

# NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Winter 2020, Volume 26, No. 1

## YOUR DONATIONS IN ACTION

— Caitlyn's grit and determination, and your support, — helped her get strong enough to get back in the game.

Caitlyn missed the entire soccer season when she tore her left ACL her freshman year at Bishop Guertin. After surgery and several months of rigorous rehabilitation, Caitlyn made a strong comeback. She was even named co-captain her sophomore year! But six games into that season, she tore her other ACL and missed the rest of the season and her entire lacrosse season the following spring.

*“Your donations made it possible for Caitlyn to get back on the soccer field safely.”*

One ACL injury didn't stop Caitlyn from playing and neither did two. Caitlyn's great work ethic and never-ending positive attitude helped her endure the recovery process again, with as much grit and determination as before.

Caitlyn worked hard with her Safe Sports Athletic Trainer Katelyn and her physical therapists. In fact, she surpassed her pre-injury level of performance when she returned to the field her junior year. This past fall, Caitlyn helped lead her team to the semi-final round of the NHIAA tournament.

*“Caitlyn is without a doubt the most positive kid I have ever had the pleasure of working with,”* said Katelyn Metzger, her Athletic Trainer. *“She has a never-give-up attitude, is a fierce competitor, and is the type of teammate and captain that coaches dream about.”*

Your donations made it possible for Caitlyn to get back on the soccer field safely.

THANK YOU!



Caitlyn came back from two ACL injuries!

## YOUR DOLLARS

### AT WORK

YOU  
HELPED KIDS  
in Fall 2019 with

**4,381** hours  
of onsite staffing

**1008** new injuries  
evaluated

**16,385** treatments  
provided

**\$464,582** 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. 3 easy ways to buy your raffle tickets:

- Text SAFESPORTS2020 to 76278
- Scan the QR code above
- Go to [www.safesportsnetwork.org](http://www.safesportsnetwork.org)



# SAFER ATHLETES

## STUDENT AMBASSADORS MAKING AN IMPACT IN OUR COMMUNITY

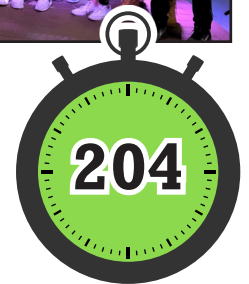
- ✓ CONCUSSION TESTING
- ✓ SANTA SHUFFLE FUNDRAISER FOR SAFE SPORTS
- ✓ COMMUNITY SAFETY EDUCATION
- ✓ BRAND AWARENESS



*Thank You Volunteers!*



**Number of  
Ambassador  
Volunteer Hours  
since Fall 2019:**



## 2020 SAFE SPORTS STAR OF THE YEAR WINNER ANNOUNCED.

**Andrea Isaak Elliot, Bishop Brady High School Principal**



We're excited to announce that Andrea Isaak Elliot will be awarded the **2020 Safe Sports Star of the Year Award** on March 18, 2020 at the Safe Sports Social. This award is given to a person who through words and actions demonstrates his or her commitment to ensuring youth sports safety.

Ms. Elliot has prioritized safety since she started coaching many years ago. She currently donates time as a member of the NHIAA's Sports Medicine Committee and NH's Athletic Training Governing Board. Her commitment is extraordinary, and she is most deserving of this recognition.

*"We're excited to acknowledge Andrea for all her efforts to ensure her students are as safe as possible,"* said Laura Decoster.

**You** can be the answer. The question: Who's taking care of our kids?  
Donate now at [www.safesportsnetwork.org](http://www.safesportsnetwork.org) or use the enclosed donation envelope.



# BECAUSE OF YOU

## SAFE SPORTS STUDENT AMBASSADORS SUPPORT THE COMMUNITY ON AND OFF THE FIELD

**In January,** Eversource opened their doors to teach Safe Sports Network's Student Ambassadors about electrical safety and how the company safely delivers reliable power to more than 500,000 Granite State homes and businesses. Students took a guided tour of the energy company's state-of-the-art control center and Eversource line workers provided a live-line demonstration that taught students safe practices around power lines. Eversource is the title sponsor for the Safe Sports Student Ambassador Program.

*"The Safe Sports Ambassadors are making a meaningful difference as stewards of safety on the field and in their communities,"* said Eversource NH President Joe Purington. *"At Eversource, we share this core value and appreciate the opportunity to show the students the steps we take every day to ensure the safety of our team and our neighbors."*

**In December,** more than 40 Ambassadors rallied at the BASC Santa Claus Shuffle to distribute holiday treats and help raise more than \$6,000 to help keep kids safer!



Line workers at Eversource showed kids the tools used to fix broken power lines and safe practices around power lines.



Eversource NH President Joe Purington spoke to the Ambassadors and talked about shared values for community safety.



Student Ambassadors handed out treats to more than 2,000 runners!



Student Ambassadors support runners in style at the BASC Santa Claus Shuffle.

# THANK YOU!

## DONOR SPOTLIGHT: NATALIE JUTRAS IN HER OWN WORDS

Natalie Jutras supports kids so they can benefit from the same opportunities that sports gave her growing up.



Natalie Jutras is the Director of Development at the Boys & Girls Club of Manchester and a Safe Sports Olympic Champion.

As a former high school and collegiate athlete, I know how important frontline treatment is to minimize injury. While I've benefited from the quick fix of a taped ankle, I've also had injuries that required regimens to reduce my time on the sideline and ensure a safe return to play.

The Safe Sports Network is committed to youth sports safety. I learned about this incredible organization as Athletic Director for the Boys & Girls Club of Manchester. Although I knew that they provided free physicals and free assessments for sport-related injuries, I quickly learned that Safe Sports does even more. Besides serving the Greater Manchester community, and offering courses for sports-related care, they directly support young athletes.

*“ I choose to support the Safe Sports Network because sports provided me and my family with incredible opportunities growing up. I hope I can help the kids in our community have access to the same opportunities that I did. ”*

Their Student Ambassador program also encourages kids to be leaders and give back to their community. The Athletes Saving Athletes™ program teaches kids how to save lives on and off the field. What an incredible gift to our athletes and community.

Safe Sports Network knows that sports are more than just playing ball. It is about learning how to take direction and overcome disappointment. It helps kids manage expectations while learning how to be a good teammate and a strong leader. I choose to support the Safe Sports Network because sports provided me and my family with incredible opportunities growing up. I hope I can help the kids in our community have access to the same opportunities that I did.

### What is an Olympic Champion?

A donor who has made a 3-year financial commitment to help keep kids safer. We invite you to join Natalie on the Olympic Champion team. Contact Tracey at [tracey@nhmi.net](mailto:tracey@nhmi.net) for more information.

## TEST YOUR SPORTS MEDICINE KNOWLEDGE!

*Do you know the answers  
to these questions?*

1. **What type of knee ligament injuries are most common?**
  - a. Female non-contact ACL injury
  - b. Male non-contact ACL injury
  - c. Female contact ACL injury
  - d. Male contact ACL injury
2. **Relative Energy Deficiency in Sports (RED-S, formerly known as Female Athlete Triad) presents with which symptoms?**
  - a. Inadequate calorie intake to fuel activities and body functions – either intentional OR unintentional – under-eating
  - b. Absent or infrequent menstrual periods
  - c. Fatigue and frequent illness
  - d. All of the Above

Safe Sports is celebrating National Girls & Women in Sports Day in February! For stories and pictures go to [Facebook.com/Safesports](https://facebook.com/Safesports)

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

1. (a) Female non-contact ACL injury. It is estimated that 70-80% of ACL injuries are non-contact (not involving another athlete) injuries. Females are 2-10 times more likely to suffer an ACL injury than their male counterparts. Women's soccer and basketball have the highest prevalence of injuries. 2. (d) All of the Above. All these symptoms are part of the RED-S diagnosis. RED-S is a serious illness that can affect girls and boys and can cause life-long problems.

ANSWERS

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

[www.safesportsnetwork.org](http://www.safesportsnetwork.org)

THANK YOU TO OUR FOUNDATION SPONSORS

