

THANK YOU!

DONOR SPOTLIGHT: DAVID VACHON

Dave Vachon owns a business that focuses on orthopedic medical sales: soft goods and sports bracing.



Dave Vachon has been a Safe Sports Champion and donor since 2013

How did you first hear about Safe Sports Network?

I have known the organization's founders since high school. When I heard they were looking to start something to help keep young athletes safer, I thought it was a great idea. There wasn't much available for me when I was an athlete, but I didn't think much of it at the time. However, it's a whole different thing when you're a parent. It's definitely comforting for parents to know that there's someone there that's capable of handling whatever might happen to your child.

You have attended all five of the Safe Sports Social fundraising events to date - and you've been a Table Champion for each event.

Is there a story from one of those events that resonated with you?

The story from the second Safe Sports Social still sticks in my mind. That was the story of the young man whose life was saved because his teammates refused to help him up. They encouraged him to wait for the athletic trainer to assess his injury. I know in my sports career, it was a natural thing to grab your teammate and yank him back up. In that case, the young man's neck was broken. The fact that he got appropriate care for his injury literally meant the difference between life and death. That really was something I could relate to.

Why did you decide to become a Safe Sports donor? Why do you continue to donate?

I see the need and I believe Safe Sports keeps our kids safer. It's really as simple as that. As a parent of kids who played sports, it's good to know there's someone there who is knowledgeable, qualified and available. I will continue to be a Safe Sports donor.

“ [I donate because] I see the need and I believe Safe Sports keeps our kids safer. It's really as simple as that. ”

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- TRUE OR FALSE:** Tommy John (elbow surgery) will make you throw harder and faster.
- TRUE OR FALSE:** No pain-no gain is a great philosophy to train by.
- TRUE OR FALSE:** The best way to control asthma is by using a quick-relief inhaler, even if you need to use it multiple times every practice.

ANSWERS

1. **FALSE.** Early specialization and year-round throwing has increased the incidence of elbow injuries, especially in baseball players. Some have recently come to believe that promising players should undergo Tommy John surgery prophylactically... Or indeed because it somehow makes them better. Although this surgery can be successful in elite baseball players, most players will not make it to that level. And certainly, most players do not have the time or expert assistance required to fully and successfully rehabilitate from the surgery. Instead, play multiple sports. Monitor pitch counts. Remember to consider and adjust for other hard throwing on non-pitching days (for example, the pitcher who plays catcher or shortstop on no on off days).

2. **False.** Pain is our body's way of warning us. Pushing through pain brings a risk of changing your biomechanics and causing further - or even additional - injury. There is a difference between injury-related pain and muscle soreness that is a normal result of exercise. Athletes should learn to distinguish between the two. **Safe Sports can help! Visit our free injury clinic or call 603-627-9728 to get expert advice.**

3. **False.** Needing to use the quick-relief inhaler frequently is an important sign that the asthma sufferer should return to his or her doctor for further evaluation. Daily oral medications can reduce episodes of labored breathing (i.e., something that might cause someone to reach for their rescue inhaler). Asthma can be a serious disease and it is worth the effort to have it under control.

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Summer 2017, Volume 23, No. 2

ATHLETES & DONORS STAR AT THE SOCIAL

Young athletes and donors were the stars of the March Safe Sports Social



Athletes who returned from serious injuries took center stage at the 2017 Safe Sports Social. Anna S. (left) had surgery to repair her ACL tear. Collin (center) missed 7 weeks of football after breaking his ankle. Michael K. had to fight back to hockey after breaking his wrist.



Donors dedicated to keeping kids safer attended the 5th Safe Sports Social (left); Marilyn Charbonneau, Dennis Sweeney (center); and keynote speaker and donor Taylor Chace (right).

BRENDAN DILLON was one of two young men featured at the 2nd Safe Sports Social in 2014. Brendan's serious injury during his freshman year ended his football playing career. Recovering emotionally from that injury and from the loss of the most important thing in his life – playing football – was very hard. But Brendan persevered and stayed involved with the team for the rest of his high school career. Brendan's character, commitment and contribution as team manager were honored with the inaugural Primary Bank Perseverance Scholarship at the 2017 Safe Sports Social.



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THANK YOU TO OUR FOUNDATION SPONSORS



www.safesportsnetwork.org

SAFER ATHLETES

KEEPING ATHLETES SAFER IN THE HEAT

Death from exertional heat illness is more common in high school athletes than in any other athlete group. An ounce of prevention is worth a pound of cure.



US Marine Corps research shows that using the WBGT index to modify activities when heat and humidity are dangerously high greatly reduces the incidence of exertional heat stroke.



A grant from an anonymous foundation has purchased eight heat stress monitors for use at Safe Sports Network's high schools.

Kids depend on Safe Sports Network to determine when ambient weather conditions pose a risk. Published guidelines depend on something called wet bulb global temperature (WBGT). The WBGT is measured with a special device. Importantly, there are many factors that impact the reading. Therefore, it can be different from site to site (think natural grass fields versus artificial turf). Safe Sports owned one device before receiving this grant. We took a centralized reading for use in determining the day's activity modifications. Now, an Extech HT30 Heat Stress WBGT Monitor has been assigned to each Safe Sports athletic trainer. Thousands of athletes who will take the field next month will be safer because safety decisions will be made on solid, local information.

On behalf of all those young athletes, thank you!

You can keep kids safer.

Donate at www.safesportsnetwork.org or return the enclosed donation envelope.

BECAUSE OF YOU

PERSEVERANCE AWARD WINNER WAS DETERMINED TO RETURN TO SPORTS

Your support helped Austin find a sport that was safe for him to play after his football-career-ending injury.

Serious athletic competition is riddled with highs and lows. Just like life. And, just like life, it's how we respond that matters. Austin d'Anjou's story is no different. Two years ago, Austin showed promise as backup quarterback for Bedford High School's powerhouse football team. Then he broke his neck in a snowboarding accident. Luckily, he had no spinal cord damage. Not so luckily, the risk of future injury barred him from contact sports. He was distraught and had difficulty adapting. But your support meant Safe Sports athletic trainer Eric Gelinas was in Austin's corner. Eric has a well-deserved reputation for caring about his kids; for being able to help them stay positive and find their best result. Eric worked with Austin and his doctors to find him a safe and suitable sport. Football was out. Baseball had too much injury risk. Finally, Austin was cleared to run track. He has excelled at the triple jump, long jump and 300 meter hurdles. Austin has come a long way just to be able to compete at something again. It was that perseverance that led Eric to recognize Austin as his spring 2017 Perseverance Athlete Award Winner.

Check out this video (vimeo.com/208827687) to see how your donations help kids manage the emotional side of their sports injuries. On behalf of all the kids you help, thank you!



Austin finally found his place...as far from "the board" as he can triple or long jump!

"...your support meant Safe Sports athletic trainer Eric Gelinas was in Austin's corner."

2017-2018 RESIDENTS ANNOUNCED



Jennifer Gaudet is from Nashua. She has just graduated from Springfield College.



Austin Dykes is from Sylvester, Georgia. He has just graduated from Georgia College.

Jenn and Austin will spend the next year at NHMI in the nation's oldest post-professional athletic training residency. The year is just about evenly divided with 1000 hours of educational content and 1000 hours to give back taking care of young Manchester athletes.