

THANK YOU

ONLY 8 DAYS BETWEEN ATHLETES SAVING ATHLETES™ CLASS AND A TEAMMATE'S COLLAPSE



Goffstown athletes Kayla (right) and Alyssa (left) attended the Athletes Saving Athletes™ class in May. Information they learned about heat illness at their May 18 class came in handy when their teammate Jenna (middle) collapsed at a softball game in 95° heat.

Although Safe Sports Network uses donations to provide an athletic trainer for each of its 8 high schools, that one person can't be everywhere. Educating coaches and athletes to do the right things in situations where the athletic trainer isn't there can make a world of difference. Like when Jenna collapsed at an away game. Kayla and Alyssa had participated in one of those education events less than 2 weeks earlier. They were able to work with their coach to get Jenna into the shade of the dugout and start cooling her while other teammates called for the home team's athletic trainer. They knew what might be going on. They knew what was at stake. And they knew what to do about it.

Athletes Saving Athletes™ is the signature program of Advocates for Injured Athletes.

Athletes Saving Athletes™ is the signature program of Advocates for Injured Athletes, a foundation launched in 2010 in response to a life-threatening injury sustained by co-founder, and then high school lacrosse player, Tommy Mallon. Advocates for Injured Athletes' mission is to promote sports safety and to provide essential support, education and resources to help keep student athletes safe. Advocates for Injured Athletes is a nonprofit 501(C)(3) charitable organization.

(NHMI is an approved provider of the program.) The course focuses on head and neck injuries, cardiac emergencies and exertional heat illness. The athletes learn key signs and symptoms for each type of condition and are taught to immediately report problems to their coaches.

Supporting courses like this is one of the ways Safe Sports Network donors are helping to close the gaps that young injured (or in this case ill) athletes can fall through. Harvard Pilgrim Health Care is the primary sponsor for Athletes Saving Athletes™. **THANKS to Harvard Pilgrim Health Care, 300 athletes from nine area high schools have received this training over the past 14 months.**

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- TRUE OR FALSE:**
All suspected concussions need a CT scan.
- TRUE OR FALSE:**
When an AED is used on-site in cases of sudden cardiac arrest in young athletes, the survival rate may be 10 times higher than that of the general population of cardiac arrest victims.
- TRUE OR FALSE:**
Beverages with caffeine are great for athletes to use to rehydrate because they also increase energy.

1. False. CT scans deliver a significant amount of radiation and should only be administered in the presence of certain signs and symptoms that indicate there may be brain bleeding or swelling. Although concussion is a brain injury, by definition concussions do not include gross bleeding or swelling of the brain.

2. True. The survival rate after cardiac arrest in the general population is less than 8 percent. In a recent case series, 16 of 18 (89%) of athletes who suffered cardiac arrest during practice or games survived when their campuses were equipped with AEDs. We can teach you and your athletes how to do CPR and use an AED. Call us! 603-627-9728.

3. False! Water or sports drinks are best. Caffeine - especially in the amounts found in today's energy drinks - can actually be hazardous to some athletes because they increase heart rate and blood pressure.

ANSWERS

NHMI NEWS



The newsletter for supporters of NHMI and Safe Sports Network! | Summer 2015, Volume 21, No. 2

STRESS FRACTURES CHALLENGE PERSEVERANCE WINNERS

Safe Sports donors help athletes reach their full potential. Consider the two young women featured in this story. Your support meant these athletes had what they needed to be the best they could be despite the obstacles along their path. Each won the Safe Sports Network Spring Perseverance Award at her school last season. You should be inspired by the difference you make!

Goffstown athlete Alicia Minnich's injury actually happened last fall. She noticed hip pain during field hockey practice. She went to see Safe Sports athletic trainer Bethany Roun. Bethany knew this wasn't a muscle strain and quickly referred Alicia out for x-rays. Alicia's hip stress fracture kept her on crutches for the next 8 weeks. She missed the rest of her senior field hockey season. Then she missed the entire winter season. Along the way, Alicia worked hard to stay strong and get back into shape as soon as she could. Then it was spring. Alicia was very motivated to get back to sports. But the sports she had played in the past were over for the year! Alicia made the most of it. Bethany, said, "Alicia was not able to play basketball, but did try out for the girls' lacrosse team. This is

“ Alicia was not able to play basketball [because of her injury], but did try out for the girls' lacrosse team. This is the first year she ever picked up a stick. She made the varsity lacrosse team! ”

- Bethany
Alicia's athletic trainer

the first year she ever picked up a stick but she still made the varsity lacrosse team!”

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Alicia (right) in action before being sidelined by a stress fracture last fall.

SPONSOR AN HOUR (\$50) OR A DAY (\$150) OF COVERAGE FOR YOUR SCHOOL.

Preseason starts in a month - will your kids have the care they need?

Donate at www.nhmi.net or return the enclosed donation envelope.

NH Musculoskeletal Institute
35 Kosciuszko Street
Manchester, NH 03101
(603) 627-9728
www.nhmi.net

THANK YOU TO OUR FOUNDATION SPONSORS



SAFER ATHLETES

HOLLINGWORTH: MIDDLE SCHOOL KIDS CLOSER TO GETTING THE CARE THEY NEED.

Grants have secured funds to build safety infrastructure but kids will need more than just the foundation.



This is Joey. If he collapses, his coach should know enough first-aid to protect him until the ambulance arrives. Basic emergency preparation can make a world of difference. Thanks to your grants and donations, Joey and his classmates at Manchester area middle schools are one step closer to having the basics in place.

“ [Emergency planning at the middle schools] might be particularly important because it’s very likely coaches will be the only adult with the students when something happens. ”

- Amy Hollingworth
Safe Sports Director

We believe that every child should have a chance to reach his or her full potential. We know that for more than half of our children, the path to that potential will involve sports. That’s a good thing, because kids who participate in sports

are more likely to graduate from high school and less likely to try drugs, get pregnant or attempt suicide. But sports are not without risk. And that’s why we are dedicated to youth sports safety. In 2015, middle school athletics became a focus of Safe Sports Network (in addition to the high school and youth age groups).

“The first step was to assess the middle schools and determine their needs in the area of sports medicine,” says Amy Hollingworth. She’s the director of the Safe Sports Network. After meetings with eight area middle schools, Hollingworth reports there is a great opportunity to make important but

simple changes at the schools. “None of the schools we met with is completely compliant with New Hampshire’s concussion law. That’s one area where kids can be safer right away.”

Hollingworth goes on to explain that emergency planning and educating coaches will be key. “Doing these things at the middle school level might be particularly important because it’s very likely coaches will be on their own with the students when something happens.” Grant dollars have been secured to guide the eight schools through the creation of emergency plans, concussion protocols and coach education. “That’s the goal for the 2015-2016 school year,” Hollingworth explained. “While that is underway, Safe Sports Network will be seeking donors to allow these middle school athletes to get on-site sports medicine care for their injuries in the future.”



You’re building the foundation for sports safety...
NOW BUILD THE HOUSE!

BECAUSE OF YOU

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Kristin poses with her family at Bishop Guertin’s Senior Night. Kristin will play Division 1 lacrosse at Northwestern next year.

DONORS MAKE BIG COMEBACKS POSSIBLE EVERY SEASON!

Alicia and Kristin fought through tough injuries and showed how tough they are.

Kristin Cameron’s story involves a stress fracture too. Kristin was captain of the lacrosse team at Bishop Guertin. She was sidelined this past season after she developed severe right foot pain. Her diagnosis: stress fracture. Safe Sports athletic trainer Kevin Silva helped Kristin return to lacrosse for her final home game as a BG student-athlete. Kevin selected Kristin to receive his Perseverance Award because, despite her considerable disappointment at being injured, Kristin stayed positive. She worked hard on her recovery and she continued to support her team from the sidelines.

Congratulations to Alicia and Kristin... and the other 6 winners from last season. And thank you, donors, for helping these stories have happy endings.

SCHOLARSHIP RECIPIENT & RESIDENTS SELECTED



KATELYN METZGER

Katelyn is from Massachusetts and has just graduated from Endicott College.



MADLINE SIMON

Maddie is from Illinois and has just graduated from Illinois State University.

Katelyn and Maddie will spend the next year in the nation’s oldest post-professional athletic training residency. The year is just about evenly divided with 1000 hours of educational content and 1000 hours to give back taking care of young Manchester athletes.



KAITLYN MAGUIRE

Kaitlyn received this year’s Letendre Memorial Scholarship. The award allows her to attend a summer camp to foster her interest in sports medicine as a career.



ARE YOU DOING EVERYTHING POSSIBLE TO KEEP YOUR YOUTH LEAGUE SAFE?

Safe Sports Network can help you answer that question YES!

Call Amy today at 603 627-9728

If you believe that sports are an important part of preparing kids for the future, please visit www.nhmi.net to donate today. Help keep kids safe and thriving on their path to their full potential!