being jostled inside the skull at a sub-concussive level. These sub-concussive impacts do not present symptoms, and the player continues playing. He or she is not aware that these hits cause inflammation in the brain which eventually causes the mis-folding of tau proteins which sets the stage for the development of CTE. No single sub-concussive blow to the head will set the stage for CTE, any more than one cigarette will cause cancer, but cumulatively the greater the number of hits, the greater the risk. At the very least, young athletes should never hit in practice sessions.

When people boast that kids love football and they are getting fresh air and exercise,  learning teamwork and life lessons, and have the latest helmet, and avoiding  concussions, we need to rain on that parade. There are plenty of wonderful sports and activities that kids will love, which will bring fresh air and exercise, build character, and do not ruin their brains. Parents  are sending their children to the Athletic League to enrich their brains, not to destroy them. The good news is that CTE is 100% preventable. Remove the hits and the chance of developing CTE is zero. Let them bang away at the head and the chances of developing CTE are alarmingly high.  Flag football is a dafer alternative and the program should be changed to protect our youth.

To learn more about this disease please visit [StopCTE.org](http://stopcte.org/)

You could save a life and a family.

(Name)

(Contact Info)