

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Fall 2019, Volume 25, No. 3

YOUR DONATIONS IN ACTION

Commitment, Courage and YOU made a difference for Maddie!



PERSEVERANCE PAYS OFF!

Maddie was back to tennis in the spring.

Maddie was playing on Bedford's JV soccer team last fall when a major knee injury benched her for the rest of the season. An MRI revealed that she had a torn ACL and meniscus. Even though she was crushed that she couldn't play, she still showed up to cheer on her teammates.

She also showed up for more than 25 pre- and post-surgical rehabilitation sessions with her Athletic Trainer Eric. The rehab process took nearly six months after her surgical reconstruction. Maddie's commitment, courage and determination enabled her to play tennis in the spring. Her fortitude earned her recognition as Bedford's Spring 2019 Perseverance Athlete.

“Your donations made it possible for Maddie to receive much of the care she needed for this serious knee injury right at school!”

Maddie deeply appreciated Eric's help so when he invited her to be part of the Safe Sports Student Ambassador program, she jumped at the chance to give back. She helped prepare educational videos and volunteered at the Safe Sports Social last March. Maddie is back this fall for her senior year and is running cross country. She's also volunteering as a leader for this year's new Safe Sports Student Ambassadors. (For more about the Student Ambassador Program see page 2.)

Your donations made it possible for Maddie to receive much of the care she needed for this serious knee injury right at school!

KIDS ARE SAFER BECAUSE OF YOU

2018-2019 HIGHLIGHTS BY THE NUMBERS



149,000

Number of times a child stepped on a playing surface under the watchful eye of Safe Sports staff



6,000

Greater Manchester student athletes benefit from free injury prevention and care, and robust emergency planning and preparation

\$734,000

Estimated value of these free medical services children received



3,900

Number of concussion baseline tests administered

146

Concussions reported to or managed by Safe Sports athletic trainers

1,525

New injuries evaluated by staff (85% managed with no outside referral)



21,203

treatments provided
FREE

SAFER ATHLETES

STUDENT AMBASSADOR PROGRAM TEACHES KIDS ABOUT SPORTS SAFETY

Ambassadors will build leadership skills and earn volunteer hours.

Last year, 25 high school students were able to see a different side of sports as volunteers for Safe Sports Network. These Student Ambassadors volunteered at concussion testing, CPR training and distributed fun things to runners at the Santa Shuffle. The students were the highlight of the Safe Sports Social last March too.

“...70 students have volunteered for the Student Ambassador Program this year... and you will get to meet many of them at our Social next March.”

They greeted guests – many of you! – and were welcome additions to tables throughout the room. The crowd was amazed when the kids took the stage to demonstrate a makeshift cold-water bath that can provide definitive treatment for athletes suffering heat stroke.

We're excited to announce that 70 students have volunteered for the Student Ambassador Program this year! We've been working hard to expand their experiences. Students will:

- Learn about sports medicine and what it's like to be an athletic trainer through short monthly assignments.
- Help spread the word about the importance of sports safety.
- Engage with their community during field trips like visiting Corflex, a local, veteran-owned manufacturer of orthopedic soft goods. (See the Donor Spotlight on page 4.)

There will be many opportunities for students to volunteer and you will get to meet many of them at our 8th Annual Safe Sports Social next March.

We are also interested in developing a corps of Parent Ambassadors. Could that be you? If you're interested in learning more about the Ambassador Program contact Tracey Miller at tracey@nhmi.net.

SAFE SPORTS STUDENT



Student athletes volunteered at the Safe Sports Social and did a demonstration to show important skills for managing heat-related emergencies.



Save the Date:
The 8th Annual Safe Sports Social
will be held on
Wednesday, March 18, 2020.

BECAUSE OF YOU

FROM THE EXECUTIVE DIRECTOR:



How You Can Help

I'm glad you have this newsletter in your hands because **you can help**. The demand for sports safety services is growing. In fact, the number of new injuries Safe Sports athletic trainers evaluated in 2018-2019 was about 500 more than the preceding year! This doesn't necessarily mean more injuries are *happening*. A big part of this is that as people develop an understanding of the potential negative consequences of things like sports concussion, the more our athletic trainers are sought out.

Regardless of the cause of the spike, I always remember this: *every single one of those injuries happened to somebody's child.*

This increased demand has significantly challenged our existing fundraising capacity and we are in the midst of a strategic plan to help us respond. I'd love to have your help. In the box to the right you will see some specific things YOU can do to help kids. Generally speaking, you can help in these ways:

- Help spread the word about how 6,000 kids benefit from Safe Sports. Safe Sports remains one of greater Manchester's best kept secrets even after 30 years!
- Complement the efforts of our Student Ambassadors and volunteer to help at concussion testing and community events.
- Give regularly. Last year your generosity ensured that children on over 100 sports teams were protected by thorough emergency plans – part of our commitment to ensuring there's someone at every practice and game capable of maintaining an ill or injured athlete until professional help arrives.

As always, I'm grateful to each of you for being part of the Safe Sports Team. Thank you!

LAURA

Ways You Can Help Ways You Can Help Ways You Can Help Ways You Can Help Ways You Can Help

Ways You Can Help

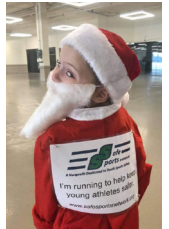
Spread the Word about Safe Sports & Learn Along the Way



Join us and bring a friend to our Nutrition Workshop on November 12, 6 pm, during Youth Sports Safety Week.

It's free, but space is limited. Register at www.safesportsnetwork.org.

Volunteer - Be Part of The Fun at This Year's Santa Shuffle!



Help distribute holiday treats to runners at the BASC Santa Shuffle on December 7. Your volunteer efforts raise money for kids because Millennium Running donates \$400 for every station we staff!

You can volunteer and help raise money at the same time by emailing Tracey@nhmi.net.



Be an MVP for Kids - GIVE MONTHLY!

Your monthly gift means student athletes are safer all year long. Become a monthly donor by Nov. 1 and get a free ticket to the Social 2020 raffle.

Run & Raise \$ for Athletes!



Run in the BASC Santa Shuffle and create your own fundraising page to raise money to keep kids safer. Email tracey@nhmi.net to learn more.

THANK YOU!

DONOR SPOTLIGHT: CORFLEX

Corflex Cares is the charitable arm of this local veteran-owned business.

How did you first hear about Safe Sports Network?

We were introduced to Safe Sports by a customer who is also an Athletic Trainer. She thought Safe Sports was the type of organization Corflex would like to support.

Has Safe Sports Network been important in the life of someone you know personally?

Many of the people I am fortunate enough to work with every day have children who participate in sports in Manchester.

Is there a Safe Sports story that sticks in your mind?

Hall of Famer Chris Carpenter speaking passionately at the Social about injuries he had in his youth that he overcame thanks to the efforts of Athletic Trainers. I'm glad to be able to help make sure all kids have the care they need when they get hurt - even if they don't become Cy Young Award-winning pitchers!



The Corflex family has supported NHMI and Safe Sports Network for decades. The Corflex Cares team is led by Ted and Paul Lorenzetti and Shelly Barnett.

What were important factors in your decision to become a Safe Sports donor?

First, we feel it is a corporate responsibility to give back to the community. As a manufacturer of orthopedic sports medicine products, Safe Sports is an ideal organization to support. We support them in several ways, financially, by donating sports medicine products and by having employees volunteer at Safe Sport functions such as baseline concussion testing.

“I’m glad to be able to help make sure all kids have the care they need when they get hurt...”

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

*Do you know the answers
to these questions?*

1. THE BEST TIME TO “CARBO-LOAD” IS...

- a) 3-4 hours before activity
- b) less than one hour before activity
- c) during activity
- d) immediately after activity
- e) 1-2 hours after activity

Learn more about
Fueling Your Performance
at our nutrition workshop,
Tuesday, November 12.
Visit safesportsnetwork.org
to register.

1. (a) Athletes should consume a low-fat, low-fiber and low- to moderate-protein 3-4 hours before activity to prevent fatigue, restore glycogen (quick fuel) storage in their body, and avoid GI discomfort. Suggested foods include: pancakes or waffles with syrup, fruit and milk; yogurt with granola and fruit; bagel with cream cheese; 1-2 eggs with toast and fruit; sandwich with fruit and milk. Only have an hour before activity? Consider eating a high-carb granola or sports bar.

ANSWERS

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THANK YOU TO OUR FOUNDATION SPONSORS

