



Dear NCAA,

I am writing to propose that the Syracuse University Football team be given the opportunity to participate in joint practices and a spring game with another NCAA university. This proposal is motivated by the significant medical benefits such an arrangement would provide, particularly in reducing the risk of injury for our football student-athletes.

As discussed in the 2007 article *Epidemiology of Collegiate Injuries for 15 Sports: Summary and Recommendations for Injury Prevention Initiatives*, injury rates during spring football practices were higher than those in both preseason and regular season practices. Practicing with another team allows for more game-like situations to be simulated, enhancing training effectiveness while reducing the exposure risks student-athletes face compared to practicing solely against their own team. This controlled, competitive setting would ultimately lower the overall injury risk for all participating student-athletes.

A 2022 article titled *"Similar Concussion Rates in Spring Football and Preseason: Findings from the Concussion Assessment, Research, and Education Consortium"* indicates that concussion rates are higher during spring practices than during regular-season practices. Adjusting the structure of spring practices to reduce student-athlete exposure could help lower concussion rates.

By implementing this arrangement, we will not only enhance the quality of our spring practices but also take a proactive approach to protecting the health of our student-athletes. I am confident that this initiative will bring long-term benefits to football student-athletes at both universities.

Thank you for considering this recommendation.

Sincerely,

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