



35 Kosciuszko Street | Manchester, NH 03101 | P: (603) 627-9728 | F: (603) 627-0880 | [www.safesportsnetwork.net](http://www.safesportsnetwork.net)

Dear Parent/Guardian:

My name is Sarah Karam (she/her/hers) and I am the Safe Sports Network certified athletic trainer (ATC) at Memorial High School. Certified athletic trainers work under the direction of a physician and are specialists in recognition and care of sports injuries. This fall marks my first year with Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes. I recently graduated with a master's degree in athletic training from Plymouth State University. In my free time, I like to play guitar, go to the gym, and enjoy any outside activity. I am excited to join Safe Sports and looking forward to serving the Manchester community.

Throughout the school year, you will see me on the sidelines taking care of athletes before, during and after most games and practices. If your child gets injured, I will assess the injury and either treat them or refer them to a doctor. Dr. Vailas of the NH Orthopaedic Center has volunteered his time to be our team physician. With direct access to NHOC physicians, your child can obtain appropriate care quickly. Although we have a team of physicians in place, we recognize and support your right to see any doctor you wish. If your child does see a doctor for an injury, please contact me so that I can help with your child's treatment and safe return to sports. **Please be aware that a doctor's note is required for return to sports ANYTIME your child sees a doctor.**

Your child also has access to the Safe Sports free injury evaluation clinic available weekday afternoons and Saturdays by appointment. The injury evaluation clinic is located at 35 Kosciuszko Street in Manchester. Your child can have their injury evaluated by one of our athletic trainers who will initiate a treatment plan or make a referral. If your child is under 18, you must either accompany your child or sign a parental consent form, which can be found on the Safe Sports website: [safesportsnetwork.org](http://safesportsnetwork.org).

If you have any questions or concerns throughout the season, please feel free to contact me. I wish your child a very safe, healthy and successful season!

Sincerely,  
Sarah Karam, MS, N.H. LAT, ATC  
603-627-9728 / [skaram@nhmi.net](mailto:skaram@nhmi.net)

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