

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Winter 2019, Volume 24, No. 1

YOUR DONATIONS IN ACTION

Perseverance, Resilience and **You** made a difference for Jessica!

Midway through her field hockey season, Jessica Rioux was defending her zone when an opponent wound up and delivered a line drive toward the net. That ball struck Jess in the forehead, causing an audible “crack” that was heard throughout the stadium and stunned the crowd. The crowd was relieved when she walked off the field. But she had a concussion and an impressive “egg” on her forehead. This is where you come in. Your support meant Eric Gelinis, a Safe Sports athletic trainer, was there to put Jess through a battery of neurological and functional tests and monitored her over the next few weeks.

“The [field hockey] ball struck Jess in the forehead, causing an audible “crack” that was heard throughout the stadium and stunned the crowd.”

Once her concussion symptoms subsided and her tests were back to her baseline levels, she began her return-to-play progression. Jessica worked hard and kept a positive attitude showing perseverance and resilience. She kept her eyes on her goal: playing in at least one more game before the end of the season. Jess, the team Captain was able to play safely in her last game of the season, leading her team against a tough opponent.

Congratulations to Jess on her recognition as Fall 2018 Safe Sports Network Perseverance Award winner at Bedford High School. And, THANK YOU for being part of the Safe Sports Team!!



Jess Rioux – Bedford's Fall 2018 Perseverance Award Winner

YOUR DOLLARS AT WORK

YOU
HELPED KIDS
in Fall 2018 with

4,183 hours
of onsite staffing

729 new injuries
evaluated

10,255 treatments
provided

\$317,601 value
of free care to kids

FOCUS. DETERMINATION.
Sports help kids succeed.
Safety is the first step.

You can help keep young athletes safer.
Buying a raffle ticket gives you 30 chances to win a cool prize and 100% chance of making a difference.

Buy your raffle tickets at www.safesportsnetwork.org

SAFER ATHLETES

Thank you, Volunteers!

Volunteers made an important impact in several areas in 2018!



HOURS DONATED!

- ✓ **CONCUSSION TESTING**
- ✓ **STRATEGIC PLANNING**
- ✓ **EDUCATION**
- ✓ **FUNDRAISING**
- ✓ **BRAND AWARENESS**

**THANK
YOU,**
Volunteers!

**Kids are safer
because of YOU!**



2019 SAFE SPORTS STAR OF THE YEAR WINNER TO BE HONORED AT MARCH SOCIAL

This award recognizes a person who, through words and actions, demonstrates his/her commitment to ensuring youth sports safety.



Scott Evans is a fixture on sports sidelines around greater Manchester.

The 2019 **Safe Sports Star of the Year Award** will be presented to Scott Evans at the Safe Sports Social on March 20, 2019. Mr. Evans, a physician's assistant, is a fixture on sports sidelines throughout the community at the high school, collegiate and professional levels. In addition to his role with several high schools in southern NH, he is part of the sports medicine teams at the Manchester Monarchs, Saint Anselm College and Southern New Hampshire University. He brings that professional and collegiate knowledge and experience to good use for Safe Sports kids by taking care of them both directly and by helping their athletic trainers deliver top-notch care. His commitment is extraordinary, and he is most deserving of this recognition.

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

SUPPLEMENTS – AT BEST, HELPFUL. AT WORST, DANGEROUS.

The Supplement business is largely unregulated.



Most experts agree athletes who eat (enough) healthy diets don't need supplements.

What to eat? When to eat it? When to supplement? What to supplement with? So many questions surround the topic of nutrition, especially when it comes to athletic performance. With a new fad diet or craze being introduced nearly every day, it can be hard to keep up. There is no shortage of advertisements or “advice” for athletes related to eating for performance. The problem is that most of that information is coming from supplement companies themselves. But you don't have to rely on your favorite actor or a clever ad campaign to tell you which supplements to choose. Although most registered dietitians recommend a “food first” approach when it comes to supplement use, we know athletes are always seeking an edge. And that may lead them to supplements. However, some supplements don't work. And some are dangerous.

DID YOU KNOW?

- Supplements are not regulated, or even reviewed, by the FDA for safety and effectiveness.
- Many supplements have been found to be tainted with drugs and other chemicals, such as lead and arsenic.
- Some supplements can also contain banned substances. These can ruin an athlete's eligibility for competing at top levels.
- There are independent companies that DO screen supplements for contents, strength, purity and effectiveness. Seals of approval like those from The Clean Label Project or USP Verified can at least help ensure that what's on the label is actually what's in the bottle.

“

...some supplements don't work. And some are dangerous.”

As a Safe Sports donor, you make it possible for coaches and young athletes to have sports medicine experts on hand at their schools. Staff can provide information on nutrition, injury prevention and recovery, and all-around sports safety. Contact amy@nhmi.net.



WILL YOU TELL TWO FRIENDS?



The Safe Sports Network offers the **Youth Sports Safety NetSM** program to help ensure safety and preparedness for recreational athletes. Emergency planning, CPR training, review of pre-existing medical conditions and concussion programming – **free because of your generosity!** There's no doubt that the more people know about Safe Sports, the more kids will get the care they need.

WILL YOU HELP SPREAD THE WORD?

THANK YOU!

DONOR SPOTLIGHT: JOHN MORTIMER / MILLENNIUM RUNNING

Safe Sports is the charitable beneficiary of the Annual Santa Shuffle.

What is Millennium Running?

Fueled by the passion of promoting healthy lifestyles, Millennium Running runs 19 Signature Road Races, a Running Specialty Retail Store, a Running Club, and Timing & Event Services for over 125 events annually. Founded in 2010, Millennium Running quickly became NH's largest road race management company. More than 29,000 runners participate in Signature Events each year. Millennium Running strives to strengthen the community with its charitable efforts, raising more than \$500,000 for non-profits since 2010.

How does Safe Sports Network's mission align with yours?

Keeping young athletes healthy is critical. Running can become a lifelong activity for athletes when they are finished in their competitive sports careers.

How have athletic trainers been important in your running career?

Athletic trainers were critical to my success as a highly competitive runner in my younger years. I would never have won State Championships at Londonderry HS, earned All American honors at Michigan or run for Team USA without the amazing athletic trainers I encountered.

“As long as we are financially able, we will always be donors to Safe Sports.”



John Mortimer is the founder/owner of Millennium Running.

Is there a Safe Sports story that sticks in your mind?

Last year's student-led Drop-the-Dummy drill was a powerful display of the great work the Safe Sports is doing with our young people. Millennium participants have had 4 heart attacks during events over the past 8 years. Fellow runners were always the first to jump into action to save lives while our on-site medical professionals responded to the location. The idea of athletes as first responders resonated with me!

Why did you become a Safe Sports donor?

I was introduced to the Safe Sports by founder Nick Vailas and it took about 2 seconds for me to understand why the great work Safe Sports does is critically important. As long as we are financially able, we will always be donors to Safe Sports!

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. **TRUE OR FALSE:**
Dietary supplements are evaluated and reviewed by the FDA for safety and effectiveness.
2. How many ACL injuries occur in the US each year?
 - a. 20,000
 - b. 200,000
 - c. 50,000
 - d. 500,000
3. **TRUE OR FALSE:**
Regularly throwing/pitching despite arm fatigue is a major factor in injury.

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

- ANSWERS**
1. **False.** Unlike drugs, dietary supplements aren't evaluated or reviewed by FDA for safety and effectiveness, and even "natural" supplements can be risky depending on the medicines you take or the medical conditions you have. In recent years, hundreds of supplements also have been found to be tainted with drugs and other chemicals. Always talk to your doctor before you take a new supplement, and avoid any supplement claiming it's a "cure."
 2. **B.** Approximately 200,000 ACL injuries occur in the United States every year, according to the AAOs. But remember, prevention programs have been developed and scientifically shown to help reduce an athlete's chance of injury. Safe Sports can help you implement prevention program for your kids. **Contact Amy@nhmi.net or call 603-627-9728.**
 3. **True.** Pitchers who reported doing this were 36 times more likely to suffer an injury. Diving right into hard throwing without appropriate preparation is also a factor...sprung ball players should be involved in return to throwing programs now!

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

www.safesportsnetwork.org

THANK YOU TO OUR FOUNDATION SPONSORS

