



It's Back to Sports Season!

This quarter, YSSA is celebrating as youth return to sports. According to the National Federation of State High School Associations, nearly 8 million student-athletes participated in high school sports during the 2017-2018 academic year. To make sure you are best prepared for your student-athlete to have a successful and safe year, we are highlighting topic areas relative to youth sports safety this quarter!

[Grassroots efforts for Heat Illness Prevention Legislation...](#)

Read up on the grassroots efforts of Polsenberg Charity in state and federal legislation to prevent deaths from heat illness.

[New Crowdfunding Campaign for AEDs...](#)

Simon's Heart recently launched a new crowdfunding campaign in 2017 called GotAED. We interviewed Samantha Krouse to learn more about it, including information on how to start your own campaign.

[Concussion Research on the Rise...](#)

YSSA and NATA recently attended the 3rd annual Maine Concussion Management Initiative Colby Concussion Summit. Learn more about what was discussed in the two-day meeting.

[Welcome to our 300th Member!](#)

We welcome Sidelined USA as YSSA's 300th member. Learn more about the organization here!

[Other YSSA News](#)

We welcome our newest YSSA Members. Check out here who joined the Alliance!

Pushing Heat Illness Prevention Legislation



ZACH POLSENBERG'S HEAT SEVERITY CHARITY

Zach Polsenberg's Heat Severity Charity started in 2017 following the tragic death of 16-year-old Zach Polsenberg. On June 29, 2017, Zach collapsed after a football conditioning session in Ft. Myers, Florida. He was hospitalized for 11 days before ultimately passing away.

Following Zach's passing, frustration ensued as recommended changes to Florida's State High School Association's policies to mandate cold-water immersion tubs and use of a Wet Bulb Globe Thermometer were not passed. These recommendations are considered best practices in the treatment and prevention of heat illness.

However, Zach's family would not settle. If the association was not going to make change, legislation could. The charity began contacting several state and federal officials, including President Trump. Polsenberg Charity began this process by individually contacting each representative via government websites. Claudine Polsenberg noted that they were very surprised with the amount of response the charity received, and in-person meetings were soon scheduled.

After months of meetings, phone calls, emails and texts, Zach Polsenberg's Heat Severity Charity teamed up with Florida State Senator Travis Hutson to enact legislative change in the state. With additional support from YSSA members Korey Stringer Institute and Jacksonville Sports Medicine Program, the process of crafting a bill has begun. Polsenberg added her hopes of it being known as, "Zach's Law".

"We know this is not going to happen overnight, [and will] most likely take a couple of years to pass. We will not back down until legislation is in place to mandate the use of the WGBT and cold water immersion tubs to save our young athletes' lives."

In the meantime, the charity is donating to local, under privileged schools cooling equipment, including tubs, shoulder pad cooling systems, WGBTs and more.

- [Donate](#) to the cause
- [Learn more](#) about preventing heat illness
 - [Learn more](#) about Zach's story
 - ["Like"](#) on Facebook
 - ["Follow"](#) on Twitter

*If you would like to be featured in our winter newsletter, please contact:
info@youthsportsafetyalliance.org*

Saving Lives, One AED at a Time



Simon's Heart is here today because of a little boy named Simon Sudman. In 2004, Simon passed away after only 8 weeks of life. The initial diagnosis was Sudden Infant Death Syndrome (SIDS), however, what happened afterwards is what inspired the formation of the organization.

A pediatrician recommended that Simon's parents, Phyllis and Darren, each receive a cardiovascular screening. Following these tests, Phyllis was diagnosed with Long QT Syndrome (LQTS). LQTS is an electrical heart condition, otherwise known as an arrhythmia. This condition has been linked to up to 15% of all SIDS deaths and is one of several conditions that cause Sudden Cardiac Arrest (SCA) in youth. Having received this information, the Sudman's began Simon's Heart, a non-profit organization, so that no other parent would lose a child to a detectable and treatable heart condition.

Thus far, Simon's Heart has screened almost 17,000 hearts and has found 118 heart conditions. On the legislative front, Simon's Heart is responsible for introducing the Sudden Cardiac Arrest Prevention Act, which has been adopted into law in 12 states. As a direct result of this law, over half a million coaches around the country have been given training through educational videos provided by Simon's Heart. Additionally, the organization operates a digital registry called HeartBytes, providing data to qualified researchers, free of charge. Simon's Heart has also donated 70 AEDs and recently created a national crowdfunding site, GotAED, which has fully funded 20 campaigns since its launch.

GotAED is dedicated to placing AEDs in places where kids learn and play. It was launched in 2017 to serve as a valuable resource for anyone needing an AED. An AED is the only tool that can save someone from cardiac death. Many youth related facilities and schools are without this lifesaving tool or might need an additional one. The platform is user friendly and provides a practicable and affordable way to acquire an AED.

If you are interested in starting a campaign, please visit www.gotaed.org or contact Samantha Krouse, Manager of GotAED, Samantha@gotaed.org.



Third Annual Concussion Summit Focuses on Youth



For two days in early August, the Colby Concussion Summit, sponsored by the Maine Concussion Management Initiative, brought together experts in concussion research and management. This year, the topic theme was concussion in youth sports.

For attendees, the summit provided an opportunity for outreach and education about how to keep youth athletes safe. The Maine Concussion Management Initiative (MCMI) began in 2009 as a civic engagement program with a grant from Colby College's Goldfarb Center. MCMI reflects the Goldfarb Center's goal of creating interdisciplinary programs and fostering a better appreciation of the relationship between scientific inquiry and public policy through research.



The MCMI now serves more than 150 Maine middle schools and high schools as well as 11 institutions in the New England Small College Athletic Conference. Key partners include the Maine Athletic Trainers Association. MCMI maintains strong collaborative connections with Boston Children's Hospital and Harvard Spaulding Rehabilitation Hospital in Boston.

More information about MCMI and their Concussion Initiatives can be found below. *Photo Credit: Fred Field*

- Check out [MCMI's Concussion Initiatives](#)
 - [Learn more](#) about MCMI
 - ["Like"](#) on Facebook!
 - ["Follow"](#) on Twitter!

*If you would like to be featured in our winter newsletter, please contact:
info@youthsportsafetyalliance.org*

YSSA's 300th Member Spotlight



A growing number of student-athletes are unable to continue to compete in their sport due to career-ending injuries, health conditions, or repeat concussions. When the athletic dream is unexpectedly cut short for the dedicated athlete, research shows they can experience grief, identity loss, loneliness, anxiety, depression, alcohol and opiate abuse, and suicidal thoughts. Sidelined USA is a non-profit organization which exists to reunite permanently sidelined athletes with their passions and to inspire them to find a meaningful way forward.

Sidelined Chicago was co-founded in 2016 by Cade Pinalto, a teen athlete sidelined by a heart condition, and his mother Christine. They founded Sidelined to address the gap in resources for this unique demographics' transition out of competition. Due to overwhelming support from the athletic community, Sidelined Chicago expanded nationally in January 2018 and rebranded as Sidelined USA. Sidelined USA serves the community of permanently sidelined athletes and their parents in three ways: Resources, Connection, and Mentorships.

Resources: Sidelined USA publishes research-based articles and interviews to assist in supporting a healthy adjustment and psychological recovery of sidelined athletes.

Connection: Sidelined USA connects sidelined athletes through their online connection groups and inspiring Sidelined Stories interviews.

Mentorships: Sidelined USA inspires and equips permanently sidelined athletes to adapt to their new reality by re-engaging with the sports world through alternate avenues.

Additionally, they serve to educate parents, coaches, athletic trainers, and physicians about the mental health issues permanently sidelined athletes often face and equip them with practical ways to support a healthy adjustment for the sidelined athletes in their lives.

Learn more | Watch Cade's story
www.SidelinedUSA.org

*If you would like to be featured in our winter member spotlight, please contact:
info@youthsportsafetyalliance.org*

Other Alliance News

New To YSSA

Please join us in welcoming our newest YSSA members! Click on their logos to learn more about the organizations.



Clare Diagnostic Echo & Research

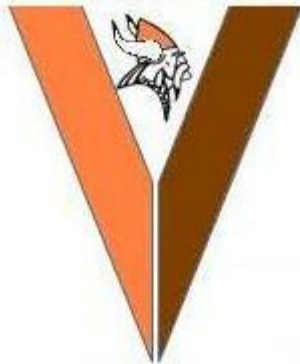


WESLEYAN
SCHOOL

McLeod Health



ROCKY MOUNTAIN CONSORTIUM
FOR SPORTS RESEARCH
501(c)3 Non-Profit Corporation



SD
GAMEDAY

ATHLETIC TRAINING SERVICES

551-587-8010
www.sdgameday.com



GALEN
YOUTH ON-SITE SPORTS MEDICINE

NYU Winthrop
Hospital™





ZACH POLSENBERG'S
HEAT SEVERITY
CHARITY



YSSA Wants To Know What Members Are Doing!

The Alliance wants to ensure that every member has the resources available to help succeed and network with other members. Please send us an update on what your organization is doing so that we can better serve you!

Membership Contact Database

The Alliance is updating its membership contacts this fall. Please get in touch with YSSA Staff to ensure we have the right contact information on file for your organization.

Copyright © 2017 Youth Sports Safety Alliance, All rights reserved.

Mailing Address:

1620 Valwood Parkway, Suite 115
Carrollton, TX 75006

Email: info@youthsportssafetyalliance.org

