



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

Dear Parent/Guardian:

We are Sara Horne and Beth Lewis, and we are the certified athletic trainers (ATC) at Bishop Guertin 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 Sara and Beth's 2nd year with Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes.

Sara begins her first year as the head athletic trainer at Bishop Guertin. She is originally from Nashua, NH and received her B.S. in Athletic Training from the University of Maine in Orono in 2018. In her spare time, Sara enjoys reading, watching a movie, and relaxing with friends.

Beth begins her first year as assistant athletic trainer at Bishop Guertin. She is originally from Acton, MA, and graduated with her B.S. in Athletic Training from the University of Vermont in 2019. In her free time Beth enjoys running, hiking, and hanging out with her dog.

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. Bouvier 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

Please feel free to contact us. We wish your child a very safe, healthy and successful season.

Sincerely,

Sara Horne, N.H.LAT, ATC, Beth Lewis, N.H.LAT, ATC
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President: James C. Vailas, MD

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