



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

Dear Parent/Guardian:

We are Sara Horne (she/her/hers) and Cassie Lammers (she/her/hers) and we are the Safe Sports Network certified athletic trainers (ATC) at Bishop Guertin 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 Sara's 4th year and Cassie's 3rd year with Safe Sports Network, a non-profit organization dedicated to providing and promoting a safe sports environment for young athletes.

Sara is originally from Nashua, NH and received her B.S. in Athletic Training from the University of Maine in Orono in 2018. In her spare time, Sara enjoys reading, watching a movie, and relaxing with friends. Cassie is originally from Port Washington, NY and graduated with her B.S. in Athletic Training from SUNY Brockport in 2018 and received her master's from Adelphi University in May 2020. In her free time, Cassie enjoys reading, painting, and hiking.

Throughout the school year, you will see us on the sidelines taking care of athletes before, during and after most games and practices. If your child gets injured, we will assess the injury and either treat them or refer them to a doctor. Dr. Bouvier 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 us 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 free injury evaluation clinic available weekday afternoons and Saturdays by appointment. The injury evaluation clinic is located at 35 Kosciuszko Street in Manchester. Your child can have their 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.

Please feel free to contact us. We wish your child a very safe, healthy and successful season.

Sincerely,

Sara Horne, N.H.LAT, ATC & Cassie Lammers, MS, N.H.LAT, ATC
603-627-9728 /sara@nhmi.net & cassie@nhmi.net

President: James C. Vailas, MD

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