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**BOBBY HOSEA NAMED TO USA FOOTBALL'S  
FOOTBALL AND WELLNESS COMMITTEE**

***Top minds in coaching, youth league operations, health and nutrition contribute to committee***

**BOBBY HOSEA**, a former defensive back at UCLA, the Canadian Football League and the USFL, has been named to USA Football's Football and Wellness Committee, a group designed to further promote best practices for America's youth and amateur football community.

Hosea is known as a tackling technique specialist, working with NFL players when they were young, including 49ers safety Dashon Golson, Seahawks safety Roy Lewis and Chargers linebacker Antwan Applewhite. He is the founder and CEO of Train 'Em Up Academy, a non-profit organization dedicated to instruct tackle football players of all ages.

USA Football, the sport's national governing body, assembled the committee of 26 experts spanning football coaching, player health and other areas to help shape its development resources and membership offerings to foster positive youth and amateur football experiences. The committee's expertise will be shared through [usafootball.com](http://usafootball.com), USA Football Magazine and the more than 80 USA Football training events conducted across the country and attended by youth coaches, players and league commissioners.

The Football and Wellness Committee also includes experts in the fields of equipment fitting, sports medicine, first aid, team sports insurance, neurology, orthopedics, exercise science, nutrition and athlete hydration. The committee roster represents the American Red Cross, the Andrews Institute, Gatorade Sports Science Institute, the National Center for Sport Safety and several leading universities.

"Bringing these leaders and their diversity of expertise together through USA Football's resources and programs is significant for the sport," USA Football Executive Director **SCOTT HALLENBECK** said. "We're proud to bring Coach Hosea's knowledge and integrity to America's grassroots football community."

**USA Football's Football and Wellness Committee:**

Name	Expertise	Location
Tom Bainter	Football expert, running backs	Bothell (Wash.) High School
Tom Bass	Football advisor	USA Football
Marcus Boyles	Football expert, receivers	Wayne County (Miss.) High School
Jody Brylinsky	Coaching performance	Professor of sport studies, Western Michigan University
Ron Courson	Sports medicine	Director of sports medicine, University of Georgia
Ted Crites	First aid, CPR/AED, injury prevention	Manager, American Red Cross national headquarters
Jeremy Gold	Football expert, defensive line	Ann Arbor (Mich.) Pioneer High School
Dr. Ann Grandjean	Medical and nutrition education	University of Nebraska Medical Center
Dr. Brad Hatfield	Kinesiology	Professor, University of Maryland
Dr. Stan Herring	Concussion awareness and management	Neurologist, University of Washington

Kirk Heidelberg	Football expert, offensive line	Braunschweig (Germany) Lions
<b>Bobby Hosea</b>	<b>Football expert, tackling fundamentals</b>	<b>Train 'Em Up Academy</b>
Kent Johnston	Football expert, physical skills	Cleveland Browns
Dr. David Joyner	Medical expert, orthopedic physician	Penn State University
Dr. John Lehtinen	Family medicine	Peninsula Medical Center
Dr. Larry Lemak	Sports Medicine	President, Lemak Sports Medicine
George Maczuga	Equipment	Director of institutional marketing, Riddell
Chris Merritt	Football expert, defensive backs and special teams	Miami Christopher Columbus High School
Dr. Joel Morgenlander	Neurology	Director of adult neurology, Duke University Medical Center
Dr. Lonnie Paulos	Orthopedics	Vice president, The Andrews Institute
Mike Price	Insurance	President, Essix Insurance
Dr. JohnEric Smith	Hydration	Principal scientist, Gatorade Sports Science Institute
Steve Specht	Football expert, linebackers	Cincinnati St. Xavier High School
Gary Swenson	Football expert, quarterbacks	West Des Moines (Iowa) Valley High School
Kim Schwabenbauer	Nutrition	Corporate dietitian, Super Bakery
Dr. Dave Yukelson	Sport psychology	Associate Professor of Exercise Science, Penn State University

### **About USA Football**

USA Football, the sport's national governing body, inspires participation, and ensures a positive experience for all youth, high school, and other amateur players. The independent non-profit hosts more than 80 football training events annually for coaches, players and youth football league commissioners. USA Football is the official youth football development partner of the NFL, its 32 teams and the NFL Players Association and manages U.S. national teams for international competition. Endowed by the NFL and NFLPA in 2002 through the NFL Youth Football Fund, USA Football distributes \$1 million annually in equipment grants and offers youth league volunteer background check subsidies. Former NFL team executive Carl Peterson is USA Football's chairman.