

THANK YOU!

DONOR SPOTLIGHT:

DICK ANAGNOST/ANAGNOST COMPANIES

Dick's philanthropic efforts in the community are remarkable – both through his business interests and the Granite State Poker Alliance.

How has Safe Sports Network been important in your life?

I first learned about Safe Sports when my sons played youth football. I counted on Safe Sports to keep my kids safe right through high school.

You have been a Sponsor and a Table Champion at all six Safe Sports Socials. Is there a Safe Sports story that sticks in your mind?

Young athletes from Safe Sports high schools demonstrated a Drop-the-Dummy drill at the Social this year. That has really stuck with me. In fact, I couldn't stop talking about it for the first several days after the Social. It was so great to see the kids taking charge like that. Calling for an ambulance, starting CPR, getting the AED attached and delivering the life-saving shock. I believe that if those kids needed to save a life, they could do it. After the demonstration, each of the kids told the audience how much safer and more confident it made them feel knowing that they were prepared. The whole thing was really amazing and honestly, it made me feel great knowing that I'm a part of that.

“...I believe that Safe Sports makes a difference for kids and that ultimately that makes a difference for the community.”



Dick Anagnost has been an Annual All-State Sponsor and Champion of the Safe Sports Social since its inception in 2013.

What factors were important in your decision to become a Safe Sports donor? Why do you continue to donate for youth sports safety?

I believe that Safe Sports makes a difference for kids and that ultimately that makes a difference for the community. I am committed to the community and I do my best to help.

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. What percentage of youth sports injuries are directly associated with overuse (i.e. repetitive motions like throwing)?
2. **TRUE OR FALSE:** Lyme Disease can masquerade as a sports injury.
3. **TRUE OR FALSE:** “Cross training” or playing more than one sport can help prevent injuries.

or other sports medicine topics
for more information on these
or call 603-627-9728
Contact Amy@nhmi.net

1. Some estimate that over 50% of youth sports injuries are associated with overuse. Increasing intensity and duration of activities gradually, mixing activities so muscles and joints are used differently while still gaining strength and LISTENING to your body when it tells you to slow down are all important ways to prevent this type of injury.
2. **True.** While Lyme disease may initially present with flu-like symptoms, joint pain and swelling also occur. Especially in children.
3. **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.

ANSWERS

THANK YOU TO OUR FOUNDATION SPONSORS



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NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



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YOUR DONATIONS IN ACTION

You and the other members of the Safe Sports Donor Team
keep kids safer every day with Emergency Action Plans!



One example of how you make a difference for kids:

Every season, Safe Sports athletic trainers work with coaches and athletes from every sport to create emergency response crews for each team. Athletes who are part of their own teams' emergency crews attended this year's Social in March. They demonstrated a Drop-the-Dummy drill to show how Sudden Cardiac Arrest Teams function to help maintain an ill/injured athlete until professional help arrives.



2018 Perseverance Scholarship Winner



PRIMARY BANK PERSEVERANCE SCHOLAR: Monique Sirois

Monique Sirois suffered a knee injury last winter that ended her high school sports career. That was heartbreaking for this three-sport athlete, but she was committed to staying involved. She kept the stats for the rest of basketball season, then made a mark helping to organize team activities during lacrosse preseason. Monique's character, commitment and contributions to her teams were honored with the 2018 Primary Bank Perseverance Scholarship at this year's Safe Sports Social.

YOUR DOLLARS AT WORK

YOU HELPED KIDS
in Winter 2017-2018
with:

- **2,965** hours of onsite staffing
- **3,543** treatments provided
- **259** new injuries evaluated
- **\$119,324** value of free care to kids

Thank you!

SAFER ATHLETES

ONE SIGN YOU NEVER WANT TO IGNORE

Often, there are no warnings of impending Sudden Cardiac Arrest in a young athlete.
If you're "lucky" enough to get a sign, don't miss it!

Sudden cardiac arrest is the number one killer of young athletes. Unfortunately, usually the first sign of an underlying condition that could cause sudden cardiac arrest is the athlete's death. Probably the most important advanced warning sign we can get is fainting during athletic activities. In cases where the athlete quickly recovers, though, this sign can be missed or underappreciated. If you know an athlete who faints during sports activities, it is imperative that he or she be seen *by someone who is knowledgeable about sports cardiology*. Until that expert evaluates and clears a return to sports, the athlete should be kept from participating. It is also important to recognize that athletes with a family history of a close relative dying of sudden cardiac arrest before the age of 50 have a higher risk of suffering sudden cardiac arrest themselves.



Doctors and other healthcare providers update their knowledge about sudden cardiac arrest at a recent continuing medical education event presented by Safe Sports Network's parent organization, NH Musculoskeletal Institute.

Thorough emergency action planning, CPR and AED training save lives. It is estimated that 50% of these young lives are saved by early CPR and AED use.

"...The most important advanced warning sign we can get is fainting during athletic activities."

As a Safe Sports donor, you make it possible for coaches and young athletes to act as first responders – using skills they are taught by Safe Sports staff – to maintain an ill/injured athlete until professional help arrives.

2011 LETENDRE SCHOLARSHIP WINNER EARNS ATHLETIC TRAINING MASTER'S DEGREE

Brandon Hammerstrom attended summer athletic training camp at Springfield College in 2011. He went on to study athletic training at Springfield, graduating in 2016. Brandon has just completed advanced studies in athletic training, earning his master's degree from the University of Iowa. Congratulations Brandon!

The Letendre Scholarship receives applications from high school students across the country. See page 3 to learn about this year's winners.



Brandon Hammerstrom

SAFE SPORTS NETWORK WINS RED HAYES AWARD



Honored for Community Service by
NH Chapter of National Football Foundation



Executive Director, Laura Decoster, accepted the award on behalf of Safe Sports Network donors and volunteers. Nothing that Safe Sports Network does would be possible without you. **Thank you!**

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.

BECAUSE OF YOU

KNOWING YOU MADE A DIFFERENCE FEELS GREAT

Corinne R. had the support she needed because you care about kids.



Corinne is a three-sport athlete at West High School. She tore her ACL playing soccer then missed her winter season. But she worked hard and made it back for track.

CORINNE R. plays sports year-round. She was taking a shot during a soccer scrimmage in August 2016 when she was struck by an opponent. She knew something was wrong right away. She went to see her Safe Sports athletic trainer, who recognized the serious injury immediately. She had surgery to reconstruct her ACL, then threw herself into her rehabilitation. She was very engaged and wanted to be sure that she was taking every possible step to return to sports as quickly and safely as possible. She was cleared to return to sports 7 ½ months after her injury. She's now focused on running and was an important part of West's cross-country, winter track and spring track teams this year.



Corinne was excited to receive her gift bag after the Safe Sports Social. Generous donors provided gift cards for restaurants and activities to fill bags for over 20 athletes.

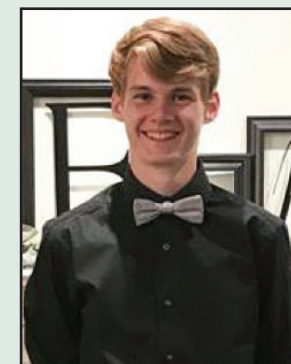
A WINNER FROM EACH COAST FOR THE 2018 SCHOLARSHIP

The Letendre Scholarship provides summer athletic training camp tuition.



Sara Kaiser will attend camp at Stanford.

SARA KAISER is a Sophomore at Presentation High School in San Jose, California. She became interested in athletic training through her own personal experiences with injuries and working with the athletic trainer at her high school. Sara is interested in a career in athletic training or physical therapy. Sara is a lifetime soccer player, a youth soccer referee, enjoys reading athlete memoirs, and volunteering, all while maintaining a 3.76 GPA.



Luke Chastain will attend camp at Springfield College.

LUKE CHASTAIN is a Junior at New Milford High School in New Milford, Connecticut. Luke became interested in the field of Athletic Training after being injured and working with his athletic trainer to get back on the field. Luke enjoys playing soccer and running track (team captain) and playing video games. He's a Boy Scout and is active in his local church. Although he is very busy, he is still able to maintain a 3.66 GPA.

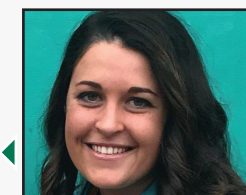
The Letendre Memorial Scholarship was created to honor Bertrand and Blanche Letendre, parents of Mark Letendre. Mr. Letendre is a Manchester (NH) native. He attended Central High School then studied athletic training at the University of Maine-Orono. Mr. Letendre was recently inducted into U Maine's Hall of Fame. Mr. Letendre currently serves as Major League Baseball's Director of Umpire Medical Services.

2018-2019 RESIDENTS NAMED



▶ Melissa Hango is from Vermont. She has just graduated from Norwich University.

Erin Baker is from Delaware. She has just graduated from the University of North Carolina-Wilmington.



NHMI's Athletic Training Residency is nationally recognized. This comprehensive program strives to teach participants excellence in sports medicine.

Our 2018-2019 residents are
Melissa Hango and Erin Baker.