



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

Dear Parent/Guardian:

We are Lee Matthews and Beth Lewis and we will be the certified athletic trainers (ATC) for the athletes at West High School during the 2019-2020 school year. Certified athletic trainers work under the direction of a physician and are specialists in recognition and care of sports injuries. This fall marks the start of our one-year residency with NHMI and Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes.

Lee graduated from Ithaca College in May 2019 with a B.S. in Athletic Training. In his spare time, Lee enjoys hiking and skiing. Beth graduated from the University of Vermont in May 2019 with a B.S. in Athletic Training. In her spare time, Beth enjoys running, hiking and being outdoors.

Throughout the school year, you will see us on the sidelines taking care of athletes before, during and after most games and practices. If your child gets injured, we 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 us so that we 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](http://safesportsnetwork.org)

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

Sincerely,

Lee Matthews, N.H.LAT, ATC & Beth Lewis, N.H.LAT, ATC  
603-627-9728 / [athletictrainer@nhmi.net](mailto:athletictrainer@nhmi.net)

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