

NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network

Fall 2021, Volume 28, No. 1

YOUR DONATIONS IN ACTION

— Tyler’s determination, commitment, and your support helped get him back on track! —



Tyler was able to return to track after his knee injuries with the help of his Safe Sports Network Athletic Trainer.

Tyler’s basketball season came to an abrupt halt when he felt a sharp pain and pop in his knee while leaping for a rebound. He was devastated when he learned he had sprained his ACL. It wasn’t completely torn, and Tyler was determined to return to basketball before season’s end. With hard work, extreme focus, and expert care from his Safe Sports Athletic Trainer, Tyler returned in time to help lead his team into the post-season.

Tyler, also a talented track runner, re-injured his knee at the start of his spring season. He once again found himself faced with the challenge of working through his injury to return to competition. His life-long training as an athlete taught him to persevere through adversity. He was up for the challenge. He set his focus on returning to competition and qualifying for the NH State Meet. Tyler and his Safe Sports Athletic Trainer worked together daily with strengthening and treatment sessions. Eventually, Tyler returned to the track. He not only qualified for the State meet, but he crushed his sub-5-minute mile goal!

“ Tyler’s commitment to his rehab is admirable; his resilience and positive attitude throughout both injury recoveries is the reason he was able to persevere and return to the sports he loves ” – Safe Sports Network Athletic Trainer

“Because of donors like you, Tyler had access to care when he needed it most.

THANK YOU!

YOUR DOLLARS

AT WORK

YOU

HELPED KIDS

in Fall 2021 with

2,783 hours of onsite staffing

512 new injuries evaluated

10,255 treatments provided

\$258,365 value of free care to kids



FOCUS. DETERMINATION.

Sports help kids succeed. Safety is the first step.

You can help keep young athletes safer.

Donate items for the Safe Sports Calendar Raffle.

Items such as gift certificates, gift baskets, cash donations and scratch tickets are welcome.

Contact Amy at amy@nhmi.net or 603-627-9728 for details.

SAFER ATHLETES

SAFE SPORTS NETWORK & KOREY STRINGER INSTITUTE PARTNER FOR SPORTS SAFETY



The Safe Sports Network (SSN) has been partnering with the University of Connecticut's Korey Stringer Institute (KSI) on initiatives related to youth sports safety for many years. Most recently, SSN joined with KSI's *Team Up for Sports Safety (TUFSS)* program to lead the charge in improving the overall health and safety of New Hampshire's young athletes.

Data shows more than 90 percent of sports-related deaths among secondary school athletes are due to cardiac arrest, exertional heat stroke, traumatic brain injuries and exertional sickling. TUFSS is a nation-wide

initiative that was established to drive changes and adoption of policies proven to reduce catastrophic sport injury at the secondary school level. The TUFSS initiative identifies and gathers key individuals in each state and the District of Columbia who are dedicated to improving health and safety policies for high school athletes. These state-specific meetings formalize actionable items for improvement or adoption of health and safety policies as it pertains to secondary school athletic healthcare.

KSI recently traveled to NH for a follow-up state-specific meeting to celebrate the newly passed NH state law – SB 148, part III, legislation relative to emergency plans for sports-related injuries. Passage of the law means that emergency preparation and care is standardized for young athletes participating in school-sponsored sports grades 4-12 in public and non-public NH schools.

Safe Sports Network Executive Director, Amy Hollingworth, and Program Director, Sandy Snow, participated in the meeting with other NH stakeholders to develop a plan and resources to support implementation of the law.

Thank You to These Sponsors Who Made Youth Sports Safety Week Possible!



BECAUSE OF YOU

- BUILDING LEADERS OF TOMORROW - SAFE SPORTS STUDENT AMBASSADOR MAKING A DIFFERENCE!

To hear John Brennan tell it, being a volunteer for Safe Sports “clicked right away. I had been familiar with the Safe Sports Network through playing football, and I knew how important it was to keep athletes safer and on the field. When I got the chance to serve as a Student Ambassador, I jumped at it!”

Safe Sports Student Ambassadors participate in a broad range of volunteer opportunities, including learning about sports safety, attending field trips to connect with sponsors, building life and leadership skills, and representing the organization at community events.

As part of giving back and raising awareness for Safe Sports, Brennan and other members of the Student Ambassador Program are planning several student-run fundraisers throughout the school year. In addition, the student ambassador program has joined with another youth leadership organization across the country. This program is designed to help kids learn more about various leadership styles and how they can make a difference. The program culminates with a community literacy project for younger athletes in Greater Manchester.

A senior at Bishop Guertin High School in Nashua, Brennan also plays in the Marching Band. He plans to study Political Science in college.

“I’ve learned so much as a student ambassador,” Brennan said. “The athletic trainers and leadership at Safe Sports are amazing role models. We’re glad to do our part to help keep our teammates and peers safer and on track for success.”

SAFE SPORTS STUDENT
AMBA S SADOR
PROGRAM



Student Ambassadors learned crutch-fitting and other important sports safety tips.



Student Ambassadors learn from their Safe Sports Athletic Trainers.



John enjoys sharing safety tips with his bandmates.

THANK YOU!

DONOR SPOTLIGHT: -ANNE MARIE HAFEMAN-



Anne Marie is the proud mom of a Manchester Memorial HS athlete. Although she loves to see her son's team win, safety is her highest priority. "Our son, Braden, plays football and Lacrosse. Anyone who has a child in sports knows how important it is to keep them safer so they can continue to play. Safe Sports Network has programs and policies in place to ensure kids are as safe as possible and receive the right care when they need it. I believe that every athlete in our community is in some way better because of the expertise and support of their teams' Safe Sports Athletic Trainer."

How did you first hear about Safe Sports Network?

Prior to high school, Braden played football for the Manchester Bears. That's where we learned about SSN. They came to parents' night to provide information about sports safety and concussions. That is where we learned about the FREE injury evaluation clinic available for any school-aged athlete in our community.

Has Safe Sports Network been important to you and your family?

Safe Sports Network has 100% been an important part of our family! The athletes at Memorial have developed a strong bond with their Safe Sports Athletic Trainer. The Safe Sports Athletic Trainers are the watchful eyes on the field, ready to take care of emergencies and all injuries. We are so grateful for all the entire staff at Safe Sports Network.

“Our family will continue to support Safe Sports Network as a monthly donor because of the impact they have had not only on our family, but our entire amazing sports community.”



What factor was important in your decision to become a Safe Sports monthly donor?

Hall of Famer Chris Carpenter speaking passionately at the Social about injuries he had in his youth that he overcame thanks to the efforts of athletic trainers. I'm glad to be able to help make sure all kids have the care they need when they get hurt - even if they don't become Cy Young award-winning pitchers!

Do you feel it is important for other members of the community to join you as a monthly donor for Safe Sports?

I feel it is incredibly important that other members of our community help to support this organization. We should all come together to ensure this high-quality care and support continues for kids into the future. Our son will graduate next Spring. Our family will continue to support Safe Sports Network as a monthly donor because of the impact they have had not only on our family, but our entire sports community.

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

In the October Sports Safety Minute, we discussed first-aid care for several types of bleeding injuries.

Test your knowledge below:

- If a person has a sharp foreign object that has penetrated their skin, what type of wound is it?**
 - Amputation
 - Laceration
 - Puncture
 - Fracture
- What is the first step when providing first aid to a person with a bleeding wound?**
 - Call 911
 - Apply personal protective equipment
 - Apply sterile gauze and direct pressure to control the bleeding
 - Apply a tourniquet

Proper treatment and management of bleeding injuries is very important for one's health and safety.

Visit Safe Sports Network on YouTube for more tips on caring for bleeding injuries.

ANSWERS

1. (c) A puncture wound is a forceful injury caused by a sharp object that penetrates the skin. To treat this wound, apply gauze and direct pressure around the object until advanced medical providers take over. NEVER remove the object.

2. (b) The first rule with first-aid care is to protect yourself with the use of personal protective equipment (PPE) like gloves and masks.

Become a Monthly Donor

Donors can keep kids safer every day. Please join Anne Marie as a monthly donor. Visit <https://21ssnappeal.givesmart.com> today to become a monthly donor. Or email amy@nhmi.net for more details.

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THANK YOU TO OUR FOUNDATION SPONSORS

