

**REDBUD HEALTH CARE DISTRICT
REQUEST FOR ASSISTANCE (RFA)**

1. Subject of Request Football Equipment Safety

(Starting Date For New Programs) August 1, 2024

2. Requesting Organization Kelseyville Boosters Club

3. Street Address P.O BOX 1179

City Kelseyville Zip : 95451 TAX ID: 92-0874334

Telephone Cell 707-349-5314 School: Kelseyville High School

Web Site na E-Mail lflores0476093@gmail.com

4. Individual Accountable For Funds:

Name Leonardo Flores

Title Varsity Head Coach

5. Amount Requested (\$)10,000 Grant Period 2024-2025 School Year

6. Background And Basic Information Regarding Organization

(Use additional pages, as necessary, to fully describe information required) -see attachment.

7. Justification

(Use additional pages, as necessary, to fully describe information required)

a. Intended Use Of Funds In Detail-see attachment.

b. How Intended Use Of Funds Will Further Delivery Of Health Care Services

Within Redbud Health Care District -see attachment

7.3 Detailed Basis For Funds Requested -see attachment.

Attachment

6. Background and Basic Information Regarding Organization

Kelseyville High School Football is a football program that is operated on donations and fundraisers. We estimate that today there about sixty, if not more, students that are passionate about playing football for Kelseyville High School. Our goal is to continue to replace old shoulder pads, helmets, girdles, and other equipment for the children so they could have up to date equipment making it safer to play the game of football. Our coaches are:

Varsity Head Coach- Leonardo Flores

Assistant Coach, Offensive of Coordinator- Jeremy Linnell

Defensive of Coordinator- Logan Barrick

Junior Varsity Head Coach- Eric Keener

7. Justification

a. Intended Use of Funds in Detail

We are reaching out to you today to ask for your continuing support for the Kelseyville High School Football team. We would like to be able to provide these student athletes new and up to date equipment. The Kelseyville High School football program has been using the same shoulder pads for years and refurbished older model type helmets. Our season lasts approximately five months and potentially longer if playoffs are made. During this replacing football equipment, donations like yours will help us to fund several things:

1. Helmets- We will start replacing older model helmets with Xenith helmets. Xenith helmets are one of the best football helmets in today's market, and it's also been supported as the best football helmet to prevent concussions. They currently have a 5-Star (Up to 5 stars) rating for Virginia Tech helmet safety ranking and highly recommend the helmet.
2. Shoulder Pads- Shoulder pads are one of the items that is not required to be replaced but could be refurbished many times and could be re-used. Unfortunately, we have shoulder pads that are at least five years old. Shoulder pads should be replaced every three to four years. When it comes to football shoulder pads, protection is paramount. Shoulder Pads need to protect your collarbone, bicep, chest, and shoulders. Having a good set of shoulder pads will ensure adequate mobility while helping to protect from injury. Whether it is a tackle by another player or from a hard dive to the ground.
3. Football girdles- Football girdles will help protect student athletes from hard hits. Football girdles are compression shorts with extra added padding to help keep a student athlete protected. Although girdles aren't mandatory to wear, but safety is our priority in Kelseyville. We make our athletes wear one to help them stay safe and prevent injuries on the football field.
4. Mouthguards- Mouthguards protect your teeth. A sports mouthguard forms a protective layer over the upper teeth, reducing the student athletes of injury. The primary function of mouthguards is to protect the teeth from being chipped, fractured, or knocked out as a result of a direct blow to the face, something that is fairly common in football. Protecting the teeth, in

turn, protects the lips and cheeks from lacerations due to chipped or broken teeth. It is also often instinct to bite down before an impact, and a mouthguard gives a player something to bite into. Mouthguards have a secondary function, though, as a shock absorber. Any significant blow to the chin can result in a force that travels from the chin to the jawbone, into the teeth and facial bones. By acting as a shock absorber, mouthguards lessen the impact of the blow and prevent injuries, such as fractures, to the jaw. Broken jaws, and chipped or lost teeth, are not only hard to fix, but painful.

5. Guardian Caps: The guardian cap is a soft cover add on that fits over a football helmet hard shell to cushion a hit and reduce the risk of concussion. The waffle designed has density, stiffness and energy absorbing properties to reduce impact.

6. Water Chiller for cold plunge: Cold temperature plunges reduce swelling and tissue breakdown. Ice water immersion is also said to be able to shift lactic acid. A 2022 research review of 52 studies suggest that cold water immersion following high intensity exercise has positive outcomes for muscular power, perceived recovery, and reduced muscle soreness.

b. How intended Use of Funds Will Further Delivery Of Health Care Services Within Redbud Health Care District

We are confident that providing this up-to-date equipment for our student athletes will ensure lesser injuries on the football field. According to Rausch Physical Therapy and Sports Performance, high school football players injury rate during practice is right around two incidents per 1,000 exposures. In 2015, 28 percent of the football injuries were to a players' head or face. Those included concussions. Another 14 percent were knees, 11 percent were ankles, and 10 percent were shoulders. About 68 percent of the injuries happened while players were tackling. Another 22 percent occurred while players were blocking. By providing up to date equipment and good coaching, these statistics could be lowered.

7.3 Detailed Basis for Funds Requested

As we progress in the planning process and the phasing out of older equipment, a detailed budget sheet will be more accurate however I can anticipate the estimates as follows thus far:

1. Xenith Helmet- \$279.50 for one.
2. Shoulder Pads Champro Guantlett III-\$134.99 for one.
3. Guardian Caps: \$67.00 for one.
4. Water Chiller: \$1,000 for one
5. Football girdle- \$23 to \$40 for one.
6. Mouthguards-\$2 to \$15 for one.

Approved by _____
President, Board of Directors

Date _____