**Complete Your 2016 USA Football Level 1 Tackle Certification   
  
Five Cities Youth Foobball** 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://login.usafootball.com/login>
2. Need to create a USA Football account for the first time?
   * Register here: <http://usafootball.com/register>

PROMO CODES:   **(You must use your club’s code during registration or renewal of your Coach Account to receive the discounted Heads Up Football® rate on your Coach Membership and so we can track your certification status.)**

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| ***Five Cities*** | ***CCYFLfivecities16*** |

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](mailto:support@usafootball.com)

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