



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

Dear Parent/Guardian:

My name is Cassie Lammers, and I am the Safe Sports Network certified athletic trainer (ATC) at West 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 my second year with Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes. I graduated from Adelphi University in May 2020 with a M.S. in Athletic Training. In my spare time I enjoy reading, painting, and hiking.

Throughout the school year, you will see me on the sidelines taking care of athletes before, during and after most games and practices. If your child gets injured, I will assess the injury and either treat them or refer them to a doctor. Dr. Vailas 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 me 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 Network free injury evaluation clinic available weekday afternoons by appointment. The injury evaluation 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](http://safesportsnetwork.org)

If you have any questions or concerns throughout the season, please feel free to contact me. I wish your child a very safe, healthy and successful season.

Sincerely,  
Cassie Lammers, MS, N.H. LAT, ATC  
603-627-9728 / [cassie@nhmi.net](mailto:cassie@nhmi.net)

President: James C. Vailas, MD

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