



For immediate release

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## Athletic residency news

NHMI/Safe Sports welcomes new residents and recognizes 2019-2020 graduates

**Manchester, NH** (August 20, 2020) NHMI (New Hampshire Musculoskeletal Institute)/Safe Sports are excited to announce that **Cassie Lammers** and **Tori Reagan** have been named Athletic Training Residents for the 2020-2021 year.

For over 25 years, NHMI has provided an intensive learning and hands-on experience for athletic training professionals seeking to enhance their skills in the field of medicine. In 2013, the organization became the first CAATE (Commission on Accreditation of Athletic Training Education) Accredited Athletic Training Residency program in the country.

“Our Residency Program is an opportunity for certified athletic trainers to see and learn more in one year than they could hope to see in a career,” said **Amy Hollingworth**, Executive Director at NHMI/Safe Sports. “Over an intensive one-year period, residents participate in rotations with physicians and other allied health professionals, gain research experience and participate in hands-on athletic training opportunities.” Hollingworth added that the program includes improving the Residents' fundamental knowledge of human anatomy and physiology, understanding of medical care for various conditions and gaining interpersonal skills for working within the medical community.

Hollingworth went on to congratulate **Beth Lewis** and **Lee Mathews**, who completed the program in July. “Beth and Lee were wonderful members of our team for the past year,” said Hollingworth. “We wish them the very best in the next phase of their careers.” Lewis is currently working with Safe Sports as an assistant athletic trainer for Bishop Guertin High School in Nashua and Mathews is working at an orthopedic sports medicine clinic and as an outreach athletic trainer in Buffalo, NY.

**More**

NHMI residents are chosen from a nation-wide pool of applicants and undergo an intensive application process.

Lammers is from Port Washington, New York and graduated from SUNY Brockport with a dual Bachelor of Science Degree in Athletic Training and Kinesiology in May of 2018. She received a Master of Science Degree from Adelphi University in May 2020.

Reagan is from Medway, Massachusetts, and graduated from Ithaca College with a Bachelor of Science Degree in Athletic Training in May 2017. She has been working as an athletic trainer at private boarding schools in Maine for the past three years.

“Cassie and Tori each bring impressive backgrounds to our organization and we’re thrilled to welcome them to the program,” stated Hollingworth.

#### **About the Safe Sports Network**

Our organization was founded in 1989 with free sports physicals for high school student athletes and today, the Safe Sports Network provides injury care daily at nine high schools and in its drop-in clinic as well as education for coaches, parents, and athletes.

Although participation in high school sports is a very important part of social, physical, and personal development, it is not without risk. In fact, 3.5 million young athletes are treated for sports injuries annually. Without sports medicine professionals on hand, potentially life-threatening conditions, like concussions or heat stroke, may go unrecognized and result in unnecessary death or disability. Safe Sports Network is dedicated to promoting and providing a safe sports environment to young athletes in New Hampshire.

To learn more, please visit: [www.safesportsnetwork.org](http://www.safesportsnetwork.org)

Safe Sports is part of the NH Musculoskeletal Institute (NHMI), a 501(c)(3) organization dedicated to the advancement of knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.