

35 Kosciuszko Street - Manchester, NH 03101 - P: (603) 627-9728 - F: (603) 627-0880 - www.nhmi.net - E: amy@nhmi.net

Board of Directors

James C. Vailas, MD President Amy T. Hollingworth, ATC, RN Executive Director

George A. Bentas, CPA Jane T. Clayton, M.Ed. Eleanor Wm. Dahar, Esq. Laura C. Decoster, ATC Scott Evans, PA-C Marjorie A. King, PhD, ATC, PT, FACSM Nicole Lane Jeffrey P. Seifert

Nicolas J. Vailas, MS

#### Advisory Board Scott D. Boden, MD Emory University

William W. Dexter, MD, FACSM Maine Medical Center & Orthopaedic Associates of Portland

Kevin M. Guskiewicz, PhD, ATC, FNATA University of North Carolina - Chapel Hill

Shepard R. Hurwitz, MD

Mark J. Lemos, MD Lahey Hospital & Medical Center

Mark A. Letendre, ATC Prof. Baseball Umpire Medical Services, Retired

> Tamara C. McLeod, PhD, ATC, FNATA A.T. Still University

David H. Perrin, PhD, ATC, FNATA University of North Carolina - Greensboro

> Pamela J. Russell, PhD Bridgewater State University

Steven W. Schubert Morgan Stanley Financial Advisor, Retired

> Arthur C. Vailas, PhD Idaho State University, Retired

June 14, 2021

Dear Donor:

•

You make a difference every day for young athletes in greater Manchester. Despite the many challenges posed by COVID-19 in 2020, kids still needed you to help keep them safer and on track for success every day!

- You put athletic trainers on site for over 6,500 hours\* at 9 high schools to care for young athletes last school year!
  - Your support meant Safe Sports Network's Youth Concussion Management expertise was there for over 150 children who suffered concussions last year. Because of you, 2,000\*+ concussion tests were taken by youth, middle and high school athletes.
- Young athletes from all levels of sport have access to professional sports medicine because you care.
  - You provide state-of-the-art sports medicine preparation and planning. Last year nearly 100\* drop-the-dummy drills were conducted ensuring that teams are ready if a teammate collapses!

All of this, and much more, is because of you! Please take a few minutes to celebrate yourself. And remember - your impact doesn't end with graduation. The difference you make for our kids lasts a lifetime!

On behalf of 6000+ student athletes, thank you!

Sincerely,

Amy Hollingworth, ATC, RN Executive Director

\*2020 spring high school sports season cancelled due to COVID-19



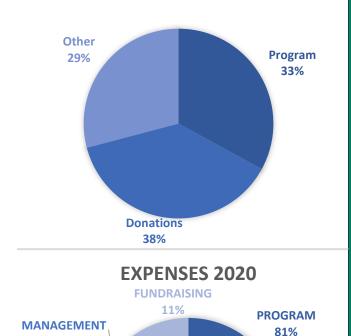


DVANCING KNOWLEDGE. ADVANCING CARE. A Nonprofit Dedicated to Youth Sports Safety Dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.

## 2020 Annual Report

## **Financial Report**

#### **REVENUE 2020**



8%

"The [Safe Sports] athletic trainer did a great job communicating with our son. Speaking to him in a way that empowered him and made him feel confident... She was amazing!" Parent of a Safe Sports Athlete

www.safesportsnetwork.org



## This is Brandon

Brandon, Memorial High golfer and hockey player, has had his fair share of injuries. <u>You</u> made it possible for him to have the care he needed over the last four years.

Brandon's first injury came as a freshman on the Varsity hockey team. He was knocked to the ice and didn't get up right away. Brandon was evaluated on the bench by his athletic trainer. Brandon's mom recalls, "When you see your son go down and stay down, it's one of your worst fears as a parent...I had no idea that there was an athletic trainer right on the bench, ready if players sustain an injury. That was an amazing surprise."

Brandon returned safely to hockey within two weeks. He went on to captain the team his senior year, building strong leadership and teamwork skills along the way. Mom says, "At the core of Safe Sports' mission is to support youth athletes, their teams and their families. They have provided our son and dozens of his fellow high school athletes with incredible support and opportunities." **DONORS, YOU MADE IT HAPPEN!** 

### Thank you, 2020 donors!! You make it possible for young athletes to have the care they need.



Tom Ackerman Holley Ackerson Mary Adams Tracey Adams Vickie Adams Debra & Nancy Allen Adam Anderson Christine Andon Sarah Andrews Kellv Azarowsk Susan Baccari **Iennifer Balukonis** Jeffrey Barnea Kristin Barry Iamie Beland Carmel Belote George Bentas Gail Bernard Felicia Bessey Pam Bigelow Karin Biskovich Kathleen Black Vicki Blanchard Kelleye Blassberg Kellie Bliven **Robert Bourgeois** Darlene Boyd Beckie Brannen **Rick Brenner** William Brewster Maria Brown Nellie Brucker

**Roland Bryan** Mark & Karen Burkush Christopher Dugan Marie Burnor Doris Burns Jay & Beth Cadorette Tim Campbell Brandt Capone Marc Carbonneau Michele Carrier Jessica Cavallaro Al Cayouette Gunilla Chiaranda Lori Cibotti *Jane Clayton* Steve & Tammy Coburn Kristin Faxon Ierilvn Connor Colleen Costello Christopher Couture Jonathan Crary Phil Croasdale Katie Cronin Dylan Cruess Chuck Cullian *Laura Decoster* & Charlene Hayes Eleanor Dahar Lisa deDiego Andy Deselle Sean Donahue Michael Dorunda

Scott Doughty

Cheryl Ducharme

Renee & Scott Dudley Mike Dupre Kevin Durham Neil Duval Bruce Dyke Jim Edmonson Ann Edwards Jeff Eisenberg Cosette ElChalfoun Andrea Elliot Jessica Ethier Scott Evans Jay Fallon **Richard Feldheim** Glen Fifield Chantal Filiau Linda Filiau **Ricky Filiau** Catharine Flynn David Flynn

Chris Forbes Rand Ford Cathy Foti Frank Fraitzl **Daniel Frost** Monica & Peter Galamaga Andrew & Maureen Gauthier Eric Gelinas Lorna Gelinas Steven Gelinas Katrina Forrest Christine Gere **Bob** Gfeller Kevin Gibbs Megan Gibeau Mike Gibeault Lucille Giordano Madisen Giordano Marc & Linda Giordano Monique Giordano-Macone Mike & Diane Fitzpatrick Brian Glaser & Mike Spenard Dylan & Sharon Glaze Paul Godbout



## You Made a Difference in 2020

Your support made it possible for kids to continue getting great care despite new COVID-19 demands.



Even kids who don't get hurt are safer because of your support. Life-saving Drop-the-Dummy education and drills continued despite the COVID-19 interruption.



## Thank you, 2020 donors!!

#### Every gift supports efforts to improve knowledge and sports safety.

Nancy Goebel Patricia Green Matthew Greenwood Mike Griffin Robert Grogan Steve Grzywacz Pam Guy Anne-Marie Hafeman Andrew Hager MacGregor Hall **Emily Hammett** Natalie Harrison Tylor Heath Mary Hession Gerry Hevern Steven Hodgdon Glen & Amy Hollingworth Sean & Charmaine Hollingworth Leah Holt Bridget Horsley Heather Horton Maryjo Houghton Alice Hunter **Krystal Jenness** Linda Johnson **Rachel Jones** Tara Jones Lynne Joseph Natalie Iutras **TJ** Karanasios Pam Kasper Roxabbe Kate Peggy Kelley Sarah Kiernan Marjorie King Katherine Kipouras Sheri Krasnow Kathryn Kreatz David Kreed Brad Kreick Susan Kretschmer Erin Kulesza Judy Labore Tom Labrie **Judith LaDuke** 

Melissa Laflin Dallas Lagerquist Lorna Lammers Meaghan Lammers Michele Lammers Brenda Lampron Nicole Lane June & Bill Larkins Susan LaRoche Derek Lautieri **Cindy Lavigne** Tom Lavoie Marigen Learnard Patricia Leone Tina Lesieur Gerald Letendre Gloria Letendre Mark Letendre Meryl Levin Ruth Lewis Paul Lilla Laurie Lindsev Jackie Linker Halley Lizotte Joyce Lockert Donna Lord Matt & Kim Low Jo Lupo Carey MacDonald Amanda Magier Doug & Melissa Martin Jacqueline Matthews Everett McBride Sharron McCarthy Lorraine McDonough Owen McGarrahan Debra McLoud Steve McMahon Matthew Mercier Mary Ellen Metzger Marc Michaud Anne Mikol Chris Mikus Tracey Miller Kathy Milligan

John & Shelly Mokas Maria Morgan Rob Munce Erica & Ryan Murphy Jeff Nadeau Heather Newell Denise Normandin



A Nonprofit Dedicated to Youth Sports Safety



#### 2020 Highlights

• Young athletes had nearly 1,000 new injuries evaluated by Safe Sports staff.

• Athletes received over 15,000 free treatments for those injuries valued at over \$595,000.

• Ambassadors gained leadership skills and information about sports safety and career options.

## Thank you, 2020 donors!!

#### Every gift helps keep kids safer.

Pat O'Neil Barbara Obecny Olivia Paolano Ianet Pardo **Corey Parker** Kristen Payton Katie Pelton Arthur Phaneuf Jeanne Phelan Aida Phillips Chris Pierce Chris Platek Beth Plentzas Marie Pratte Armand Prescott Annie Protzmann Andrew Provencher Kristy Prudente Mary-Beth Purcell John Raleigh Mike Ramshaw Michael Reed Christine Reyes

Linda Rhodes Glenn Riefenstahl Deb Riggott Liam Roberge Deneen Robie Dorra Robitaille Kathy Roche Amy Romilla **Jeannette Roslie** Lori Rowell Henry Roy Maria Ryan Maura Ryan Brigit Ryan-Souza Keri Santos Corrine Scanlon Sheri Schaefer Marlaina Schmitt Tim Schneider **Jim Schubert** Steve Schubert Jeffrey Seifert Cheryl Sibley

**Cathy Sirois** Luc Sirois Jordan Smith Kim Smith Theodore Smith Sandy & Brittany Snow Tammy Snyder Greg Soghikian Sara Spaulding Denise & John Spenard Tammi Squires Beth Stankus Kathleen Stravinskas Arthur Sullivan **Dennis Sweeney** Erika Swett Bob & Sue Thomas Cathleen Thompson Tom Thornton Greg Timbas Kim Tobey Jennifer Torosian Stephen Traynor

Adam Tyson Dave Vachon Alex & Nancy Vailas Iames Vailas Nick Vailas & Mary Ann Cory van Gulden Pamela Veilleux Paula Vincent Hollie Walters Peter Wasylak Marjorie Wieczorek Corri Wilson Kristin Wilson Brett Winston John Wixted Rob Wolfe Kenny Wong Jen Zaher Eric Zink



Student **Ambassadors** learn about sports safety; health care and other careers: and leadership skills. Here, Bedford Ambassadors pose with Safe **Sports Assistant Director Eric Gelinas holding** the Governor's **Proclamation of Athletic Training** Month.



Key: Board Members in Italics

## Thank you, 2020 donors!!

#### Every gift supports efforts to keep kids striving for their full potential.

## CHARLES TREMBLAY

### Trinity High School Winter 2020-2021 PERSEVERANCE ATHLETE



## **2020 Corporate Donors**

92.5 The River Acapella Technologies **Aegis Consulting** Amazon Smile Foundation Anagnost Investments Inc Anthem BC/BS **Apple Therapy Services** Baked Cafe **Bears** Care Bedford Ambulatory Surgical Center Bedford Bulldogs Booster Club Beeze Tees Bernstein Shur **Bishop Brady High School** Blue Ribbon Landscaping Boston Red Sox Brady Sullivan Properties Bridge Cafe Brutus Auto Buba Noodle Bar Budweiser Brewery Catholic Medical Center Central Activity Fund Central Field Hockey **Central Paper Products** Chipotle Chuckster's Chunky's Cinema Pub Common Man Common Effort Corflex, Inc **Cross Insurance** Dahar Law Firm Dartmouth-Hitchcock Health DCU for Kids Derry Sports & Rehab **E&R** Cleaners Eversource NH Flight Coffee Co. Foothills Physical Therapy Friends of Central Hockey Gatorade Partner Services Golf & Ski Warehouse Granite State Escape Granite United Way Great NH Restaurants, Inc **Grogan Family Foundation** GTI Spindle Technology Harris Trophy HealthSource

Henniker Brewing Co Hotworx Hoyle Tanner JLN Contracting Johny's Pizza of Hooksett Ken Iones Ski Mart Kiwanis Club of Manchester KW Charity Lens Doctors Lindt Chocolate Little Green Gridiron Club Manchester Bears Football Manchester Country Club Manchester Historic Association Manchester Memorial Boosters Manchester Radio Group McLane Middleton Memorial Gridiron Booster Club MichelleLambert.com Millennium Running Mt Washington Cog Railway New England Duplicator NE Patriots Charitable Foundation NGP Mgt (Dunkin Donuts) NH Charitable Foundation NH CIBOR CARES NH Fisher Cats NH Orthopaedic Center NH Treats LLC dba Ben & Jerry's Northeast Delta Dental OrthoCare Medical Palace Theatre Patch Orchards Pats Peak Plymouth State University Primary Bank NH Primerica Pristine Surgical Pyramid Hotel Group Queen City Rotary Club Red River Theatres Retrieve Technologies, Inc **Riverwoods Retirement Community** Roy & Bentas, CPAs Runner's Alley **RX** Monitoring Services S&W Sports SNHU Arena Southern NH Medical Center

Southern NH University Sports & Rehab Starbucks Stark Brewing Co Stebbins Commercial Properties Sterling Plastic Surgery Stoweflake Mountain Resort & Spa Studio Vie TD Bank TF Moran The Beach Plum The Derryfield Restaurant The Derryfield School Institute of Contemporary Art/Boston The Majestic Theatre The Smoothie Bus Shop Thrive Outdoors Trinity High School UMass Lowell Union Leader Corp VASH Realty Vertical Dreams Windsor Meadow Farms Workplace Benefits Solutions Yankee Lanes Entertainment You're Fired

# Thank you!!





# Ambassador Spotlight

Peyton St. John 2 Year Student Ambassador **Trinity High School Class of 2022** 

SAFE SPORTS STUDENT

PROGRAM

MISSION: To empower and encourage students to leverage characteristics and skills gained through sports to help them succeed in life and become leaders in their communities.



## **DCU for Kids**

## **Kiwanis Club of Manchester**

## **NH Charitable Foundation**

## **Queen City Rotary**

