

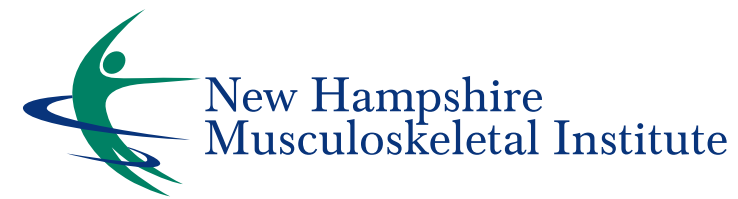


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ADVANCING KNOWLEDGE. ADVANCING CARE.

Mission Statement

NHMI is a non-profit dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.

Safe Sports Administers Youth Concussion Management to Community Teams



Safe Sports Network is making a push to provide youth concussion management to youth teams in the greater Manchester area. Athletes at the sub-high school level can have access to professional concussion care. Concussion services include: education to help parents, coaches and athletes recognize concussion; acute and chronic injury assessment; supervised return to play activities; referral as needed; and ImPACT baseline and follow-up testing. We are currently working with four youth leagues; we'd love to take care of more kids! If you are interested in signing up for this service, please contact Amy at amy@nhmi.net. For more information on this and all of our programs, please visit www.safesportsnetwork.net.



PARTICIPATING
SPORTS MEDICINE PRACTICE

Safe Sports is a proud member of the STOP Sports Injuries Campaign sponsored by the American Orthopedic Society for Sports Medicine (AOSSM). Please visit their website for additional educational materials and to learn more about the initiative to STOP the growing epidemic of preventable youth sport injuries. www.stopsportsinjuries.org

Prevention Tip: Heat Illness

Heat illness is a major concern in the Northeast as well as around the country. Quick changes in the outdoor temperature make it hard for us to acclimate to the warm weather, and our bodies suffer. The best chance of preventing heat illness is making sure that you properly hydrate before, during, and after activity. Wearing one layer of light colors and loose fit clothing is a must. Lastly, monitoring activity and making sure athletes are getting enough water breaks and rest is essential. If you or anyone starts to feel dizzy, nauseous, or overheated be sure to stop activity! Be sure to notify your coach or Athletic Trainer immediately. Heat illness can happen suddenly with little warning and can have serious consequences. Through proper hydration, gradual acclimation, proper dress and continual education, all athletes can play safe in the heat.

Learn more about heat illness at www.stopsportsinjuries.org/heat-illness.

PLEASE CONSIDER A DONATION!

Safe Sports Network believes young athletes deserve professional sports medicine care, but half of NH's 74 high schools don't have an athletic trainer! (Would you consider sending your child to the public pool if there were no lifeguard?!) Donors ensure that kids at 7 NH high schools get on-site athletic trainers and that all young athletes have access to a free injury clinic. This is important for even minor sports injuries but can mean the difference between life and death in emergencies like heatstroke or traumatic brain injury. We hope that you will consider making a donation today. Even small donations help us ensure our kids have essential medical care. Jump online (www.nhmi.net/donate_to_nhmi.php) and DONATE - you might just save a young athlete's life!



CHaD EAST-WEST ALL STAR FOOTBALL GAME EXCITEMENT

On June 29, 2013 the second annual East/West All Star Football Game took place at the University of New Hampshire. This event benefits Children's Hospital at Dartmouth (CHaD). The game brings talented seniors from all corners of the state. Safe Sports Network was right in the action again this year providing the medical coverage during the game and the 10 days of practice leading up to the game. Kevin Bugeau and Tim May took care of the East team. Eric Gelinis and Jeremy Turner were on the sideline with the West team. Safe Sports Medical Director Jim Vailas, MD and Heather Killie, MD served as team physicians.

The 10 days leading up to the game proved challenging with unpredictable weather. Everything from 95 degrees, hot and humid to thunderstorms and flooding occurred. That didn't slow the teams down. Safe

Sports athletic trainers helped all 74 players and 20 members of the spirit squad stay safe and healthy throughout the week. Game day weather was also hot and humid. With temperatures in the mid 90's, our staff worked hard to keep the athletes cool and hydrated. The game was well-played by both sides leading to a tie at the end of 4 quarters. West was able to pull off the victory with a touchdown in overtime giving them the REPEAT bragging rights. The Safe Sports Network was happy to be a part of such a great event. The CHaD organization raised over \$300,000 to go towards providing state-of-the-art healthcare for our children. Kudos to the athletes and to CHaD for putting on an exciting event for such a great cause.



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Pictured left to right: Jeremy Turner, Tim May, Laura Decoster, Amy Hollingworth, Kevin Bugeau, Eric Gelinis



Max hard at work at the annual June Free Physicals in Manchester.

TESTIMONIAL

To Mike (AT at Memorial High School): Thank you for all the care and miles of tape you've given Danielle over the past four basketball seasons. It was a great comfort to us to have you working with the team and on the sidelines of home games. Your care, professionalism and expertise was truly appreciated.

Thanks again!
Sue, Ray, and Danielle Fletcher

Safe Sports was able to provide 226 Free Physicals this past June!
Thank you to our sponsors for their support!



YOUTH SPORTS SAFETY ALLIANCE IMPROVES SPORTS SAFETY

The Fourth Youth Sports Safety Summit was held in Washington, D.C. in February. NHMI Executive Director Laura Decoster was there for the launch of two important initiatives. The National Action Plan for Sports Safety focuses on safety measures. Recommendations about personnel and prevention and management of sports injuries are included in the plan. The Secondary School Athletes' Bill of Rights lays out minimum safety standards. "This was an inspirational and exciting event to attend," said Laura Decoster, NHMI Director. "The Safe Sports Network is dedicated to youth sports safety. [Work like this is] essential to fulfilling that Mission."



FISHER CATS NIGHT WITH SAFE SPORTS



On June 12, 2013 our Safe Sports crew and High School Perseverance athletes hit the diamond for a night with the Fisher Cats. These athletes have overcome serious injury and returned to the sports they love. They are selected each season from the schools

receiving medical coverage from Safe Sports. The athletes pictured were recognized during a ceremony held before the start of the game. Injuries are an unfortunate part of sports. These individuals stepped up to the challenge presented by their injuries. We applaud their hard work and commitment!

SAFE SPORTS: BY THE NUMBERS

2012-2013

14,004

Treatments provided to young athletes

4,500

Approximate number of athletes on our teams

1,684

New injuries evaluated

226

Free sports physicals

9

High schools with Safe Sports onsite

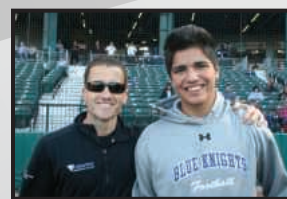
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Youth leagues enrolled in Safe Sports' concussion program

STAFF SPOTLIGHT: Jeremy Turner, ATC, NHLAT



Jeremy Turner ATC, NHLAT is one of Safe Sports Network's most recent additions. He has just finished his second year with Bishop Guertin High School in Nashua. Jeremy's experience at BG has been all positive. Coaches, athletes and parents at BG have been extremely supportive of the work that Jeremy does at the school. Behind years of sports team success is an even stronger emphasis on the athletes as individuals striving through these critical developmental years. "I worked at different high school and college settings while obtaining my certification and no site possessed such single-mindedness in developing the person over the athlete. BG truly puts the individual before the sport" says Jeremy. This mindset helps the athletic trainer, coach, athlete and parent create an atmosphere for healthy recovery from sports injuries and transitions back into the classroom. Making health a number one concern has not slowed down BG's winning tradition. This year they added 3 more state titles! At Safe Sports we appreciate Jeremy's hard work and dedication to keeping his athletes healthy and safe as they continue to pile on those championships.



Congratulations to Chris Hernandez for winning a Plex Performance Scholarship. Pictured with Chris is Joe Colatti, founder of Plex Performance.

WHAT IS A CERTIFIED ATHLETIC TRAINER?

We know the name is misleading. A **certified athletic trainer is a specialized sports medicine professional**, NOT a coach or fitness trainer. The four-year professional preparation athletic trainers get includes anatomy, neurology, exercise physiology and course work in injury prevention, care and rehabilitation. Although only a Bachelors degree is required to sit for board certification, more than 70% of athletic trainers also have a Masters degree. Certified athletic trainers act as an extension of their team physicians, providing on-site care to ensure athlete safety. Learn more about the field at: www.nata.org/sites/default/files/AT_Facts.pdf



Goffstown: Beth Roun, ATC -

Goffstown HS had its most successful year of athletics to date. Starting with the fall season each team made it into playoffs. The Girls Volleyball team finished as Division I Runners-Up. The Football team finished as Division III Runners-Up. The winter season delivered 3 State Champion Wrestlers and successful seasons for Basketball and the Ice Hockey teams. This spring the Boys Lacrosse team made history, just as the Football team did, making it to the State Championship game for the first time ever. They were Division II State Runners-Up. Also in the playoff mix were Softball and Baseball. Softball made it into the final four. Baseball finished as Division II state runners-up. Congratulations to all GHS athletes!

Salem: Seth Conway, ATC

Congratulations to all Salem High athletes. All teams worked hard day in and day out and represented their school well. Every athlete continued to play hard and improve throughout the season. A big congrats goes out to both the Boys and the Girls Volleyball teams for their state championship seasons. Good luck to all graduating athletes in their future endeavors and best of luck to all Salem High athletes in the upcoming school year!

Central: David Moreton, ATC, CSCS -

Congratulations to Central for another successful year. Especially to our Boys Soccer team for winning the Division I State Final. Boys Ice Hockey finished runner-up in Division I. Best wishes to graduating senior Meghan Gregoire. She has decided to pursue a career in Athletic Training. She spent several hours gaining experience in the Athletic Training profession at Central High School. She will be attending Plymouth State University in the fall. Good luck Meghan. It was a pleasure having you around!

West: Brad Endres, ATC, CSCS and Theresa Chester, ATC -

We are both very proud of our student-athletes for working hard in their respective sports. We especially want to congratulate the Boys Lacrosse and Baseball teams for making it to the 2013 playoffs! The Football Team made a huge improvement over last year and was one win away from making the playoffs. Our wrestlers that competed at the state championships included John Ware, Mike Garcia and Edgar Hernandez. John Ware made it all the way to the New England championships! Congratulations again to all of our student-athletes. We wish all of our graduating seniors the best of luck in the future!

Memorial: Michael Hardy, MBA, ATC -

Another great year at Memorial High School has come to an end. There were some high and lows. Our Men's Soccer team lost the majority of their games by one goal. The Football team was only a couple wins away from getting to the tournament. A big congratulations to the Men's Ice Hockey team in winning the Division I State Championships this past March. They defeated city rival Manchester Central in overtime. It was an exciting ride for these athletes. Great job this past school year.

Windham: Kevin Bugeau, ATC -

Windham High School had a phenomenal year. The football team moved up a division and still earned a playoff berth. Field Hockey and Golf were Division II state finalists (with Windham's Connor Greenleaf winning the individual championship). Boys Soccer Team won the Division II title. In the winter the Wrestling team repeated as Division III champions. Nicole Taylor took home two Division II Skiing championships. To finish the year the Girls Lacrosse team won the Division III title for the second year in a row. The biggest event of the year was the graduation of the class of 2013. They were the first class to complete their entire K-12 career in the Windham school district. Congratulations!

Bedford: Eric Gelinus, MS, ATC -

I first want to say thank-you to the class of 2013. Four years ago we both started at Bedford H.S., and I could not have asked for a more perfect group of athletes to work with. What you accomplished in your four years at BHS will go down in history as the best class of all time. Twenty-two team State titles, with 44 state championship appearances is just unheard of. I will truly miss you guys. As for the past year, Bedford continued their winning ways. Golf, B. Country, B. Alpine, G. Basketball, B. Hockey (2-peat), G. Outdoor Track, B. Tennis (4-peat), and B. Lacrosse (2-peat) all were state champions. Even in our first year as a Division I school! There are many more team and individual accomplishments to talk about that I won't be able to fit in, but congratulations to all as well. I look forward to continuing to work with Bedford High school and its vast supportive community.

Pelham: Tim May, ATC -

Pelham athletes have made many strides since the beginning of the school year. A number of our teams had new coaches. They were able to pull the teams close and make a great run this year. Many of our Track and Field athletes competed and placed in the NHIAA state meet. Our Football Team doubled in size under the direction of our new coach. They ended with their best record in seasons. Boys Lacrosse, Girls Basketball and our Golf team all had phenomenal seasons. The attitude and dedication of PHS athletics was admirable. This is something the athletes next season will have to work hard to achieve again. Congratulations to all the seniors. Excellent year, Pelham!

Bishop Guertin: Jeremy Turner, ATC -

2012-2013 was another exciting year for Bishop Guertin High School athletics. Bishop Guertin welcomed a new Athletic Director, Mr. Peter Paladino. Mr. Paladino continued the tradition of academic excellence and integrity for student athletes. Thanks to Scott Hazelton, head Girls Basketball coach, for all of his hard work and dedication over the years! He's moving on to the collegiate ranks. Congratulations to Bishop Guertin's Girls Indoor Track, Girls Tennis, and Boys Lacrosse on their Division I Championships! Thank you to all the seniors for making this season so memorable. Best wishes as you continue chasing your dreams!

Inaugural Safe Sports Social a Great Success



Dr. Vailas delivers welcome address at inaugural Safe Sports Social

March 27th marked the inaugural Safe Sports Social held at the Derryfield Country Club. Among the night's events was a moving video outlining the Safe Sports Network's dedication to the Manchester area youth sports community. This video can be seen on the home page at www.safesportsnetwork.net. There was also an important appearance by Matt Keene - a young man who survived sudden cardiac arrest on the football field. Sports medicine professionals on the field saved his life. Donors were very generous. They showed they had a true understanding of the importance of ensuring youth sports safety. The funds will help ensure that young athletes in our community continue to get the sports medicine care that they need. **THANK YOU, DONORS!!**