

Safer athletes.

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Max is safe and thriving...isn't that exactly why you donate to a children's charity?

MAX IS BACK TO SPORTS

It took about a month, but with proper supervision Max returned safely to youth football.

Based on the combination of his clinical and computerized exams, Safe Sports recommended some extra recovery time after Max was symptom-free. Making sure kids have enough recovery time can make all the difference. "It was great to have the advice of the professionals at Safe Sports. Max recovered from his concussion, returned to play and went on to finish the season as a key member of the team. Currently he is doing great, having just celebrated his 12th birthday he's playing basketball, looking forward to lacrosse in the spring and of course the start of the football season again this summer."

Here's a message to readers from Max's dad, John: "All the youth leagues in the area should take advantage of Safe Sports Network's Youth Concussion program. It made a huge difference for Max and for us. I'm not sure what we would have done without it."

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John - Max's Dad

EVER WONDER EXACTLY HOW YOU'RE HELPING DAY-TO-DAY?

A DAY IN THE LIFE - AFTER SCHOOL IN THE HIGH SCHOOL ATHLETIC TRAINING ROOM.

Tuesday, October 28 was a beautiful fall day. Sunny and 64°. A great day for fall sports. The kids were all still in class when Safe Sports athletic trainer Eric Gelinas arrived at Bedford High School at 1:30. He made quick stops to pick up the golf cart and visit briefly with the athletic director. Eric opened the athletic training room for the afternoon at 2. He had just enough time to get settled before the first of 28 athletes arrived at his door. After that soccer player was taped, football, volleyball, cheerleading and other soccer athletes followed. There were several tape jobs interspersed with ankle and concussion rehab exercises. A football player did stage III of the concussion return to play protocol. Most of those 28 kids were in and out in a frenetic half hour.

About 3:00, the daily rush had calmed down a bit, so Eric could evaluate that day's new injuries. A jaw contusion in a cheerleader and a new ankle sprain in a football player. Finally, a post-injury ImPACT concussion test was administered. By 3:45, Eric had medical kits and equipment loaded on his golf cart and he was on his way out to practices. He checked in with coaches at the soccer practices then set up at football. Generally, he remains at football practice for the afternoon, available to others at a moment's notice. Fortunately there were no new major injuries that day. But Eric was there and ready if there had been.

"This was a fairly normal fall afternoon. I usually see somewhere between 25 and 35 kids every day." Eric is one of 8 Safe Sports athletic trainers assigned to area high schools. Most days look just like this at all 8 schools. This past fall alone, 724 new injuries were evaluated and 7885 treatments were provided. Eric goes on to say, "I don't know if our donors really understand what they're doing for these kids. And how much they – and their parents – appreciate it. It's really a great thing."



The Bedford high school athletic training room is a busy place. This game day picture shows two of Eric's student athletic trainers helping him get the athletes ready for their game.



Conveniently, both of these athletes needed the same kind of balance rehab!

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- Eric Gelinas, Safe Sports Network, Assistant Director

Because of you.

SAFE SPORTS SOCIAL - MARCH 25, 2015

THIS YEAR'S KEYNOTE SPEAKER, BOB GFELLER, KNOWS BETTER THAN MOST HOW IMPORTANT IT IS TO MAKE SURE OUR KIDS HAVE THE CARE THEY NEED. HIS 15-YEAR-OLD SON MATTHEW DIED AFTER A FOOTBALL-RELATED TRAUMATIC BRAIN INJURY.



Matthew Gfeller loved football. He died doing what he loved. Come to the Social to hear more about Matthew and his family's efforts to make his death have meaning.

"Since Matthew died, Bob and his wife, Lisa, want kids to play it safe."

Matthew was one of three children. He was a hard-working, goal-oriented, motivated young man. He was a charismatic, well-liked Eagle Scout. He taped handwritten notes about his athletic goals around his room. He was passionate about football and one of his goals was to make the varsity football team. He did make the team. And he died in his first varsity game after a severe helmet-to-helmet collision caused a fatal brain injury. He never regained consciousness and died 2 days later on Sunday, August 24, 2008. Matt would be 22 now.

Since Matthew died, Bob and his wife, Lisa, have dedicated themselves to ensuring kids *play it safe* through prevention, recognition and treatment of youth sports head injuries. That's the mission of the Matthew Gfeller Foundation (www.matthewgfellerfoundation.org) created by the family after Matthew's death. After many years in the business arena, including most recently as Executive Vice President for Lowe's Home Improvement. Bob is currently the Executive Director of the Childress Institute for Pediatric Trauma in North Carolina. He is actively involved in trying to keep kids safe on a daily basis. Bob Gfeller will deliver the keynote address at this year's Social.



Our kids need you.

You're Invited
Wednesday, March 25, 2015
The Derryfield
Tailgating 5:15 | Game Time 6:7

RSVP today by contacting Laura Decoster via email at laura@nhmi.net or by phone at 603 627-9728

www.safesportsnetwork.org

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Contact Laura Decoster.
603 627-9728. Laura@nhmi.net.