

NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network

Winter 2016, Volume 22, No. 1

TWO MAJOR INJURIES DIDN'T KEEP ZACH DOWN

Zach's toughness + your contributions = A winning combination.



Zach Minch is now in top form. He made quick work of this opponent in January, pinning him in 20 seconds.

Zachary Minch was expected to be a big part of varsity football and wrestling in his sophomore season during the fall of 2014. Unfortunately, he had a couple tough breaks. Literally! In his third football game, he fractured his right femur. He rehabbed diligently and made his way back to sports for the winter season. But 11 days after joining the wrestling team, his hard luck continued when he sprained his right knee. He was again faced with the daunting task of another long-term rehab assignment. He missed 152 days of sports with these injuries! Zach showed considerable mental toughness as he pushed through his rehab. Finally he was ready to go for fall 2015. He hit the ground running at the start of

the 2015 pre-season. His hard work was immediately apparent. He quickly became a leader both on and off the field. Zach has had more adversity than most young athletes at Central, but he didn't let those obstacles keep him down for good. For all these reasons, Zach was the Perseverance Award winner at Central for the Fall of 2015. Athletes who persevere through injury and return to contribute to their team are considered for the award.

The cost of Zach's athletic trainer at Central is covered completely by Safe Sports donors. Thank you from Zach and several hundred other Central athletes!

“ *Zach [Minch] was the Perseverance Award winner at Central for the Fall of 2015. Athletes who persevere through injury and return to contribute to their team are considered for the award.*

”

HELP OTHER YOUNG ATHLETES SAFELY REACH THEIR POTENTIAL!

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

SAFER ATHLETES

LET'S CLOSE THE GAPS

Sports risks can be mitigated with attention to appropriate policies, preparation and personnel. Having appropriate personnel is arguably the most important because knowledgeable personnel can drive policy and preparation.

Is there anything worse than a child dying? How about learning that that death could have been prevented? Maybe even easily prevented? Deaths in professional and collegiate sports have declined. But high school sports deaths have stayed about the same. What can be done? Interventions in the areas of policy and preparation are of key importance. Let's talk today about personnel, though.



One strategy Safe Sports is employing to improve safety is to ensure that coaches and athletes are ready to act in emergencies. This photo shows a pre-season emergency drill at Bedford High School. These drills ensure immediate care even if the athletic trainer isn't right there.

Consider this –

- NFL: At the professional level, most teams have 4 or 5 full time athletic trainers (plus interns) to provide care for their 53-man roster. That's approximately 1 per 12 athletes.
- College: At the NCAA level, national guidelines determine the appropriate number of athletic trainers at each school. At Saint Anselm College here in Manchester, 4 full time athletic trainers (plus occasional per diem personnel) cared for 239 athletes this past fall. That's approximately 1 per 60 athletes.
- High School: Across the country, only 37% of high schools have even 1 full time athletic trainer. At Manchester Central High School, 1 half-time athletic trainer (provided by you, Safe Sports donors) cared for about 300 athletes practicing and playing at 6 different venues last fall. That's 1 for 300 athletes.

“ [11 high school football players died last fall.] Unfortunately, the loss of those 11 young men wasn't a fluke. In fact, another 11 died in 2014 and 18 died in 2013. ”

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Who's taking care of our kids?



presented by



THE DERRYFIELD
625 MAMMOTH RD., MANCHESTER
WEDNESDAY, MARCH 23, 2016
5:15 - 7PM



presented by



Wednesday, March 23, 2016

SOCIAL PROGRAM BOOK ADS HELP CLOSE THE GAPS

Safe Sports Social Program Book ads do double duty! Place an ad and kill two birds with one stone: get your message in front of 200 prominent citizens AND take care of kids! Ad prices range from \$75 to \$200. Reserve your ad today. Contact Laura Decoster. 603 627-9728. Laura@nhmi.net.

BECAUSE OF YOU

FALL 2015 BY THE NUMBERS: THE DIFFERENCE YOU MAKE

3,800 ▶ on-site athletic trainer hours at 8 high schools

2,000 ▶ approximate # of athletes under the Safe Sports umbrella in Fall 2015

300+ ▶ athletes on the medical watch list with potentially serious pre-existing conditions (roughly 40 at each school)

120 ▶ number of the medical watch list conditions that are cardiorespiratory or diabetic

? ▶ the hidden conditions no one knows about yet...

1 ▶ the number of correctly-handled medical emergencies it takes to make your contribution worth a child's weight in gold

LET'S CLOSE THE GAPS *Continued from pg 2*

Heightened media awareness brought more attention than ever to high school deaths this past football season. Unfortunately, the loss of those 11 young men wasn't a fluke. In fact, another 11 died in 2014 and 18 died in 2013. News stories from several of the incidents reported that there was no athletic trainer on the sideline. Of course it's not a foregone conclusion that any of the deaths could have been prevented. But, we must make sure – when life literally hangs in the balance – that we do everything we can to be sure every child goes home at the end of the game.

Obviously, you want to ensure kids are as safe as possible because you're already a Safe Sports donor. But, as you can see from the Central numbers above, we still have some work to do. Please consider an additional donation today.



A Central High School athlete practices CPR during Safe Sports Network's first Athletes Saving Athletes™ class in 2014. Central's sports teams practice at multiple venues making it even more important that first responders are trained and ready. Support from Harvard Pilgrim Health Care has brought this important knowledge to 300 students.

YOU CAN KEEP KIDS SAFE.

DONATE AT WWW.NHMI.NET OR RETURN THE ENCLOSED DONATION ENVELOPE.

THANK YOU

KEEPING HIS KIDS SAFE HAS ALWAYS BEEN STEVE'S #1 GOAL

Steve Coburn personifies the purpose of the award which recognizes an individual's commitment to youth sports safety.

The 2016 Safe Sports Star of the Year Award will be presented to Steve Coburn at the Safe Sports Social. The award is given to a person who through words and actions demonstrates his commitment to ensuring youth sports safety. Mr. Coburn is the head coach of the Manchester Bears youth football team in Manchester. Very early in his tenure with the Bears, Coach Coburn

reached out to Safe Sports Network to ensure his kids were as safe as possible. Even before the focus on concussion made sports safety "popular," he was on top of it. Many years ago, he started having a Safe Sports athletic trainer speak at his annual parents' meeting. In 2015, Coach Coburn orchestrated a sports safety, first aid and CPR lesson series for area youth football leagues.



2016 Safe Sports Star of the Year
Steve Coburn, Manchester Bears

Mike Hardy, former Assistant Director of Safe Sports remembers, "Steve saw the importance of injury prevention and education from the first time I met him. His passion for player development and safety is second to none. He continues to adapt and look for more ways to create a safer sports environment."

In recognition of Mr. Coburn's extraordinary commitment to youth sports safety, he is the 2016 Safe Sports Star of the Year.

YOUTH SPORTS SAFETY NET
A program of Safe Sports Network

ARE YOU DOING EVERYTHING POSSIBLE TO KEEP YOUR YOUTH LEAGUE SAFE?
Safe Sports Network can help you answer that question YES!
Call Amy today at 603 627-9728

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- 1. TRUE OR FALSE:**
Expensive high-tech helmets prevent concussion.
- 2. WHAT DOES R.I.C.E. STAND FOR?**
- 3. TRUE OR FALSE:**
There's no way to tell if your child is at risk for sudden cardiac arrest.

ANSWERS

1. False. While you certainly want your child wearing a newer helmet that incorporates the latest technology, helmets cannot prevent all concussions. That's because the helmet can't keep the brain from sloshing back and forth inside the skull. Make sure your child learns appropriate fundamental tackling techniques like those taught in the Heads Up program.

2. R.I.C.E. stands for Rest Ice Compression Elevation. RICE is generally recognized as appropriate first aid for sports injuries. The athletic trainers at the free Safe Sports Network drop-in clinic can help. Find more info at www.safesportsnetwork.org.

3. Actually True and False. In about 80% of cases, there is absolutely no warning or impending sudden cardiac arrest. However, if you have a family history of a relative dying suddenly under the age of 50 or if your child has ever fainted during activity, you should be sure your child has a thorough evaluation by a physician who is knowledgeable in sports-related sudden cardiac arrest.

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