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B Roll: <https://www.dropbox.com/s/msd9yi4cdqm30q4/Mom%27s%20Clinic%20Broll.mp4?dl=0>

FOR IMMEDIATE RELEASE

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Miami Dolphins Host Third Annual Miami Dolphins Heads Up Football Mom's Clinic

Davie, FL – The Miami Dolphins in conjunction with Heads Up Football hosted more than 160 moms and women at their third Annual Heads Up Football Mom's Clinic at the Baptist Health Training Facility at Nova Southeastern University. The clinic included information about heat and hydration, concussion awareness, equipment fitting and concluded with interactive drills that show proper Heads Up Football tackling techniques.

"Events like these help build the game of football," said Miami Dolphins Senior Director of Youth Programs Twan Russell. "Our moms are the second line of defense after the coaches on practice and game day. This Mom's Clinic gives them the tools that they need to help their children be safe."

Guest speakers at the event included Miami Dolphins Team Nutritionist Mary Ellen Bingham and Miami Orthopedics & Sports Medicine Institute Athletic Trainer Letty Torres. Additionally, equipment fitting was led by Dolphins Equipment Manager Joe Cimino, who showed the proper way helmets and shoulder pads should fit to help reduce injuries.

Following the presentations, participants heard from a panel of football moms that addressed a variety of youth sports topics. The panelists included Lysandra Russell (wife of Twan Russell), Tisha Blades (wife of former Seattle Seahawks WR Brian Blades), and Lin Warmsley (mother of Dolphins DE Julius Warmsley). After the presentations, the women took part in interactive drills that taught proper tackling techniques.

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