

THANK YOU!

YOUR SAFE SPORTS SOCIAL CONTRIBUTIONS ADDED UP TO \$86,000 WORTH OF SPORTS SAFETY!



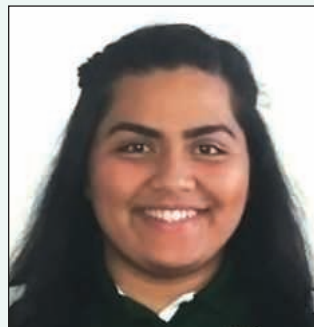
More than 200 gathered at the Derryfield in support of keeping young athletes safe. The highlight of the evening came near the end when Memorial High School senior Tom Joyce took the mic to directly thank donors who ensured that he survived exertional heat illness last fall.

A hearty thanks to all Safe Sports Social Sponsors. Led by title sponsor, New Hampshire Orthopaedic Center, your commitment made this year's Safe Sports Social a great success!

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

2016-2017 RESIDENTS SELECTED



Samantha Kattiria is from Florida. She has just graduated from the University of South Florida.



Benjamin Wheeler is from Michigan. He has just graduated from Northern Michigan University.

Sam and Ben will spend the next year 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 by taking care of young Manchester athletes.

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. TRUE OR FALSE:
Definitive and immediate management of sudden cardiac arrest makes a huge difference. Every minute care is delayed reduces survival by 10%.

2. HOW LONG DOES IT TAKE FOR ATHLETES TO ACCLIMATIZE TO EXERCISE SAFELY IN THE HEAT?

- a) Three hours
- b) Three hours
- c) 7 to 14 days

3. TRUE OR FALSE:
There are actual physical changes (like increased sweat rate, decreased pulse and blood pressure) that occur during heat acclimatization that make athletes safer.

ANSWERS

1. True. And sports and physical exertion are the most common cause of sudden cardiac arrest in the athletic population. It is imperative that coaches and athletes have CPR and AED training. Safe Sports Network's next CPR class is scheduled for Tuesday, August 2. Contact Amy@nhmi.net or visit www.safesportsnetwork.org to register for this class.

2. C. Adaptations that keep athletes safer in the heat take place over 7 to 14 days. This acclimatization process is aided by a good basic fitness level at the outset. In preparation for fall preseason practices, young athletes should exercise for several weeks in a climate-controlled environment to ensure that they are physically ready when sports start in August.

3. True. These and other changes develop over 7 to 14 days of exercise in the heat. The Korey Stringer Institute is a great resource for life-saving information about exercising in the heat. Visit their webpage at <http://ksti.uconn.edu/prevention/heat-acclimatization/>

NHMI NEWS

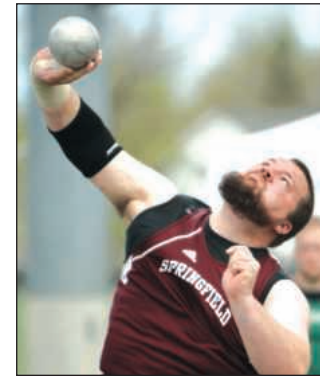


The newsletter for supporters of NHMI and Safe Sports Network

Summer 2016, Volume 22, No. 2

IN HIS OWN WORDS: BRANDON HAMMERSTROM ON THE IMPACT OF WINNING THE LETENDRE SCHOLARSHIP

2011 Letendre Scholarship Winner Graduates from Springfield College



Brandon is the kind of young man everyone wants to get behind. A great student and a great athlete. He's sincerely grateful to all the Letendre scholarship donors who sent him to camp.



Brandon, shown here in high school (inset) and currently, has graduated and is headed off to the University of Iowa to earn his Master's degree.

I injured my ankle in high school during my freshman football season. That was my first experience with athletic training. I spent a lot of time on the sidelines over the next two years. I got to learn a little about what my Safe Sports athletic trainer, Mike Hardy, did every day. When I asked about the field, he told me about the Letendre Memorial Scholarship.

This scholarship helps high school students attend camp to learn about athletic training. It definitely helped me. At the time, athletic training was on my list of possible majors but I really had no idea what I wanted to do. I still laugh about it today, but at the time of camp, I was debating between athletic training and aerospace engineering which is quite a big difference. My experience at camp was amazing. We worked with cadavers to learn anatomy. We learned taping, injury evaluation and some other basic skills. After going through this camp and some subsequent job shadowing, I was 100% sure that this was the field I wanted.

When deciding what schools to apply to, Springfield College had to land on my list because of my experience at their camp. The athletic training teachers at the camp were phenomenal. I made a strong connection with Professor Sue Guyer. She later became my mentor at Springfield College and she has had a big influence on getting me to where I am today.

"I still laugh about it today but at the time of camp, I was debating between athletic training and aerospace engineering which is quite a big difference."

Being a Springfield student allowed me the opportunity to participate in the camp from the other side as an instructor. Last summer I met Kaitlyn Maguire, the 2015 Letendre Memorial Scholarship winner. It was a pretty cool experience knowing that just a few years before, I attended the camp as a scholarship winner too. But now I could teach her what I had learned! I will be at camp this year too.

This fall I will be attending graduate school at the University of Iowa. I will be studying Health and Human Physiology with a concentration in Athletic Training and taking care of Iowa's Men's Gymnastics team. After Iowa, I am considering a doctoral program to teach this amazing field to the future of athletic training.

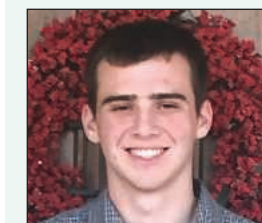
Thank you to everyone who donates to the Letendre fund. Winning the scholarship has made a huge difference in my life.

"Thank you to everyone who donates to the Letendre fund. Winning the scholarship has made a huge difference in my life."

Preseason Starts in a Month –

Use the Safe Sports online checklists to be sure your kids will be as safe as possible.
www.nhmi.net/checklists-fact-sheets.html

2016 SCHOLARSHIP RECIPIENTS



Lincoln Reville and Adriana Jimenez were the recipients of this year's Letendre Scholarship. Read more about them at www.nhmi.net.



SAFER ATHLETES

NH INTERSCHOLASTIC ATHLETIC ASSOCIATION MOVES TO KEEP YOUNG ATHLETES SAFER IN THE HEAT

The NHIAA's Sports Medicine Council recently approved requiring all coaches to take an online heat illness course/test



a heat illness knowledge test is great news. Coaches should understand what puts athletes at risk. Learning to recognize early signs of trouble will help coaches keep athletes safe. In a young athletic population, death from heatstroke is preventable with the right knowledge and practices.

Policy changes in professional and college sports have virtually eliminated heatstroke-related deaths at those levels. While this new NHIAA rule stops short of changes made at the upper levels (for example, limiting the number of hours of practice and double sessions held at the beginning of the season), it is an important first step.

Exertional heat illness is one of the leading causes of death among athletes. The move by the NHIAA to require coaches to take



Although hot weather is worse in the deep South, New Hampshire athletes are not immune from heat illness. Scroll down the homepage at www.safesportsnetwork.org and click on Tommy's picture to watch a video about Tommy's experience with heat illness last fall. (Access the video directly at vimeo.com/156736472.)

BECAUSE OF YOU

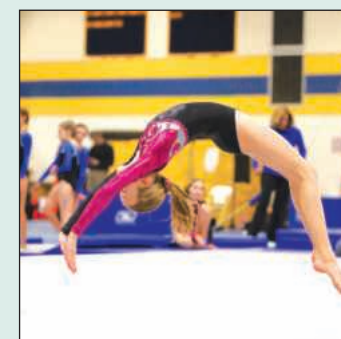
THANKS TO YOU, LOCAL MIDDLE SCHOOL ATHLETES ARE SAFER

Middle School Safety Infrastructure Project								
Program Component	Auburn	Bedford (Lurgio)	Goffstown (Mountain View)	Hooksett (Cawley)	Manchester Hillside	Manchester McLaughlin	Manchester Parkside	Manchester Southside
Emergency action plans	✓	✓	✓	✓	✓	✓	✓	✓
Coach CPR offered	✓	✓	✓	✓	✓	✓	✓	✓
Concussion protocols & law compliance	Awaiting SAU approval	✓	✓	✓	Awaiting SAU approval	Awaiting SAU approval	Awaiting SAU approval	Awaiting SAU approval
Concussion testing started	✓	✓	✓	✓	✓	✓	✓	✓
Injury care available	✓	✓	✓	✓	✓	✓	✓	✓

Grants from local foundations along with community donations have made kids safer at these eight middle schools.

Last spring, foundations and community donors made a financial commitment to improving middle school sports safety. In July 2015, work started on the middle school sports safety infrastructure project you funded. Now, more than 1500 athletes participating in area middle school sports programs are safer. Forty-three venue-specific emergency plans were created. Forty coaches were trained in CPR and first aid. Concussion management protocols were implemented. Schools are now compliant with New Hampshire concussion laws. Concussion baseline testing programs have launched at all eight schools. And young athletes have a place to go for professional sports medicine care (see inset). **On behalf of all of those young athletes, THANK YOU!**

MIDDLE SCHOOL GYMNAST PAIN-FREE AFTER MONTHS OF BACK PAIN



Makenna Lord's recent bout of low back pain started during a gymnastics practice. She had had this type of pain off and on for months, but had been toughing it out. She finally knew she needed to do something about it. Fortunately, her mom had heard about the Safe Sports drop-in clinic. Makenna was limping when she came into the clinic. Her pain (6 on a scale of 10) was burning and achy throughout the day. It

got worse with running and jumping activities. She was first treated with hands-on therapy and proper stretching. Next came core strengthening. Makenna and her mom were taught what they needed to do. They went home to perform stretching, strengthening and icing every day. She returned less than 5 days later with no limp, 0/10 pain, and overall feeling 90% better!

Makenna has returned to gymnastics without a problem...she has checked in a couple times and she is doing great!

Makenna and her mom send their thanks to Safe Sports donors who helped Makenna back to sports.

You can keep kids safe.

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

3,000

Your support helped more than 3,000 young athletes get concussion baseline tests over the 2015-16 school year. It is important to have baseline information on student athletes because there is no definitive medical test to diagnose concussion. Clinicians re-administer the same test after injury to help determine when athletes have recovered back to their "normal."



Safe Sports Network athletic trainer Kailah Donovan administering the balance portion of the C3 Logix concussion test.