

## ADOPTED BY SUPER BOWL CHAMPIONS

- The Seattle Seahawks were the pioneers of rugby-style tackling in 2010, leading them to become one of the NFL's best defenses. Known as the "Legion of Boom," they are notorious for their stingy, hard-hitting defense that smashes opposing offenses. Plus, the team's concussion rate was vastly reduced.
- After adopting rugby-style tackling, the Seattle Seahawks went on to win **one Super Bowl title** (2013), **four Division Championships** (2010, 2013, 2014, 2016) and **two Conference Championships** (2013 and 2014)

## PROVEN BY LEADING TEAMS TO WORK

- A growing number of leading NFL, college D1 and high school state championship teams have implemented rugby-style tackling programs.



## EXPERT COACHING WITH OVER 30 YEARS OF EXPERIENCE

*Tacklesmart* is the only program of its kind in DFW. It was created by Roger Wilson, out of concern for his own son one day playing football. Realizing he was not alone in his concerns, he quickly found himself in high demand by parents and coaches from all around North Texas.

Demand dramatically grew because Roger is the only one in the Dallas Metroplex that offers one-to-one Pro Training in this new safer rugby-style technique of tackling.

With *Tacklesmart*, you will be learning from somebody who has been using these techniques for over 30 years. Roger Wilson is a former professional rugby union player with over 350 professional games, 3,000 tackles and zero concussions throughout his 15-year career!

## WHAT THEY ARE SAYING



"Tackle Smart has worked with multiple teams, coaches, and players throughout our organization, and we are grateful to have them as a resource to keep our coaches educated and our players safer in the field" -Tony Ortiz, Frisco Football League Tackle Director

"Coach Roger worked on our tackling this past season and our defense improved so much! His attention to detail on technique has definitely made us a better tackling team."

-Lee Nebbitt, Head Coach of NTX Hawks 13U

## SCHEDULE YOUR FIRST SESSION TODAY!



## CONTACT US

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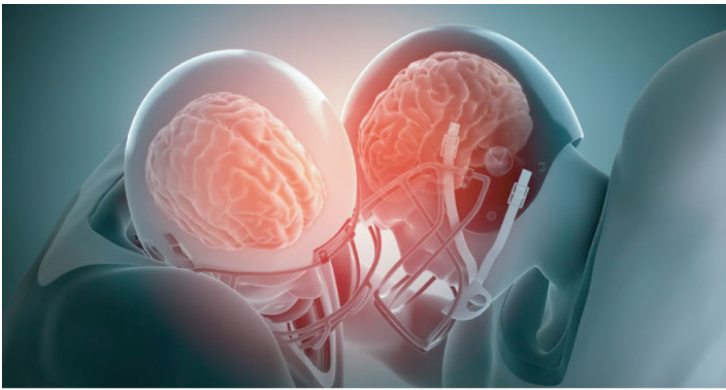
# PROFESSIONAL TACKLE COACHING

## NO MORE CONCUSSIONS!



TACKLE SAFE - TACKLE BETTER





## REMOVING HEAD CONTACT BY USING SHOULDER TACKLING IS SCIENTIFICALLY PROVEN TO **REDUCE G-FORCE TO THE HEAD BY 3-FOLD!**

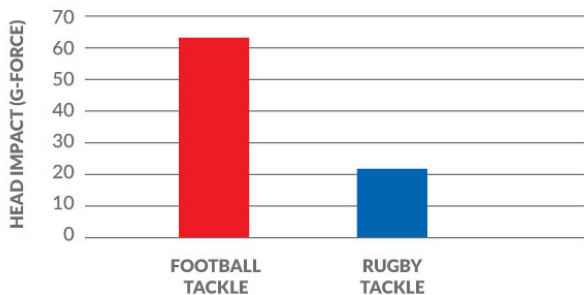


### OLD-STYLE TACKLING IS NOT SAFE

- Tackling is the **#1 reason** for concussions in football.
- In football, brain injuries account for **65% to 95%** of all fatalities.
- Football-related brain injuries occur at the rate of **one per player in every 5.5 games**.
- Head injuries among football players at **ages younger than 12** are more dangerous in terms of long-term cognitive decline.
- During 2005–2014, a total of **28 traumatic brain injury deaths** occurred in high school and college football (2.8 deaths per year).

### SHOULDER TACKLING IS SAFER AND MORE EFFECTIVE

- Rugby-style tackling has been proven to **reduce impact to the head and brain by 67%**. According to a recent study by Marshall University, rugby players had impacts with an average of 21 g-force, while football players had impacts with an average of 63 g-force.



- Rockwall High School implemented shoulder-led tackling techniques in recent years. As a result, they saw a **33.8% decrease** in missed tackles.

**"You have to learn how to tackle safely, and how to play the game safely. The No.1 issue is, take the head out of the game."**

- NFL Commissioner Roger Goodell on Youth Tackle Football.

### PLAYERS AND COACHES NEED TO EVOLVE WITH THE GAME

Although rules and regulations are changing to try to make football safer, the results will come down to how players are taught to play the game on the field.

- Rule Changes: new crown-of-the-helmet rule (CHR) penalizes players who initiate contact with the top of their helmet;
- School Requirements: the Texas High School Coaches Association (THSCA) and the University Interscholastic League (UIL) made it mandatory to have all high school and middle school coaches throughout the state be certified in new safer rugby tackling techniques.

### THE TACKLE SMART PROGRAM

Tacklesmart is the only program of its kind in DFW, offering one-to-one PRO coaching using a systematic and scientifically backed approach aimed to help players learn, develop and accurately execute safer and more effective tackling techniques.

#### 1) Small Group

- Ages: 6 to 8 – Focusing on basic movement awareness, coordination and agility that will be the core athletic building blocks for a solid tackling technique.
- Ages: 9 to 11 – With enhanced coordination, there will be a continued focus on improving athleticism, along with a progression in decision-making skills and timing to maximize tackle performance.
- Ages: 12 to 14 – The onset of the growth spurt, and its associated improvements in strength, power and agility, allows for a broader variance of drills and game scenarios.
- Ages: 15 to 16 – When competing against older high school players, technique is now more crucial than ever, given the potential physical size limitations at this stage of the athlete's young adult life.
- Ages: 17 to 18 – Time to achieve maximum potential and stand out from the crowd. Becoming recognized as a dominant tackler will bring long success in the next stage of the athlete's career.
- Location: Please contact us to discuss facility options.
- Each session lasts 60 minutes
- Pricing: 6 sessions \$297 (\$49.50 per session) / 12 sessions \$540 (\$45 per session)

#### 2) Full Team (including coaches)

- Ages: 6 to 18 – Team coaching session focused on assessing current tackling approach with training on the adoption of advanced shoulder tackling techniques. Includes field-based practical training and drills as well as consultations with team coaching staff.
- Location: At team's training location
- Each session lasts 90 minutes
- Pricing \$600 flat rate. Additional charges may occur for travel, or for groups greater than 20