

The pads are starting to go on at high school football fields everywhere. In La Crosse, Logan high school Rangers start their practices today. Along with tackling techniques, sprints, and formations, coaches will keep a keen eye out for concussions. One of the best ways the team prevents concussions, says athletic director Steve Hole, is to outfit guys with state of the art helmets. Which is what the school does, replacing about 20 helmets every year. Hole says every football player also is given a cognitive test before the season. Take a lick to the head, he takes it again. Can't get back on the field until he gets the same score he got before a concussion. Simplest way to avoid concussions, though; Hole says; just wear a mouthpiece.