

# THANK YOU!

## DONOR SPOTLIGHT: JANE CLAYTON

Jane Clayton has worked for the Manchester Schools for 38 years. She is currently an Assistant Principal at Manchester Central High School.

### How did you first hear about Safe Sports Network?

I first became familiar with Safe Sports Network when I was the Athletic Director at Central HS. I held that position for 12 years and worked closely with the athletic trainers who cared for our athletes. Safe Sports has played an integral role in the lives of all the athletes at Central HS. The professional service and knowledge the athletic trainers bring is crucial in providing a safe and healthy athletic experience for our athletes.



Jane Clayton has been a Safe Sports donor since 2013.

### You have attended all four of the Safe Sports Social fundraising events to date. What factor or factors were important in your decision to become a Safe Sports donor? Why do you continue to donate?

I have served as a Table Champion for the Safe Sports fundraiser the past four years because I know how important these services are. The Social usually highlights an athlete who has overcome a serious injury or life-threatening condition. These stories continually remind me of the importance of

athletic trainers in our schools.

I will continue to donate to Safe Sports simply for the betterment of all the athletes they serve. Our school and community are very fortunate to have this service provided at no cost. Today, athletes are safer and have a better understanding of proper training, nutrition, performance and overall wellness because of Safe Sports Network. On behalf of the athletes at Central High School, I personally would like to say "Thank You!"

*"The professional service and knowledge [Safe Sports brings to our schools] is crucial in providing a safe and healthy athletic experience for our athletes."*

## TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- TRUE OR FALSE:**  
The ImPACT test is used to diagnose concussions.
- SIGNS AND SYMPTOMS OF SKIN INFECTIONS THAT MAY BE LIMB OR LIFE-THREATENING INCLUDE:**
  - Red bumps that initially look like pimples or bites
  - Pain that seems to be worse than it looks like it should be
  - Fever
  - All the above
- TRUE OR FALSE:**  
Cheerleaders (spirit) are at high risk for serious sports injuries.

1. False. ImPACT, the popular computerized concussion test, is designed for a very narrow purpose: to help clinicians determine when it is safe to return athletes to sports. Currently, there is no test that can diagnose a concussion. There are tools, like ImPACT, that help, but concussion is a clinical diagnosis. 2. D. Bacteria like Staphylococcus aureus (including drug-resistant strains) can cause signs and symptoms like these. These infections are highly contagious. It is imperative that appropriate preventive measures are taken to avoid their spread. Contact Amy@nhmi.net or visit www.safe.sports.network.org for more info.

3. True. High school cheerleaders suffered the highest rate of catastrophic injuries in 2015 (followed by male gymnastics, football and ice hockey).

ANSWERS

# NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network

Winter 2017, Volume 23, No. 1

## SAD STORY FROM MICHIGAN: RYAN ESTRADA'S DEATH A REMINDER

Executive Director reflects on news and thanks you for being part of the Safe Sports Team

I was just reading a news story about the death of a 16-year-old three-sport athlete. Ryan Estrada was found unresponsive in the locker room at his school. He had been waiting for his wrestling weigh in. Attempts to resuscitate him failed. Autopsy results showed that Ryan had an enlarged heart and had died from sudden cardiac arrest.

Now, I know that sudden cardiac arrest is the most common killer of young athletes. But it doesn't make the death of this reportedly happy and healthy young man any easier to take. It's still devastating to consider Ryan's death and what this loss means for his family, friends and teammates.

On behalf of all the kids we care for...THANK YOU!

They say writing in all caps is shouting. Good!



Wrestlers work on lifesaving skills during a recent team practice.

But life is all about how we respond. I intend to respond by continuing Safe Sports Network's efforts to have sudden cardiac arrest plans ready and practiced. As I think about that, I'm reminded how reassuring it is to have your help. Although I am personally dedicated to keeping young athletes safer, it's you, members of the Safe Sports Team, that make it possible. You made it possible for members of 100 teams to prepare with Drop the Dummy Drills last year.

*"Although I am personally dedicated to keeping young athletes safer, it's you, members of the Safe Sports Team, that make it possible."*



**FOCUS. DETERMINATION.**  
Sports help kids succeed. Safety is the first step.

You can help keep young athletes safer. Buying a raffle ticket gives you 30 chances to win a cool prize and 100% chance of making a difference.

Buy your raffle tickets at [www.nhmi.net](http://www.nhmi.net)



# SAFER ATHLETES

## LAUREN *and* HER MOM GOT THE CARE THEY NEEDED BECAUSE YOU CARE

Lauren Thomas needed care for her concussion. Mom needed care for her anxiety about Lauren's concussion. Both got what they needed because of you, Safe Sports donors!



Lauren had a headache, dizziness, sensitivity to light and missed several days of school.

Lauren is a middle school student who plays recreational hockey with the Manchester Flames. She got cross-checked and slammed her head into the boards four days before coming to the Safe Sports free drop-in clinic. She had already missed three days of school. Lauren complained of a headache and feeling dizzy. She was sensitive to light. Lauren got a complete clinical evaluation including computer ImPACT and C3 Logix testing. The Thomas's were sent home armed with

important information and a plan. They returned six days later after Lauren's symptoms had resolved. She spent the next week or so completing a supervised return to play program, then returned safely to hockey.

More than 200 Safe Sports athletes had concussions last year. Your commitment to ensuring appropriate care for young athletes made a difference for every one of them.

# BECAUSE OF YOU

## VOLUNTEERS GIVE TIME TO KEEP KIDS SAFER

Dedicated volunteers gave 276 hours last year.

More than 3000 children had concussion baseline testing in 2016. If that sounds like a lot to you, you're right! That is a lot. The Safe Sports Team includes donors, clinicians and volunteers. In 2016 those volunteers stepped up to deliver 276 hours of help to meet the needs of all those kids. Volunteers also helped deliver specialized preparticipation sports physicals.

Thanks to all those volunteers! Here's a special shout out to four volunteers who gave 10+ hours each to help keep kids safer last year. Hats off to Brenda Campbell, Letti Hibbard, Jenna Gosselin and Karin Malik.



JUNE 15, 2016: Concussion testing volunteers wait for kids to arrive. Volunteers were invaluable as 600+ tests were administered over 3 days!



A volunteer prepares to administer the iPad-based C3 Logix vision test to a high school athlete.

*“Here's a special shout out to four volunteers who gave 10+ hours each to help keep kids safer last year... Brenda Campbell, Letti Hibbard, Jenna Gosselin and Karin Malik.”*

## SAFE SPORTS CO-STARS OF THE YEAR TO BE HONORED AT MARCH SOCIAL

This award recognizes a person not associated with Safe Sports Network who, through words and actions, demonstrates his/her commitment to ensuring youth sports safety.



Matt Benson, Principal at Cawley Middle School, Hooksett



Bill Demers, Assistant Principal & Athletics Administrator at Lurgio Middle School, Bedford

Matt Benson and Bill Demers were instrumental in elevating sports safety at their respective schools as part of the Middle School Sports Safety Infrastructure Project. Every project goal has been implemented at each school. Coaches have CPR training. Robust concussion management protocols, including baseline testing, are in use. Emergency action plans are in place for every field and court. Medical red flags (conditions that may put kids at risk) are identified and communicated to coaches. And families are aware that the Safe Sports Drop-in Clinic is available for them. Matt and Bill will be recognized for their efforts at the 5th Annual Safe Sports Social on March 22.

## SAFE SPORTS STAFF WORKS TO STAY CURRENT

The Safe Sports staff is always on the lookout for important developments and trends. This keeps greater Manchester's children as safe as possible. Like all medical fields, sports medicine practice is updated frequently. Researchers and experts regularly identify improvements that can keep children safer. Safe Sports Network is committed to ensuring that the 6000 kids under its umbrella have the safest possible sports environment. “Drop the Dummy Drills are a great example of something we learned about at one of these national meetings, then brought home for our kids,” says Safe Sports Director, Amy Hollingworth.

In 2017, Memorial High athletic trainer Sandy Snow has already attended the East-

ern Athletic Trainers Association Annual Meeting in Philadelphia. Laura Decoster (Executive Director) and Amy Hollingworth (Program Director) will attend the Youth Sports Safety Alliance (Indianapolis) and National Athletic Trainers Association (Houston) annual meetings later this year. In addition to learning at these conferences, staff and alumni of NHMI's Athletic Training Residency will be presenting results of their investigation into the soundness of certain concussion tests. This reflects an important part of NHMI's Mission: “NHMI is...dedicated to the advancement of knowledge in musculoskeletal care and sports medicine...” Research involving NHMI has been presented at national meetings every year since 2002.



NHMI staff also contributes to expanding knowledge by conducting original research. Safe Sports Director Amy Hollingworth's agenda for the 2016 NATA convention included sharing results of a collaborative research effort to identify the best way to transport an injured athlete.

### NEW AT THIS YEAR'S SAFE SPORTS SOCIAL:

The Primary Bank Perseverance Scholarship will be awarded to an athlete who suffered a season- or career-ending injury, but stayed involved and continued to contribute to their sport/team.



Wednesday, March 22nd, 2017

**You** can keep kids safer.

Donate at [www.nhmi.net](http://www.nhmi.net) or return the enclosed donation envelope.