

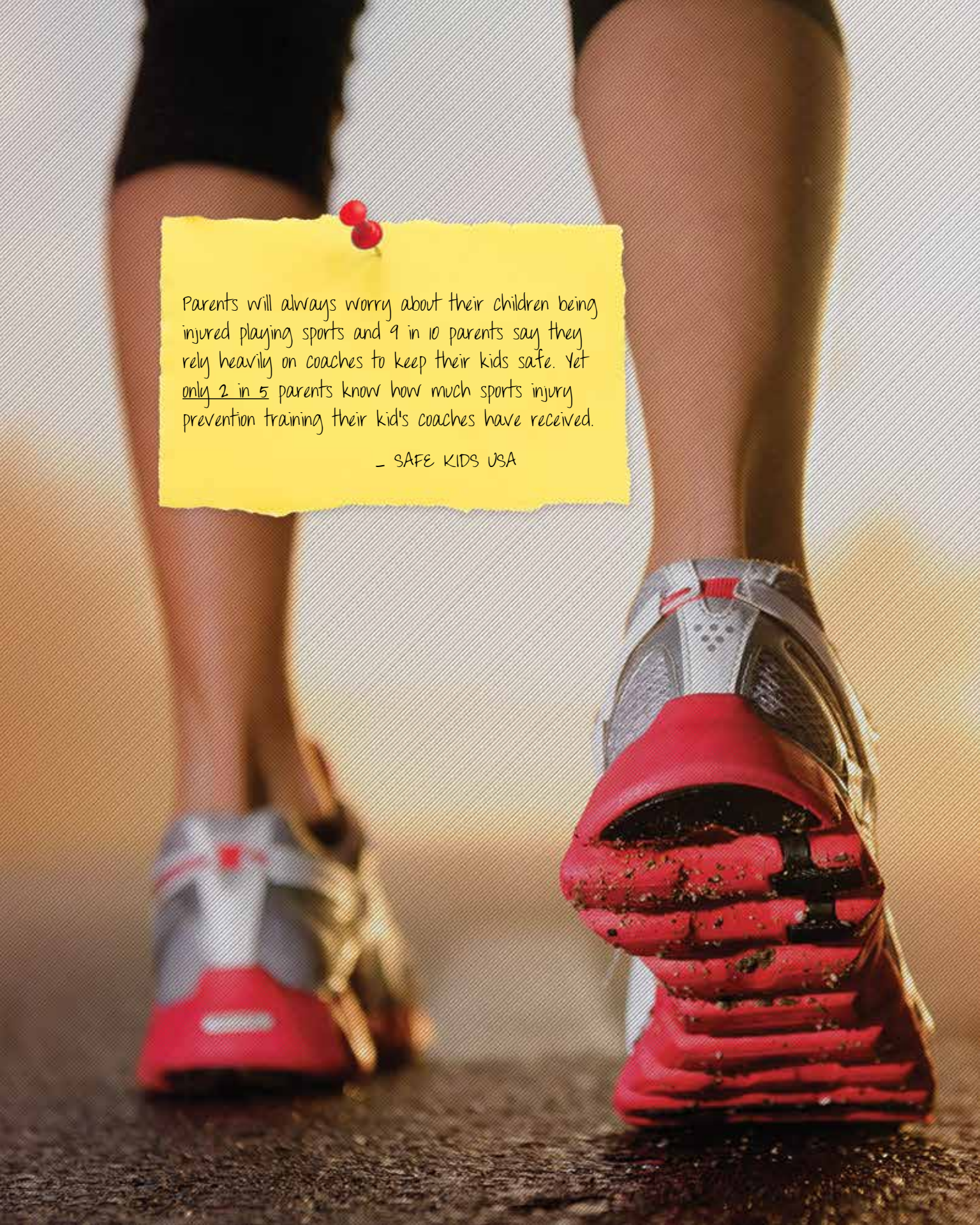
# 2012

A N N U A L R E P O R T



NATIONAL  
CENTER  
FOR  
SPORTS  
SAFETY





Parents will always worry about their children being injured playing sports and 9 in 10 parents say they rely heavily on coaches to keep their kids safe. Yet only 2 in 5 parents know how much sports injury prevention training their kid's coaches have received.

- SAFE KIDS USA





# NATIONAL CENTER FOR SPORTS SAFETY

2012 ANNUAL REPORT

# Words of Appreciation From Our Executive Director



**Kathryn Gwaltney**

*Executive Director*

The National Center for Sports Safety

## WITH YOUR SUPPORT

As The National Center for Sports Safety looks back at some very successful years, we are deeply grateful for those who have made it possible – our donors.

I am proud to present to you a copy of The National Center for Sports Safety (NCSS) 2012 Second Edition Annual Report. This report summarizes the highlights from fiscal year 2012, a pivotal time for us in which we focused our efforts on our core mission to promote the importance of injury prevention and safety on all levels of youth sports through education and research.

The NCSS vision is to decrease the number and/or severity of injuries through developing and teaching sports safety courses and collecting, analyzing and researching injury data. In our ongoing effort to provide supplemental educational materials to coaches and parents, I am pleased and excited to report that The NCSS is moving in an increasingly positive direction, seeing over a 58% increase in private support raised during the past two years. The NCSS has also had almost a 123% increase in the number of donors from 2011 to 2012.

We want to give you a clear understanding of The NCSS framework in regards to where we are and where we are heading. We hope this information will be helpful to you in assessing the effectiveness and responsibilities involved with the organization.

On behalf of the entire NCSS staff and board members, I would like to thank you for your continued support. Your commitment and positive feedback are the fuel that keeps us moving forward to make The NCSS a sustainable organization.

Sincerely,

A handwritten signature in blue ink that reads "Kathryn Gwaltney". The signature is fluid and cursive, written in a professional style.

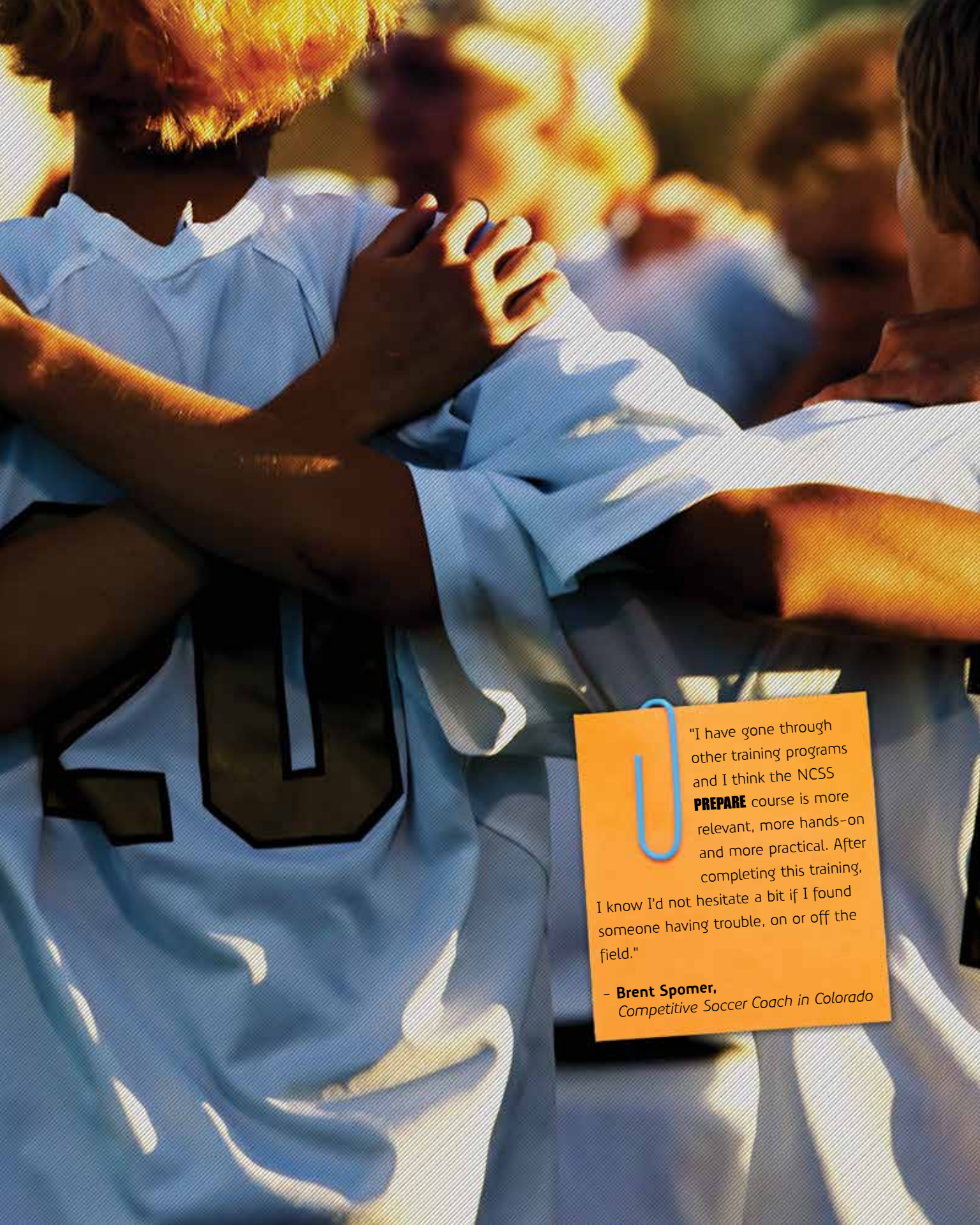


*Did you know?*

*The National Center for Sports Safety  
has educated over 14,000 coaches nation  
wide with its PREPARE course?*







"I have gone through other training programs and I think the NCSS **PREPARE** course is more relevant, more hands-on and more practical. After completing this training,

I know I'd not hesitate a bit if I found someone having trouble, on or off the field."

– **Brent Spomer,**  
*Competitive Soccer Coach in Colorado*

# A Message From Our Board Chairman



**Matthew Thomas Lemak**  
*Chairman, Board of Directors*  
The National Center for Sports Safety

**P**articipation in youth sports is widespread in our American culture. While involvement in such activities is fun and promotes physical fitness, it also leads to a risk of injury. Each day, approximately 8,000 children are treated in emergency rooms for sports-related injuries. Sadly, some of these athletes don't make it home and many of those deaths could have been prevented.

Our goal is to increase the number of coaches and volunteers educated through our **PREPARE** course. Through further marketing and awareness efforts and by increasing the number of state high school athletic associations and youth league associations that mandate the course, we can drastically reduce the number of injuries and deaths.

The thing to remember is this: Most sports injuries are preventable, yet many sports organizations do not require sports safety training for their coaches. According to the National Youth Sports Safety Foundation, less than 10% of the 25 million volunteer coaches and only 33% of the interscholastic coaches have any type of coaching education in sports safety.

We depend on – and are grateful for – your support as we work together to decrease the number and/or severity of sports injuries in youth by increasing sports safety awareness and educating coaches in sports safety techniques and skills.

## Donors

I want to express our sincere gratitude to our donors for their continued financial support. It is the commitment of our donors that has made the work of The NCSS possible.

## Thanks

I wish to acknowledge the support that the Board of Directors has shown me and to thank them for their continued commitment. I would also like to thank Kathryn Gwaltney and the rest of The NCSS team for their hard work and perseverance during a challenging year. In addition, I would like to thank all service providers for their help and support.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Matt Lemak', written in a cursive style.



# Our Founder's Vision for The NCSS



**Dr. Lawrence J. Lemak**

*Founder*

The National Center for Sports Safety

**T**he National Center for Sports Safety (NCSS) was founded by world-renowned orthopedic surgeon, Dr. Lawrence (Larry) J. Lemak, in 2001 to promote through education and research the importance of injury prevention and safety in all levels of youth sports. The NCSS focuses on decreasing the number and/or severity of injuries through developing and teaching sports safety courses and collecting, analyzing and researching injury data.

More than 3.5 million children under the age of 15 receive treatment for sports injuries each year. Even more alarming, 62% of those injuries occur during practice. Based on statistics like these and what Dr. Lemak was seeing personally in his orthopedic clinic, he founded the NCSS. His goal is to have a coach or parent trained in sports safety at every youth athlete's practice or game facility in the country.

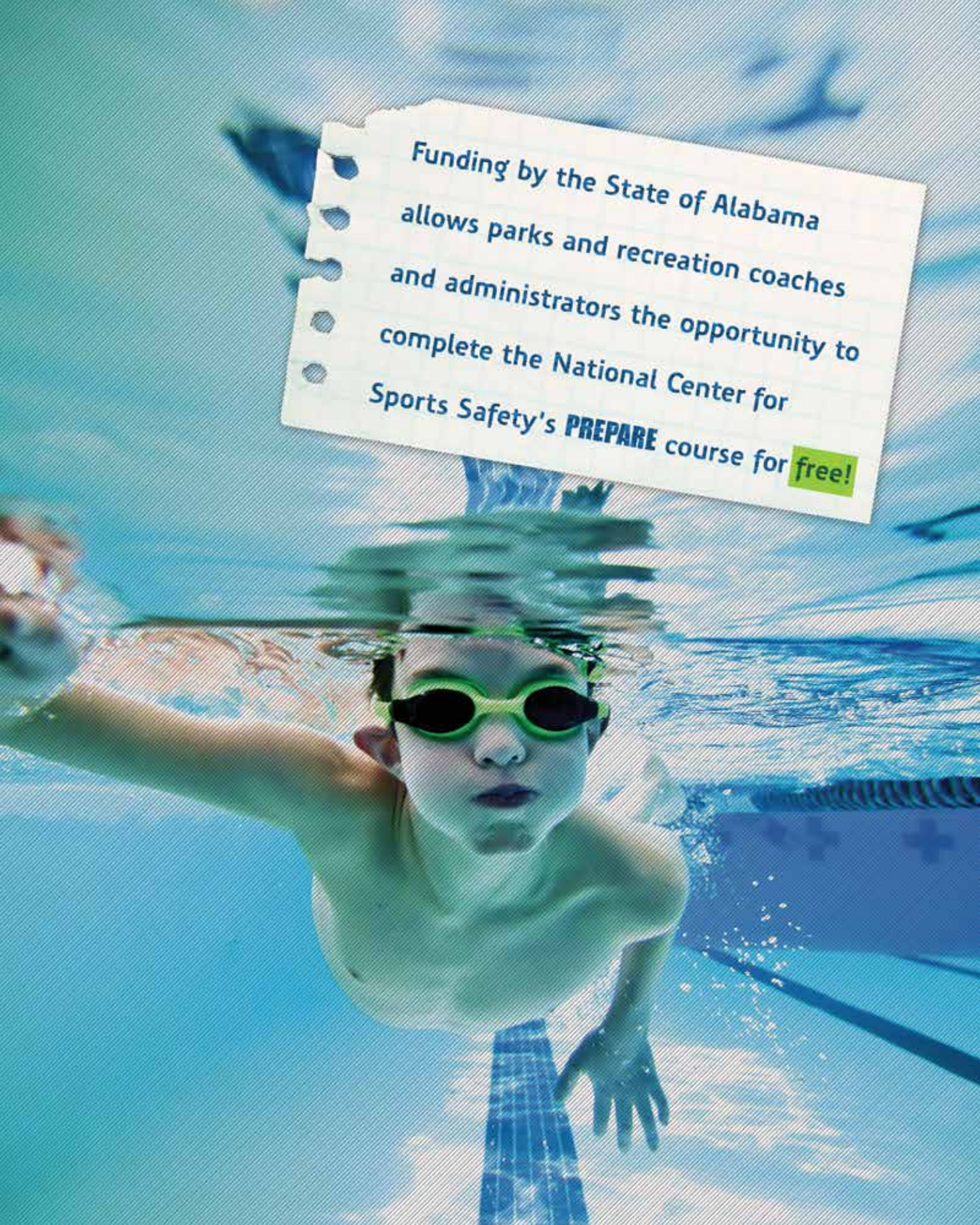
The vision of NCSS is to standardize the level of care available to athletes on and off the playing field. By educating youth coaches in sports safety techniques and skills, they will gain the knowledge and confidence to prevent and respond to injuries and emergency situations appropriately until professional help arrives.

NCSS believes that coaches, parents and all other individuals who are committed to providing children with a safe and healthy environment, are an integral part to help ensure that youth athletes will be safe on the playing field. NCSS also believes that by educating coaches in basic safety techniques and emergency response, America's fields and courts will become a safer place for youth athletes across the nation.

The NCSS's goal is to ensure all youth sports organizations proactively manage risks associated with athletics. The NCSS works to build relationships with groups and coaches on a national and grass-roots level to become sports safety educated through **PREPARE**.

If NCSS can prevent just one fatality or injury, it will be worth the effort.



A young person is swimming in a pool, wearing green swim goggles and a blue swim cap. They are in a freestyle stroke, with one arm extended forward and the other back. The water is clear blue, and lane lines are visible in the background. A white, torn-edge paper graphic is overlaid in the upper right corner, containing text about funding for a sports safety course.

Funding by the State of Alabama  
allows parks and recreation coaches  
and administrators the opportunity to  
complete the National Center for  
Sports Safety's **PREPARE** course for **free!**



# The National Center for Sports Safety



## **BOB BARRETT**

A resident of Birmingham, Alabama, Mr. Barrett currently serves as Chief Executive Officer of Honours Golf. Today, Honours Golf Company is the leading golf course development and management company in the Southeast. The company has plans to grow the Honours Golf brand in the Southeast through management contracts, development partnerships and whole ownership. The company has corporate offices in Birmingham, Alabama and Atlanta, Georgia.

## **ROGER BEDFORD**

A resident of Russellville, Alabama, Senator Bedford represents the people of the Sixth District of Alabama in the State Senate (Counties of Colbert, Fayette, Franklin, Lamar, Lawrence, Marion, and Winston). Senator Bedford is an Alumnus of The University of Alabama, and a graduate of The Cumberland School of Law at Samford University. Senator Bedford serves as an Executive Member of the Boy Scouts of America and has represented the citizens of his District in Montgomery since 1982.

## **JACK DARNALL**

A resident of Birmingham, Alabama, Mr. Darnall serves as the Regional Vice President for the Healthcare division at Brasfield & Gorrie, having 29 years of healthcare construction experience. Jack serves on the Birmingham Jefferson County Transit Authority, Magic Moments Board and is a former member of the Mountain Brook Zoning Board. He was selected for the Leadership Birmingham Class of 2010 and is a member of the Birmingham Rotary Club.

## **JUSTIN KAPLAN**

A resident of Birmingham, Alabama, Mr. Kaplan serves as the Vice President of Operations and General Counsel of Schaeffer Eye Center. Schaeffer Eye Care Center has been Alabama's leader in vision care for more than 25 years and has 15 different locations. He currently serves on several other Birmingham non-profit based boards.



# Board of Directors

## **JAMES "JIMMY" C. LEE, III**

A resident of Birmingham, Alabama, Mr. Lee is the fourth generation of his family to become the Chief Executive Officer and President of Buffalo Rock Company. He has been at Buffalo Rock since 1971 and took over as CEO in 2004. Headquartered in Birmingham, Alabama, The Buffalo Rock Company is one of the nation's largest single-family privately owned Pepsi-Cola bottlers. Today it operates 14 distribution centers in Alabama, Florida and Georgia, servicing a population of more than 6.5 million.

## **MATTHEW THOMAS LEMAK**

A resident of Birmingham, Alabama, Mr. Lemak is the Managing Partner of The Lemak Group of Companies, a closely held boutique investment company. Mr. Lemak serves as Vice-Chairman of the City of Hoover Medical Board, is a member of Hoover's Planning and Zoning Commission, Board Member of the Southern Development Council (Montgomery, AL), and was appointed by the Governor of Alabama as a member of the Long-Term Care Rebalancing Board for the Centers for Medicare/Medicaid of Alabama. Mr. Lemak has also served on the boards of the Greater Birmingham Humane Society (Birmingham, AL), Practice Partners in Healthcare (Birmingham, AL), Cryodynamics Healthcare (Dallas, TX), and Lynx Media (Nashville, TN).

## **NICK C. SELLERS**

A resident of Hoover, Alabama, Mr. Sellers is the Vice-President of Corporate Relations for Alabama Power Company. Mr. Sellers has also sat on the boards of City Stages, the MAPS Campaign, and the March of Dimes. Prior to joining Alabama Power, Mr. Sellers worked in the Alabama Governor's office, and also with the Business Council of Alabama. Mr. Sellers served as the first Director of Operations when the Alabama Sports Foundation was created in 1996. A former college athlete, Mr. Sellers was the starting quarterback in the early 90's for The College of the Pacific.



# December 17, 2009.

## The date that changed my life FOREVER.

December 17, 2009. On this date, my life was changed in an instant when I experienced a cheerleading accident that resulted in the paralysis of my right arm.

It was just a normal day, I woke up, rushed to the bus, focused on my school work then attended practice. Little did I know what I was about to experience in moments to come. We practiced a cheerleading stunt at the last minute, hoping to perfect it prior to an upcoming competition. The first time the stunt was performed, the flyer landed on my neck region, the pain was searing, but I shook it off. The second time the stunt was performed, I knew something was wrong but was not able to sit out in fear of losing my spot on the team. The third time the stunt was performed was the last time I had full motion of my right arm. The repetition of the flyer landing on my neck had caused a severe nerve injury that would change my life forever. My injury could have been prevented had I communicated with my coach, and listened to my body's natural pain signals.

Since my injury, it has been my mission to share my story with any and all whom are willing to listen, which includes student athletes, coaches and parents



Gabby Taylor, Miss Teen Minnesota International 2012

alike. In March 2012 I competed for the title of Miss Teen Minnesota International 2012, and won! With my title, countless doors have opened for me to serve as a living example of just how important sports safety

education and injury prevention is.

Over the past year, I have given presentations to numerous schools throughout the State of Minnesota to provide my peers with the tools necessary to keep



themselves safe both on and off the field. I reached out to my local news stations and recently had the opportunity to have my story featured on both Fox 9 News, and WCCO 4 News. At the Minnesota State Fair, I was given the opportunity to be interviewed on WCCO radio. It is my hope that I can reach a broader audience and prevent what happened to me from happening to anyone else. As these segments hit the news and

Overall, this year has been extremely successful in regards to the safety of my peers. Volunteering for numerous organizations is one of my jobs as Miss Teen Minnesota 2012. I have been blessed to volunteer and serve as an ambassador for The American Heart Association (AHA). One exciting accomplishment that took place, thanks to the AHA, was CPR requirements in all high schools throughout Minnesota. I am

## The repetition of the flyer landing on my neck had caused a severe nerve injury that would change my life forever.

radio airways, more and more people have contacted me.

From my newfound connections, I was presented with a chance to be a keynote speaker at the Minnesota Childhood Safety Summit. This was such an amazing event, where I spoke to some of the best health care professionals from my state. Another contact I made through my website was an editor for Scholastic Scope Magazine. This is a nationwide magazine that targets middle school and junior high teens. After a handful of emails and phone conferences, they decided to put me on the cover and do a feature article on my story! The nation seems to finally be catching on to one of the biggest threats adolescents face today – sports injuries.

hopeful for the future and safety of teens not only nationwide but worldwide, all thanks to The National Center for Sports Safety and all of the meaningful, hard work and dedication they have to keeping athletes like me safe. Many thanks,

**Gabby Taylor**

*Miss Teen Minnesota International  
2012*

# The Power of a Gift

**E**very gift to The NCSS matters. Varied in size and purpose...yet all having the power to "Raise the Standard" and help protect the lives of our young athletes. To date, The NCSS has received nearly \$900,000 in gifts. Would you consider a gift to our Annual Giving Campaign? Your gift will help us continue to provide prevention and injury training to coaches and volunteers throughout the United States.

## CONSIDER WHAT YOUR GIFT COULD DO:

- \$9** Provides sports policies and procedures manuals to a sports facility
- \$36** Provides sports safety education to one participant
- \$70** Provides one first aid kit to an individual in need
- \$100** Provides 100 copies of the parent and athlete DVD
- \$250** Provides one certified athletic trainer to teach one **PREPARE** class
- \$500** Provides endowment funding for current and future programs
- \$1,500** Provides one Automatic External Defibrillator (AED) to a youth sports organization in need

*To learn more about how your contributions to The NCSS help fulfill our mission, please visit [www.SportsSafety.org](http://www.SportsSafety.org)*



*The NCSS **PREPARE** Class Participants*





# NATIONAL CENTER OF SPORTS SAFETY

Name/Company Name \_\_\_\_\_

Billing Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Payment Method: ☐ Enclosed Check (Make checks payable to NCSS)  
☐ Credit Card

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

2316 First Avenue South | Birmingham AL 35233

I/We pledge \$ \_\_\_\_\_

I/We enclose our campaign gift of \$ \_\_\_\_\_

Balance to be paid:

☐ Monthly ☐ Quarterly ☐ Semi-Annually ☐ Annually

Installments of \$ \_\_\_\_\_

Beginning \_\_\_\_\_ for a period of \_\_\_\_\_ years.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Gift opportunity presented by: \_\_\_\_\_

## No matter the size, your gift to the NCSS contributes to helping save the life of an athlete.

Your involvement assists us in fulfilling our mission to "Raise the Standard" in youth sports safety preparedness.  
If you would like to make a donation please complete the information above and return to:

National Center for Sports Safety  
2316 First Avenue South  
Birmingham, AL 35233

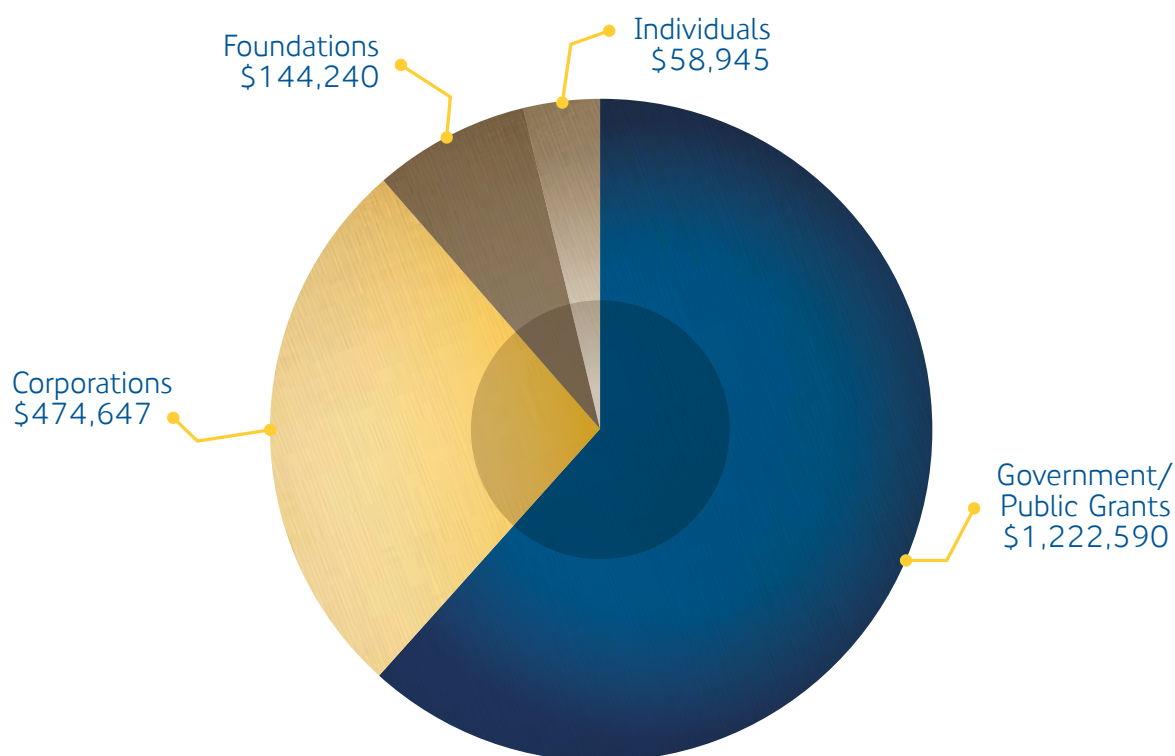
*Thank You!*

# Fund-Raising Opportunities & Financial Summary

GIFTS/PLEDGES BY CONSTITUENCY  
JANUARY 1, 2012 – DECEMBER 31, 2012

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<b>Donor Perfect Total Giving:</b>	<b>\$1,900,422*</b>	<b>332 Gifts</b>
Government/Public Grants	\$1,222,590	8 Gifts
Corporations	\$474,647	219 Gifts
Foundations	\$144,240	26 Gifts
Individuals	\$58,945	79 Gifts



*\*Total amount includes multi-year pledges.*



# Creating Sports Safety Awareness

**P**olicy development and legislation is an area of focus for NCSS. The NCSS has made great strides over the years in youth safety through bringing awareness of sports injuries before state legislative members and municipal city councils. This effort has involved working with political consultants to make sure that those interested in youth safety are kept at the forefront in the minds of elected officials to provide a blanket of protection for youth athletes. In some instances it may take years to lay the ground work in the respective states to be approved for sports safety legislation and funding.

As children continue to die of catastrophic sports injuries, states are witnessing first-hand the importance of educating coaches in sports injury prevention and treatment. NCSS has tasked itself with getting on the political agenda of Alabama, Iowa, Georgia, Florida, Nevada, and Kentucky.

Coaches may be at local parks and recreational facilities, or elementary, middle, or high schools. These individuals who coach our youth are accountable for providing a safe playing field or court and should become properly educated in sports safety and injury prevention. In order to create awareness about sports safety, the NCSS would like to work with the Recreation and Park Associations in each of the states mentioned above and other youth

league associations in these states. NCSS would reach out to each of these associations by offering the **PREPARE** course for free, updating them on current medical topics, and direct them to practice sports safety.

NCSS would be able to reach areas that may not be able to afford the training otherwise or are located in a rural area where Emergency Medical Personnel may be too far to reach the scene of the accident quickly, which may be a life threatening condition. By educating these youth coaches about sports safety and injury prevention, coaches will become better prepared for the unexpected situation on the playing field.

By educating coaches on prevention and sports safety, this could prevent youth athletes from visits to the emergency room and missed days at school. In some instances, we have found that major adoption by Recreation and Park Associations will both lower the insurance premiums and help perpetuate youth interaction in sports.

The policy development and legislation agendas will be an annual agenda item for NCSS. With new coaches volunteering every year and parents volunteering their time occasionally when their children become involved in different sports, NCSS believes it has a call to action to continue educating and creating awareness about

sports safety. Millions are reading the newspaper and online stories about youth sports injuries and watching programs that highlight on these topics. National athletic organizations are adopting rules to make play safer for their athletes. Sports safety awareness campaigns are being initiated by those in the sports and medical industries. Legislation is being introduced across the country and parents are starting to pay closer attention to the safety of the equipment, but there is still more to be done. It is the aim to keep a focus on sports safety. If the **PREPARE** course is available to the youth coaches and Park and Recreation Associations annually and for free (provided by state funding), coaches will become better prepared on the playing fields and courts.

Your support has been vital in funding these ongoing legislative efforts and in creating dialogue among these entities about sports safety awareness.



*The NCSS recognized Anniston Parks and Rec for mandating the **PREPARE** course*

# Fundraising Events



*The NCSS staff – 3rd Annual Golf Tournament*

**NCSS** held two local fund-raising events in 2012 that contributed over \$165,000 in support of its mission of promoting injury prevention and safety in all levels of youth sports through education and research.

On May 9, 2012, NCSS hosted its Third Annual Charity Golf tournament at Limestone Springs Golf Club in Oneonta, Alabama. With a title sponsor from Renasant Bank and supporting donations from Alabama Power, Alabama Sports Foundation, Buffalo Rock, Honours Golf, Lemak Sports Medicine and Zimmer Orthopaedics, this year's tournament brought

in 26 teams, along with 36 hole sponsors and 43 miscellaneous donations. Contributions for this year's tournament totaled \$102,720. NCSS plans to continue the tournament each year and hopes to raise even more funds each additional tournament.

NCSS hosted its' Second Annual Wine Tasting and Dinner at Fleming's Prime Steakhouse and Wine Bar in Birmingham, Alabama on October 7, 2012. Over 200 individuals joined NCSS Founder, Dr. Lawrence J. Lemak, and Executive Director, Kathryn Gwaltney, in celebrating past accomplishments and the need for further sports safety education. The agenda included an exquisite dinner paired with various wines and a silent and live auction accounting for over \$63,000 in revenue. Because of the huge success, NCSS anticipates hosting a wine dinner event on an annual basis.

Please contact the NCSS if you or your organization is interested in participating in one of our future fund-raisers.



*Annual Wine Tasting and Dinner*



# Planning for the Future... The NCSS Endowment



**A**s The NCSS has tailored its expenses over the years to match its revenues, it has become dependent on two primary sources of income. While we do not foresee funding from either source changing, we have anticipated the need to establish a financial contingency plan. Our Board of Directors has encouraged the organization to **PREPARE** for the challenge of any economic downturn by creating an endowment fund.

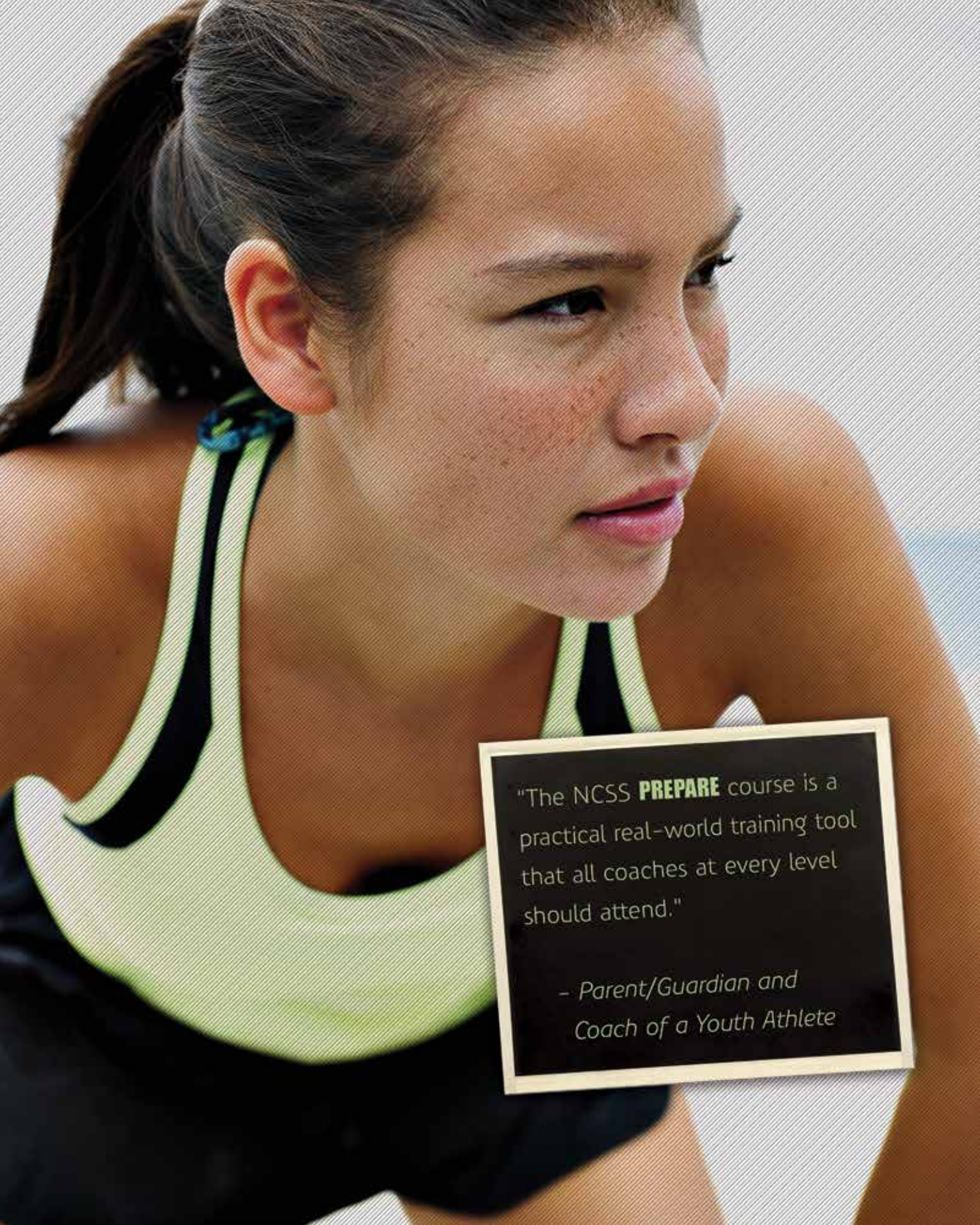
While we never anticipate having to utilize this endowment for operations, we do need to have a plan that would allow us to continue to fund important initiatives and stem the tide of financial upheaval until other funding can be put in place.

"It is great to have updates periodically on issues affecting the health and safety of the athletes we coach and the **PREPARE** program was an excellent update that was well presented."

–**PREPARE** Course Participant







"The NCSS **PREPARE** course is a practical real-world training tool that all coaches at every level should attend."

- Parent/Guardian and  
Coach of a Youth Athlete



# Creating a Safe Playing Environment for Youth Athletes: The NCSS Programs

**I**n order to meet some of the strategic objectives of our organization, we need to educate the public about the number, severity and commonality of sports injuries. Essentially, this is our platform.

Within our mission, we emphasize our desire to take a proactive approach to preventing injuries through education. In order

to fulfill this need, we need additional dollars to emphasize the importance of sports safety.

Our goal is simple: the more people who understand that many of the injuries and fatalities that are preventable in sports can be reduced by education, the greater the need will be for our **PREPARE** course (our core program), the NCSS policies and

procedures programs, the NCSS parent and athlete video, and our sports nutrition tool.

Your generosity has made possible an exceptional year of triumph for the creation, maintenance, and enhancement of these NCSS programs. Our mission to help America's youth athletes depends on you...



*"We had an emergency in physical education class soon after taking the **PREPARE** course and our reaction time, as a result of just completing the course, was minimal, which was critical in getting immediate medical attention the student needed."*

- Coach of a Youth Athlete

## PREPARE Sports First Aid Course

Since its creation in 2004, the NCSS **PREPARE** course has educated over 14,000 high school and youth league coaches on sports safety topics. It is vital that the NCSS continue these efforts on awareness of sports safety education.

In order to offer the most valuable information to coaches, we must update the course every 24 months to ensure the educational modules are up to date. Content development is important to provide further educational opportunities for coaches, including information outside the current **PREPARE** course, which currently consists of eight modules on emergency planning, injury prevention and recognizing injuries. In addition, content updates continue to lend credibility to the NCSS program and what is offered to the target audience.

The **PREPARE** course is delivered through an online platform/ infrastructure called a Learning Management System or LMS. The purchase of NCSS's own LMS allows easier access to

the course online, as well as offers more innovative technical support to users. The new LMS is a virtual and automated platform where data is held, which is utilized to manage the content of an educational course,



collect demographic information from its participants, and test the participants' knowledge of the content. Maintenance and enhancements on the LMS are an ongoing process in order to offer more options for the NCSS users.

In December, a revamped look and feel was rolled out on the public site and reflected in the LMS site as well, letting our visitors know we are current and up-to-date for their sports safety needs. This new NCSS website at [www.sportssafety.org](http://www.sportssafety.org) has been designed to be more approachable and less complex to navigate.

Continued enhancement of our LMS and brochure website is vital to the ever-changing world of technology which improves the user's experience through our site and heightens the program's efficiency for our audience as well as our staff.

## Parent and Athlete DVD

The NCSS produced a video to educate parents and athletes on preventative measures and techniques to be proactive in youth sports safety. Over 1,000 participants have now viewed the video, but there is still more to educate.

The 16-minute video covers five essential topics that parents and athletes need to be familiar with in the event of an emergency on the field or court.

Video Topics include the following:

- Concussions
- Heat Illness
- Pre-Participation Physicals
- Cardiac & Genetic Disorders
- Staph & MRSA Infections

The parent and athlete video can be viewed free of charge at: <http://www.sportssafety.org>





## AED/Safety Kits

In 2011, a high school player made a 3-point shot to win the big game. As the team celebrated the victory and the crowd rose in a frenzy, that same player fell to the floor suffering sudden cardiac arrest and died within minutes. Had an automated external defibrillator (AED) been present at the facility, this young man's life might have been saved.

With approximately 38 million children and adolescents participating in sports each year, the incident of sudden cardiac deaths continue to occur and is currently the leading cause of death in youth athletes. Thousands of youth athletes die each year as a result of poorly educated coaches, no immediate emergency medical equipment, lack of adequate onsite available medical personnel, and poor-conditioned or unavailable sports safety equipment. Did you know... more than 95% of cardiac arrest victims die before reaching the hospital?

NCSS has currently been working to reduce these staggering statistics by seeking funds to place automated external defibrillators and emergency first aid kits in municipal parks and recreation facilities, which are many times the community centers where youth athletes play sports and family crowds gather.



Ultimately, the beneficiaries of this program will be the more than 2.7 million young athletes, coaches, parents and families that gather daily at these facilities to play or watch their sport of choice.

## Sports Nutrition & Hydration Plan Website

Nutrition practices play an important role in helping youth achieve their personal best in academics, exercise and sports performance. These practices that help maximize exercise performance also promote good health, reduce heat illness through proper hydration, reduce post recovery time, and minimize risk factors for chronic diseases later in life such as cardiovascular disease, certain cancers and osteoporosis. Many adolescents today do not consider what they eat or drink, prior to or after a game, affects their energy and cognitive abilities while participating in their sport of choice or in the classroom.

To counter this lack of education and negative influence by culture and society, NCSS has begun development on a website in which coaches, individual players, and parents can build a sound nutritional pre-game, game day, hydration, and post-game meal plans. This would help teams and individuals maximize their performance on the playing field, with the added benefit of fostering good nutrition as a lifestyle. Included on this website will be guidelines for hydration, the differences in various sports drinks and supplements and what items should be avoided in food and drink choices.

NCSS has partnered with a team of sports nutritionists to define meal plans which will result in the delivery of customized nutrition and hydration plans that will give athletes proper nutrition and hydration to achieve his or her peak performance on the playing field, recover quickly from activity, maximize training, and help with particular medical conditions.

NCSS envisions the release of phase one to be in the first quarter of 2013.

## Policy & Procedure Manual Builder

In order to meet the strategic objectives of our organization, we believe it is necessary not only to train coaches in injury prevention and response using our **PREPARE** course, but to also raise the standard in regard to the policies and procedures implemented at the youth sports level. NCSS sees the need to take the same policies and procedures developed at the elite sports level and transfer it to the high school and youth level where it can be used in whole or integrated with policies and procedures already in place.

Released in the fourth quarter of 2012, NCSS designed a web accessible online portal in order to disseminate policies and procedures to governing bodies, schools, and coaches. A school or youth organization is able to build a customizable policy and procedure manual which is available electronically per school, sporting event or visiting facility. A professional and accurate manual will help ensure the safety of youth athletes and

everyone on the field or court. Often times, an organization does not have the resources or time to build its own manual. The Policies and Procedures Manual Builder contains over 30 policies and forms written by a team of Certified Athletic Trainers. This tool, available by subscription only, is user friendly and covers everything from medical forms, medical injuries and weather to facilities and crisis management.





# Our Donors

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**THE NATIONAL CENTER FOR SPORTS SAFETY**, has numerous friends who believe in serving their community through philanthropy. We're deeply grateful to the following individuals, corporations and foundations that have made gifts during the course of the year. Thank you for helping ensure the programs of The NCSS. These funds and resources help to sustain our mission, to promote through education and research, the importance of injury prevention and safety at all levels of youth sports.

24e Fitness	Mr. John Armstrong	Mr. Roy Berger
A. J. Allen Mechanical Contractors, Inc.	Arthrex/Pro Ortho	Best Buy
Academy Sports	Association of Fundraising	Biomet, Inc.
Ms. Deann Adams	Professionals Central AL Chapter	Birmingham Ad Kitchen
Dr. Robert Agee	Mr. Larry Atchison	Birmingham Race Course
AIB College of Business	Mr. Chris Atwood	Mr. Marty Blanchard
Alabama Economic Development PAC	Automatic Beverage	Bledsoe Bracing
Alabama Football Coaches Association	Automatic Door Group	Bomboro
Alabama Graphics	Mr. Jason Bajaligh	Brasfield & Gorrie
Alabama Power Company	Mr. Barry Baker	Mr. Jeffrey Brewer
Alabama Power Foundation	Mr. Monty Ballard	Brombergs
Alabama Sports Foundation	Mr. Jeremy Banks	Ms. Mary Lynn Bronner
Alabama Sports Hall of Fame	Mr. Allen Barlow	Ms. Melanie Brown
Alabama State University	Mr. Bob Barrett	Mr. Brandon Browning
Mr. Ed Aldag, Jr.	BBVA Compass Bank	Browns Medical Imaging
Aloft Hotel	Ms. Jenna Beach	Mr. Scott Bruce
Alpha Foundation, Inc.	Sen. Roger Bedford, Jr.	Bruce Office Supply
Alys Beach	Mr. Kolby Beemer	Buffalo Rock Company
Ms. Starla Andrews	Beemer Landscaping	Ms. Ginger Busby
Apex Construction	Mr. David Belcher, Sr.	Mr. Chandler Busby
AQ2 Technologies	Mr. Alex Bell	Business Interiors, Inc.
Aramark	Mr. Bobby Belling	Ms. Sue Buysse

Mr. Chris Campanetta	Mr. Tom Dodson	Gigi's Fabulous Kids Fashions & Toy
Mr. Tracy Causey	Dog Days of Birmingham	Mr. James Glass
Mr. Eric Chambers	DonJoy	Ms. Tara Glover
Dr. Bernadette Chapple	Drayer Physical Therapy Institute	Goodwyn, Mills & Cawood
Chef U	Dynasplint	Mr. Bruce Gordon
Mr. Dean Chitwood	Mr. Corey Engebretson	Gordon, Dana, Knight & Gilmore, LLC
Mr. Jeff Christensen	Ms. Elizabeth Evans	Mr. Miller Gorrie
Mr. Jason Comer	Mr. Britton Eveland	Mr. Keith Granger
Commonwealth Electric	Dr. Stan Faulkner, Jr.	Mr. Travis Grappo
Community Health Systems (CHS)	Mr. Barry Faulkner	Great Western Bank
ComplyMD, LLC	Mr. Taylor Fields	Mr. Daryl Green
Mr. Billy Cooch	Mr. Paul Finebaum	Mr. Marvin Gribbins
Copy Systems	Finebaum Network	Mr. Nick Griffin
Dr. Michael Corcoran	First Choice Distribution	Ms. Alison Griggs
Cornerstone Fitness & Wellness	Fitness 1440	Mr. Randy Goggans
Creative Benefit Solutions	Five Star Event Catering	Mr. Troy Gullett
Mr. Rusty Creel	Fleming's Prime Steakhouse and Wine Bar	Ms. Kathryn Gwaltney
Crest Cadillac	Mr. Brian Fleury	Ms. Christy Hagood
Mr. Steve Daniel	Fleury Estate Winery	Mr. Luke Hall
Mr. Lane Danielsen	Representative Craig Ford	Mr. Gene Hallman
Mr. Jack Darnall	Mr. Paul Franks	Hampton Inn - Eagle Point
Mr. Patrick David	Mr. Richard Friedman	Mr. Tommy Harper
Ms. Patti Davidson	Frost Cummings Tidwell Group	Ms. Rachel Harris
Mr. John Davis	Mr. B. J. Funke	Harris Tynes Realty Group
Mr. Jeff Dean	Future Memories Photography	Mr. Heather Heath
Ms. Renee Deason	Dr. John George	Mr. Chuck Henderson
Denman & Company	Ms. Debra George	Hendon + Huckestein Architects, PC
Depuy	Mr. Tony Giannetto	Mr. Terry Henley
Do Di Yo's	Mr. Brett Gibson	Ms. Laurie Hiatt
Mr. Ty Dodge	Ms. Linda Gifford	Hibbett Sports



Ms. Gigi Golding Higgs	Jasper Winery	Ms. Jodi Lee
Highland Technical Services, Inc.	Jethro's BBQ	Mr. James C. Lee, III
Ms. Heidi Hill	Jim Robbins, Inc.	Mr. John Lemak
Ms. Jamie Hill	Mr. Jimmy Johnson	Mr. Matthew Lemak
Hissyfits Boutique	Mr. Mark Johnson	Dr. Lawrence J. Lemak
Hitachi Medical Systems	Mr. John Johnson	Lemak Sports Medicine
Mr. Chris Holcomb	Mr. Jeff Johnson	Mr. Matt Little
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Mr. John O. Hudson, III	Mr. Dan Kinney	Maynard Cooper
Mr. Samuel Hunt	Mr. Todd Kirby	Mr. David McAdon
Hy-Vee	Ms. Cathy Kleese	Dr. Sean McCallum
Integrated Medical Systems, Inc.	Mr. Troy Kleese	Mr. Marshall McCarty
Ion 24/7	Ms. Kristin Koenig	Ms. Natalie McCauley
Iowa Barnstormers	Mr. Jeff LaMaster	Mr. Mike McCowan
Iowa Orthopaedic Center	LaMaster Medical (ArthroSurface)	Ms. Brea McCullough
Mr. Gary Ivey	Mr. Mark Landers	McCullough Family Dentistry
J. F. Smith Group	Dr. Sam Lapidus	Mr. Joel McDowell
J. Smith Lanier	Mr. Hugh Leader	McGriff Seibels & Williams, Inc.
Ms. Briana James	Leader Marketing Solutions, Inc.	Mr. Will McKee
Mr. Jim Jasinski	Ms. Emily Leder	Medical Imaging Systems (MIS)

Medical Properties Trust	Palomar Insurance	Riverview Animal Clinic
MedJet Assistance, LLC.	Panera Bread Co.	Mr. Jim Robbins
Mercy River Hills Surgery Center	Paradis	Mr. Jack Robertson
Michael's Restaurant	Mr. Troy Paterson	Mr. Jarrell Robinson
Midwest Biomet	Dr. Michael Patterson	Roger Bedford Senate Campaign
Mr. Steve Miller	PC Central	Rosemary Beach Trading Co.
Moe's BBQ	Mr. Dean Pearce	Mr. Mike Ross
Moore's Marinades and Sauces	Pella Printing Company, Inc.	Ross Bridge Golf Resort and Spa
Mr. Danny Morin	Performance Orthopedic Associates	Royal Automotive
Morin Processing Equipment, LLC	Physiotherapy Associates	Royal Cup Coffee
Ms. Leigh Ellen Morris	Mr. Sandy Pittman	Ryan Companies
Mr. Nick Morris	Mr. Alan Pizzatola	Santa Fe Day Spa
Mortgage America Inc.	Mr. Andrew Podraza	Mr. Joe Scavo
Moxy	Ms. Elaine Powell	Mr. Mark Schaeffer
Mr. Scott Myers	Practice Partners In Healthcare, Inc.	Dr. Jack Schaeffer
Ms. Joy Myers	Premier Biologics	Schaeffer Eye Centers
Natch's BBQ	Mr. Michael Price	Scheel's
Ms. Shannon Neal	Procedure Orthopedics	Ms. Angela Schmidt
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Dr. Lucian Newman, III	Mr. Robert Radice	Shula's Steakhouse
Mr. Michael Newsome	Mr. Mark Ramsey	Silpada
Mr. Alston Noah	Randy Jones Insurance Agency, Inc.	Simplex Grinnell
Nutech Medical, Inc.	Raridon & Associates	Mr. Daniel Sims
Mr. Jason Olejniczak	RealtySouth	Mr. Rod Sinclair
Olympic Finishes	Ms. Megan Reese	Slice Stone Pizza
Onin Staffing	Renaissance Ross Bridge Hotel	Mr. Hatton Smith
Mr. Brent Overby	Renasant Bank	Mr. Jerry F. Smith
Mr. Mike Pair	Mr. Harold Ripps	Mr. Wayne Smith



Solumark Partners	The Westin Hotel – Huntsville	Mr. Benny Watson
Southern Medical Solutions, LLC	Mr. Brian Thorn	Mr. Jim Weaver
Southern NamePlate and Graphics	Mr. & Mrs. Charles Tickle	Ms. Bridget Weaver
Southern Orthopedic Specialists	Mr. John Tiernan	Ms. Lori Weist
Ms. Sissy Spence	Ms. Courtland Tison	Westglenn Software
Sports Dynamics, LLC	Tom James	Mr. Andy White
State of AL Commission on Higher Education	Mr. Frank Tomlinson	Ms. Gayle Wilkinson
State of AL Department of Education	Mr. Tasos Touloupis	Mr. Eric Williams
Sterne Agee & Leech, Inc.	Trinity Medical Center	Ms. Anna Willis
Mr. Gordon Stewart	TriNovus, LLC	Mr. Richard Willis
Mr. Walter Stewart	Triple Play Orthopedics, Inc.	Mr. Herb Winches
Stewart Organization	Dr. Anthony Tropeano	Mr. John Witherington
Storey Kenworthy	Mr. Jeffrey Trotman	Mr. Jack Wood
Stryker	Mr. Brian Trout	Mr. John Wynn
Success EHS	Turquoise	Mr. Chris Yates
Sunbelt Glass	Mr. Norman Tynes	Yates Development, LLC
Mr. Larry Taylor	U.S. Teks	Zimmer
Taziki's	United Orthopedic Group	
Ted's Restaurant	Mr. Richard Urrutia	
TenCate	Mr. Matt Vanloon	
Mr. Richard Tharp	Village Framers	
The Boot	Vintage Wine Shoppe	
The Cajun Cleaver	Mr. Scott Visser	
The Caring Foundation/Blue Cross and Blue Shield of Alabama	Mr. Ernie Visser	
The Daniel Foundation of Alabama	Vulcan Heating and Air	
The Hill Collection	Mr. Charlie Waldrep	
The Lemak Group	Waldrep, Stewart & Kendrick, LLC	
The Southlake Financial Group, LLC	Mr. Clete Walker	
The Tutwiler Hotel	Ms. Misty Walker	
The Waldinger Corporation	Ms. Julie Waters	





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