

THANK YOU!

DONOR SPOTLIGHT: MARK LETENDRE

Mark Letendre has enjoyed a great career caring for professional baseball players and professional umpires.

How did you first hear about Safe Sports Network?

Great story! I was the head athletic trainer for a professional baseball team when I ran into my childhood friend, NHMI Founder and President, Dr. James Vailas. My team was visiting where, unbeknownst to me, Dr. V was a team doc. I called for the home team doc to examine one of my players in the visiting locker room...and in walks my high school buddy, 3,000 miles from Manchester, and completely out of context! After that, we kept in touch. A few years later, I wanted to start a scholarship to help high school students explore sports medicine as a career. I reached out to Dr. Vailas and NHMI VP Laura Decoster and the Letendre Memorial Summer Athletic Training Camp Scholarship was born.



Although Letendre now resides in Arizona, he is a Manchester native who still cares about kids in his hometown.

Why do you feel the community (the kids) need Safe Sports Network?

Safe Sports Network acts as a safety net ensuring free quality care for all children because Safe Sports will be there for them regardless of their socio-economic level! I know this is important. In my 40+ years in sports medicine, I have seen early athletic injuries impact the athlete's quality of life later on. Recently, I had to pare down my charity commitments but I have stayed involved with two: The Boys and Girls Club and Safe Sports Network.

"...I have seen early athletic injuries impact the quality of [adult] life...Safe Sports Network is a safety net for kids...regardless of their socio-economic level!"

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- TRUE OR FALSE:**
Delaying specialization in a single sport until late adolescence can lead to a higher chance of achieving athletic goals.
- TRUE OR FALSE:**
If an athlete's goal is to play sports beyond high school, there's no substitute for focusing on one sport from an early age.
- TRUE OR FALSE:**
A good rule of thumb to follow to prevent overuse and overtraining is that children should avoid participating in sports for more hours per week than their age.

Contact Amy@nhmi.net
or call 603-627-9728 for more
information on overtraining and
early sports specialization.

1. **True.** Playing multiple sports decreases the chance of injuries, stress and burnout while effectively "cross training" the whole body by providing different coordination/muscular demands and building a better all-around athlete.
2. **False.** In last year's NFL draft, 224 of the 253 picks played at least two high school sports.
3. **True.** There are several commonsense recommendations like this one. Another is taking at least one month off from competitive sports three times per year (not being inactive, but doing another sport or activity for fun) allows for physical and psychological recovery.

ANSWERS

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



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YOUR DONATIONS IN ACTION

A dislocated elbow was one of several significant injuries suffered by kids at this year's Varsity Football Jamboree.



Safe Sports athletic trainer Dave Moreton applies a protective brace for Trevor J.'s first game back. The injury kept Central's running back out for 4 weeks.

The Manchester Varsity Football Jamboree is the culmination of preseason practice each year. Central High hosts the Jamboree on the last Friday in August. Everyone is excited for the season to kick off... the WMUR sports team even broadcasts live from the event every year!

Thanks to contributions from donors like you, Safe Sports Network has been there every year for the past 25 years too...

Although most kids left Gill Stadium with no more than the usual football game soreness, there were several injuries over the five exhibition games. One example: Trevor J. dislocated his elbow during Central's game against Timberlane.

Trevor and the other injured athletes were cared for by Safe Sports athletic trainers who were on the sidelines because of your generosity.

See the sidebar for some detail about how you helped keep athletes safer during the August pre-season.

Thank you!

YOUR DOLLARS AT WORK

YOU HELPED KIDS in August with

1,432 hours of on-site staffing

213 new injuries evaluated

2,915 treatments provided

\$91,350 value of free care to kids

NHMI/Safe Sports Network
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Manchester, NH 03101
(603) 627-9728

THANK YOU TO OUR FOUNDATION SPONSORS



www.safesportsnetwork.org

You can be the answer.

The question: Who's taking care of our kids?

Donate now at www.safesportsnetwork.org or use the enclosed donation envelope.

SAFER ATHLETES

BECAUSE OF YOU

EARLY SPORTS SPECIALIZATION LIKELY TO BACKFIRE

Kids – and their families – need good advice.

Safe Sports donors can put professionals out there to provide it.

Every young athlete dreams of being his or her sport's next Tom Brady, but well under 1% of high school athletes reach the pros. Only about 1% receive a college scholarship... And only 3-11% compete at the college level.

Don't get me wrong. It's not a bad thing to have lofty goals. But there are significant downsides to overdoing it.

Early specialization can ruin an active lifestyle – for the rest of a child's life!

- Kids who focus on only one sport are 50% more likely to get hurt.
- About half of all youth sports injuries are overuse injuries.
- Overtraining syndrome (inadequate recovery) can cause hormonal, nutritional, and muscular issues, plus physical and emotional burnout.



Little league elbow is one example of a common preventable overuse injury. A recent survey found that 60% of all Tommy John surgeries are being done on 15 to 19 year-old athletes!

According to the American Academy of Pediatrics, prevention, early recognition and appropriate care for youth sports injuries is essential to avoid long-term complications.

Safe Sports Network donors: You can make a difference for kids and their families by putting professionals out there to keep kids safer.

“Kids who focus on only one sport are 50% more likely to get hurt.”



4 ways you can help keep kids safer right now.

AmazonSmile Shopping

THE HOLIDAYS ARE COMING!
Keep kids safer as you shop!
smile.amazon.com/ch/02-0471046

Donate a Raffle Gift

Give a service or product we can include in our raffle fundraiser.
Email or call
laura@nhmi.net
603-627-9728

Shuffle or Volunteer

Register for the Santa Shuffle (even if you don't run, walking Elm St. in a Santa suit is fun!) and encourage your friends to support your cause.
millenniumrunning.com/santa

Sponsor the 2018 Social

Sponsorship and program ad prices to fit every budget (from \$75-\$7500).
Email or call
laura@nhmi.net
603-627-9728



FREE
CPR Training - Nov 15
Concussion Testing - Nov 18
Sports Physicals - All Week

Register at www.safesportsnetwork.org or call: 603-627-9728



Join these sponsors to keep young athletes safer.
Donate now at www.safesportsnetwork.org or use the enclosed donation envelope.