



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

Dear Parent/Guardian:

My name is Dave Moreton and I am the certified athletic trainer (ATC) at Central 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 12th year with Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes. I grew up in Lynnfield, MA, where I spent countless hours playing soccer, hockey, baseball and track. I completed my Athletic Training undergraduate studies at Colby-Sawyer College in 2003, where I competed in men's soccer and track & field. I became an ATC because it allows me to combine my two greatest passions; sports and medicine. In 2010, I earned my Strength and Conditioning certification, allowing me to offer sport-specific programs to help Central athletes improve their speed, strength and conditioning.

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 drop-in injury clinic available weekday afternoons and Saturdays by appointment. The drop-in injury clinic is located at 35 Kosciuszko Street in Manchester. Your child can have his/her 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

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,
David Moreton, N.H.LAT, ATC, CSCS
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