

THANK YOU!

DONOR SPOTLIGHT: GENE BROWN

“Geno” Brown captained the undefeated 2002 Central football team. Giving back to the Manchester community is now a daily cause for him.



Gene Brown was a Safe Sports athlete in high school. Now he's a committed donor.

How did you first hear about Safe Sports Network?

I first heard about Safe Sports when I was playing football in high school, however, I don't think I fully understood what it was all about until I graduated college and starting working in the community.

You have attended all four of the Safe Sports Social fundraising events. Is there a story from one of those events that resonates with you? What factors were important in your decision to become a Safe Sports donor?

One story really sticks with me. A former high school athlete told us about being revived from sudden cardiac arrest on the football field. If it weren't for the trained staff and the defibrillator on hand, he wouldn't have survived. This really hit home with me. That kid very well could've lost his life. It made me think back to high school when I had many injuries and scary situations. Once I had severe heat stroke.

“Safe Sports is the guardian that watches over us during those memorable years, and makes sure we're still here smiling years later to talk about them. I can't thank them enough.”

The Safe Sports athletic trainer noticed it and pulled me from the game. I was very close to passing out and had to receive many bags of IV fluids. If the Safe Sports athletic trainer didn't react quickly, who knows what would've happened to me?!

That's what keeps me supporting Safe Sports. Most people think that having an athletic trainer on the athletic staff is a given. I know it's not. I support Safe Sports because I know athletes playing today will have eyes watching over them like I did when I was playing. If they weren't there, many of my high school injuries could've been much worse. I'm very grateful for what they provide and will happily continue to support this wonderful Network. Sports are so much a part of our lives and help shape who and what we become, but nothing is worth getting severely injured or losing your life over.

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TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. TRUE OR FALSE:

You can learn enough to save a life in just over a minute.

2. WHAT IS THE MOST LIKELY CAUSE OF OVERUSE INJURIES?

- a) A single traumatic event
- b) Repetitive microtraumas
- c) Inadequate nutrition

3. TRUE OR FALSE:

Concussions can cause changes in sleep and personality.

1. True. Check out this video from the American Heart Association. It teaches hands-only CPR in one minute and eight seconds. <https://www.youtube.com/watch?v=zulKRpJ7fxg>

2. B. Common factors in overuse injuries include: rapid increases in activity intensity, duration or frequency, strength and flexibility imbalances, and improper technique. Ignoring a nagging injury until it becomes disabling is also a factor. The Safe Sports Network Drop-in Clinic can help before something minor becomes a big problem. Contact Amy@nhmi.net or visit www.safesportsnetwork.org for more info.

3. True. Remember, our brains control everything! There are more than 20 signs and symptoms recognized as part of the clinical picture of concussion. For simplicity, think of them in these 4 categories: physical (headache, nausea/vomiting, dizziness); cognitive (difficulty concentrating, confusion); sleep (too much or too little) and emotional (irritability, sadness). If your child has symptoms in any of these areas, ask whether there has been a blow or jolt to the head!

ANSWERS

NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network

Fall 2016, Volume 22, No. 3

PERSEVERANCE ATHLETE MOVES ON TO UNH

Jenna had more than her share of injuries as a Safe Sports athlete. She's grateful Safe Sports donors made sure she had the care she needed.



Jenna is now a freshman at UNH-Durham. She's working hard studying athletic training... and hoping to play club volleyball.

Jenna won the Safe Sports Perseverance Award after battling back from a concussion and a shoulder injury to return to volleyball for a great senior season. We reached out to Jenna in September for this update. This is what she had to say:

“School is going well. Athletic Training is going to be a tough major. I've spent hours in the library already! But I have to say, I love it. I plan to join the Student Athletic Training Organization and I'm looking forward to it.

Considering my hip surgery, it's been a little overwhelming walking everywhere, but it's not painful anymore. I do plan on participating in club volleyball (tryouts are this weekend). Hoping not to tear anything else!

I was happy to be a part of Safe Sports Network's concussion testing process this summer. I would love to come back again to help such a great organization! Trainer Eric, along with everyone from Safe Sports Network, helps every athlete in need, including me. I was lucky to have those people in my life to support and encourage me.”

Jenna, we wish you all the best and look forward to hearing all about your successes at UNH!



Jenna played hard as a high school athlete. She had head, shoulder, thumb, hip, knee, ankle and toe injuries during her high school volleyball and track career.

HELP OTHER YOUNG ATHLETES SAFELY REACH THEIR POTENTIAL!

Donate at www.nhmi.net or return the enclosed donation envelope.

THANK YOU TO OUR FOUNDATION SPONSORS



SAFER ATHLETES



FREE

Concussion Testing

Saturday, 11/12/16, 9 AM-2 PM

CPR/AED Class

Tuesday, 11/15/16, 3PM-6 PM

Sports Physicals

Wednesday, 11/16/16, 5:30-6:30 PM

SIGN UP: www.safesportsnetwork.org,
amy@nhmi.net, 603-627-9728

Join these sponsors and help keep young athletes safer by donating now!

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 BASC
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 New Hampshire
ORTHOPAEDIC
CENTER

 CORFLEX
Designed for life.

 CMC
CATHOLIC MEDICAL CENTER

BECAUSE OF YOU

As a Safe Sports donor, you know what a difference you can make for greater Manchester athletes. We celebrated a great outcome for Memorial Senior Tom Joyce at the Safe Sports Social earlier this year.

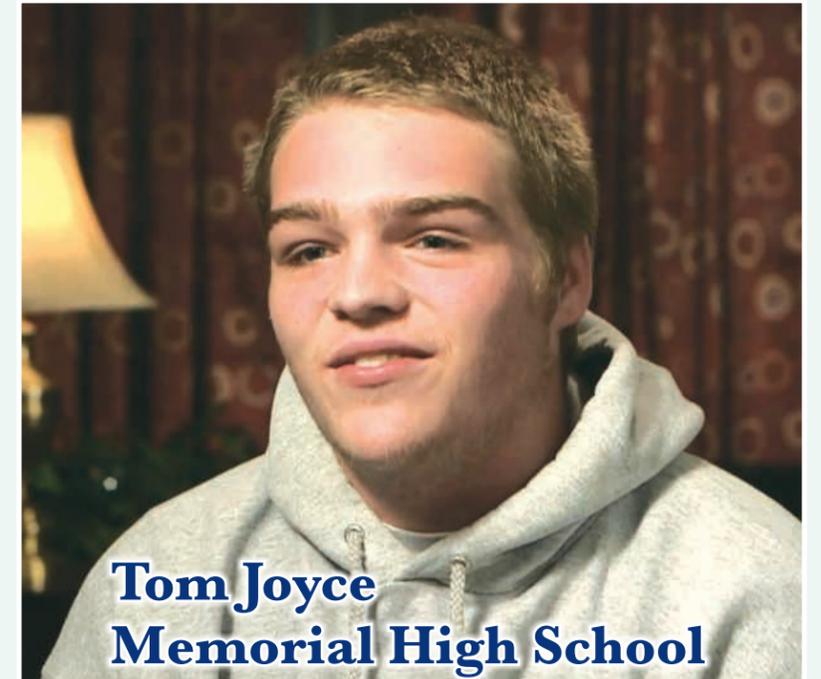
Imagine other possible endings to Tommy's story without YOU.

Tommy might've died without you and the Safe Sports Donor Team.

Tom is a great young man. He would've been missed by the whole community.

(Watch Tommy's story here: vimeo.com/156736472)

Tommy is this year's "poster boy." But remember: you make a difference every day for thousands of young athletes.



You can help keep a safety net under our children right now!

Donate at www.safesportsnetwork.org

Who's taking care of our kids?
You!