

SUN VIEW AT

PERTINACITY

KOREY STRINGER INSTITUTE
2023 ANNUAL REPORT

THE MISSION OF THE KOREY STRINGER INSTITUTE IS TO PROVIDE RESEARCH, EDUCATION, ADVOCACY, AND CONSULTATION TO MAXIMIZE PERFORMANCE, OPTIMIZE SAFETY, AND PREVENT SUDDEN DEATH FOR THE ATHLETE, WARFIGHTER, AND LABORER.



AN ATHLETIC TRAINER SAVED MY LIFE. NOW MY LIFE'S WORK IS TO PAY IT FORWARD.

Throughout my youth, it had been my dream to represent my region at the finals of the Empire State Games. On Aug. 8, 1985, I took to the track on a warm morning, ready to run the fastest I ever had. With a half lap to go, I collapsed. I immediately got back up and ran the final turn, where I collapsed again. I would not get up from the second collapse. I was in the throes of an exertional heat stroke (EHS). What happened next not only saved my life that day, but set me on a course to devote my career to saving others through UConn's Korey Stringer Institute (KSI).

Athletic trainer Kent Scriber was volunteering that day. If proper decisions had not been made at that moment, I would have likely

died or ended up with permanent complications. Thankfully, Kent knew it was an EHS, and began cooling me within just a few minutes. On-site ambulance services quickly transported me to the hospital, where my luck continued thanks to an ER doctor who began aggressive cooling to get my temperature down as fast as possible. The immediate action along the chain of care gave me the best opportunity to live the amazing 39 years I have since that moment. I have dedicated a good portion of those 39 years to paying forward my good fortune, advocating for the best practices for EHS, and preventing sudden death in physical activity through our work at KSI. Our work extends beyond EHS and athletes, to try and keep anyone participating in exertional activities safe, such as warfighters and laborers.

From athletic training services, to AED requirements, Emergency Action Plan policies, EHS prevention and cooling, coaching education, and head injury prevention, we are working across the country to enact change. That change happens when key leaders come together to find a path for these life-saving policies.

I'm proud of all the work KSI has done over the years, and 2023 was no different. Through our research, teaching, advocacy, and consulting, we're excited to pay it forward for many years still yet to come.

Douglas J. Casa
CEO, Korey Stringer Institute
Professor, University of Connecticut





Kelci and her children Kodie and True (at left) pose at an event

A GLOBAL FORCE FOR CHANGE

On Jan. 2, 2023, the world watched as Buffalo Bills safety Damar Hamlin collapsed on the field from a cardiac arrest. Seeing this tragedy play out brought back memories from my own family, memories that I hoped never to experience again.

But because of the quick work of on-site medical staff, Damar Hamlin's life was able to continue. This season, Damar is back in the game. His inspirational recovery shows what we at the Korey Stringer Institute (KSI) have long known — medical

emergencies on the field do not need to be fatal. Now as we celebrate our 14th anniversary, KSI has continued to conduct innovative research and promote dedicated public health initiatives with the goal of making physical activity safer for everyone — whether athletes, warfighters, or laborers.

We have made significant progress toward this goal, and our efforts have led to more lives being saved. We have introduced health and safety measures in high school sports programs across the country and will continue to support this important work to protect student-athletes and their futures, whether on the field or off.

As the founder of KSI, I celebrate how this institute has established itself as a global force for change. When someone thinks about safety in the physically active, I want them to think of KSI. On behalf of the entire KSI team, I look forward to continuing to spread our life-changing work. Because, as we saw with Damar Hamlin, in changing lives, we are also saving lives.

Kelci Stringer
Founder and Spokesperson,
Korey Stringer Institute



Kelci Stringer

KELCI'S JOURNEY

In August 2001, Korey Stringer, a Minnesota Vikings offensive lineman, passed away from exertional heat stroke. From the time of Korey's death, his widow, Kelci, and his agent, James Gould, worked tirelessly to do something impactful to honor Korey's legacy. Together with Douglas Casa at the University of Connecticut, the Korey Stringer Institute was founded in April 2010.



Doug Casa, Reggie Scott (LA Rams), and Kelci Stringer



Doug Casa, UConn President Radenka Maric, Kelci Stringer, CAHNR Dean Indrajeet Chaubey

"ONE DAY, I WAS STANDING IN MY CLOSET, AND I SAID, 'WELL, SOMEONE HAS TO DO SOMETHING.' AND BEFORE I COULD FINISH THE SENTENCE, I REALIZED THAT THE SOMEBODY WAS ME."

Kelci Stringer



Kelci Stringer and Doug Casa



James Gould and Kelci Stringer



► RESEARCH

From basic to applied science, KSI research investigates the influence of heat on athletes, warfighters, and laborers at our state-of-the-art Mission Heat Lab and in the field.

► EDUCATION

KSI programs and guides teach key people how to prevent sudden death in sport, recognize and treat heat illnesses, maximize elite performance in the heat, and build emergency action plans and heat stress management plans.

► ADVOCACY AND POLICY CHANGES

We work with stakeholders across the nation on policies to prevent sudden death in sport and physical activity. We advocate for evidence-based strategies to reduce catastrophic injury, prevent heat stress, and require athletic trainers in all high schools.

► CONSULTATION

Our experts advise personnel at all levels of athletic competition and employers to ensure safety. We help manufacturers and companies validate wearable sensors and physiological monitoring devices.

► OUTREACH

KSI brings the knowledge gleaned from our research right to the people who need it most through programs including ATLAS, HSPC, innovATe, NCCSIR, and TUFSS.

CORPORATE PARTNERS

We would like to thank our corporate partners for their ongoing efforts to ensure the mission of the Korey Stringer Institute continues to thrive. Recent highlights of our collaborations are listed below.



2023

BY THE NUMBERS

ACTIVE GRANTS
CY 2023

17

PERSONNEL

24

PAID STAFF

75

VOLUNTEERS

MEDIA APPEARANCES
(KSI SPEAKERS)

9

INTERVIEWS/
PODCASTS

25

CONFERENCES

8

TUFSS
CONFERENCES

PUBLICATIONS

19

BOOK CHAPTERS/
MANUSCRIPTS
(published/in press)

NUMBER OF ADDITIONAL
STATES THAT MADE POLICY
CHANGES IN 2023

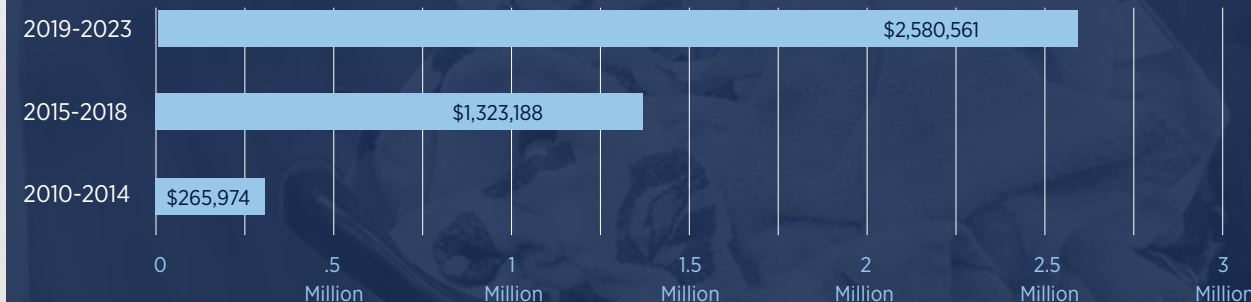
11



STAYING COOL CAN MAKE ALL THE DIFFERENCE

DWYANE WADE
Champion Basketball Player

AVERAGE FUNDING PER YEAR



► MEDICAL AND SCIENCE ADVISORY BOARD

John Jardine, MD
Chief Medical Officer, Korey Stringer
Institute
Emergency Medicine Attending Physician,
Kent Hospital, RI
Medical Director, Falmouth Road Race

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Associate Director, Sports Medicine
Research, United States Olympic and
Paralympic Committee

Scott Arceneaux, LAT, ATC
Director of Sports Medicine, St. Amant
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Professor Emeritus, Department of
Kinesiology, University of Connecticut

Lindsay Baker, Ph.D., FACSM
Director, Gatorade Sports Science
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Courteney Benjamin, Ph.D., CSCS
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Mike Carroll, M.Ed., ATC, LAT
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Athletic Director, Graham
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Clinical Professor and Clinical Education
Coordinator, Department of
Kinesiology, University of Georgia

Larry Cooper, MS, LAT, ATC
Retired Athletic Trainer, Penn-Trafford
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**Ronald Courson, ATC, PT, SCS,
NRAEMT, CSCS**
Executive Associate Athletic Director –
Sports Medicine, University of Georgia
Athletic Association

David Csillan, MS, LAT, ATC
Athletic Trainer, The Hun School of
Princeton

Ryan Curtis, Ph.D., ATC, CSCS
Athletic Performance Data Manager, San
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Lindsay J. DiStefano, Ph.D., ATC
Associate Vice President for Research
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of Connecticut

Jonathan A. Drezner, MD
Professor, Department of Family Medicine
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Fellowship, University of Washington
Team Physician, Seattle Seahawks & UW
Huskies, University of Washington

Christina M. Emrich, MS, LAT, ATC
Athletic Trainer and Assistant Athletic
Director, Red Bank Regional High
School

Erica Filep, Ph.D. LAT, ATC
Assistant Professor, Texas A&M Corpus
Christi

Matthew Ganio, Ph.D., FACSM
Associate Dean for Academic and Student
Affairs and Professor of Exercise
Science, University of Arkansas

Neal Glaviano, Ph.D., ATC
Assistant Professor, Athletic Training
Clinical Coordinator, Department of
Kinesiology, University of Connecticut

Eric D.B. Goulet, Ph.D.
Associate Professor; Performance,
Hydration and Thermoregulation
Laboratory Director, Ph.D. program,
Université de Sherbrooke

Andrew Grundstein, Ph.D.
Professor, University of Georgia

Kevin M. Guskiewicz, Ph.D., ATC
President, Michigan State University
Co-Director, Matthew Gfeller Sport
Related TBI Research Center

Stanley A. Herring, MD
Clinical Professor, Departments of
Rehabilitation Medicine, Orthopaedics
and Sports Medicine, and Neurological
Surgery, University of Washington
Team Physician, Seattle Seahawks and
Seattle Mariners

Yuri Hosokawa, Ph.D., ATC
Associate Professor, Sport Sciences,
Waseda University

Ollie Jay, Ph.D., FACSM
Director, Thermal Ergonomics Laboratory,
Faculty of Health Sciences and Charles
Perkins Centre, University of Sydney

Shawn F. Kane, MD, FAAFP, FACSM
Associate Professor, Department of
Family Medicine, University of North
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Associate Dean and Professor of Nutrition,
Arizona State University

Zachary Kerr, Ph.D., MPH
Associate Professor, University of North
Carolina

Kevin King, ATC, LAT
Head Athletic Trainer, Carolina Panthers

Kristen L. Kucera, MSPH, Ph.D., ATC
Associate Professor, Department of
Exercise and Sport Science, University
of North Carolina at Chapel Hill
Director of the National Center for
Catastrophic Sport Injury Research

Elaine Choung-Hee Lee, Ph.D.
Professor, Department of Kinesiology,
University of Connecticut

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Professor, University of South Florida

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Medical Director, NFL Players Association

Brendon McDermott, Ph.D., ATC
Professor, University of Arkansas

Kevin Miller, Ph.D., ATC, FNATA
Professor, Department of Health and
Human Performance, Texas State
University

Jeremy Ng, MD, CAQSM
Health Sciences Assistant Clinical
Professor, David Geffen School
of Medicine at UCLA
Associate Lead Primary Care Team
Physician, Los Angeles Dodgers

Julie K. Nolan, Ph.D., ATC
Associate Professor, Athletic Training
Education Program, Sacred Heart
University

Francis O’Connor, MD, MPH
Professor, Military and Emergency
Medicine, Uniformed Services
University
Medical Director, Consortium on Health
and Military Performance

James Onate, Ph.D., ATC, FNATA
Professor, Athletic Training Division;
Director, OSU MOVES Research
Laboratory; Co-Director, OSU
Movement Analysis & Performance
Lab (MAP), The Ohio State University

**Michael Ormsbee, Ph.D., FACSM, FISSN,
CSCS*D**
Associate Professor, Department of
Nutrition, Food, and Exercise Sciences;
Associate Director, Institute of Sports
Science and Medicine, Florida State
University

Julien D. Périard, Ph.D, FECSS
Associate Professor, University of
Canberra Research Institute for
Sport and Exercise

Alicia Pike Lacy, Ph.D., ATC
Assistant Professor of Athletic Training,
School of Kinesiology, Physical
Education and Athletic Training,
University of Maine

Riana R. Pryor, Ph.D., ATC
Assistant Professor, Exercise and Nutrition
Sciences, Center for Research and
Education in Special Environments,
University at Buffalo

Margot Putukian, MD
Chief Medical Officer, Major League
Soccer
NFL Head, Neck, and Spine Committee

Sébastien Racinais, MD
Professor, Environmental Stress Unit,
CREPS Montpellier — Font Romeu

Neha Raukar, MD, MS, FACEP
Associate Professor of Emergency
Medicine, Mayo Clinic College of
Medicine

Peter F. Robinson, MD, FACC
Assistant Professor, Department of
Medicine, UConn School of Medicine;
Interventional Cardiologist, Division of
Cardiology, UConn Health

Michael Ryan, MS, ATC, PT
Retired Head Athletic Trainer/Physical
Therapist, Jacksonville Jaguars

Samantha Scarneo-Miller, Ph.D., ATC
Assistant Professor and Program Director,
Division of Athletic Training, School of
Medicine, West Virginia University

Zachary Schlader, Ph.D.
Associate Professor, Department of
Kinesiology, Indiana University-
Bloomington

Jay Sedory, M.Ed., ATC, EMT-T
Certified Athletic Trainer, Tactical Medic,
Conditioning Specialist, United States
Marine Corps

Robert M. Sefcik, LAT, ATC
Executive Director, Jacksonville Sports
Medicine Program

Yasuki Sekiguchi, Ph.D., CSCS
Assistant Professor, Department of
Kinesiology and Sports Management,
Texas Tech University

Stephanie Singe, Ph.D., ATC, FNATA
Associate Professor, Department of
Kinesiology, University of Connecticut

**Michael Seth Smith MD, CAQ-SM,
Pharm.D.**
Primary Care Sports Medicine Physician,
Florida Orthopaedic Institute

Paul Sparling, M.Ed., AT, ATC
Retired Head Athletic Trainer, Cincinnati
Bengals

Barry Spiering, Ph.D.
Lead Physiologist, New Balance Sports
Research Lab

Jeb Struder, Ph.D., CSCS
Postdoctoral Research Associate,
University of North Carolina at
Chapel Hill

Erik Swartz, Ph.D., ATC, FNATA
Professor and Chair, Department of
Physical Therapy and Kinesiology,
University of Massachusetts Lowell

Michael R. Szymanski, Ph.D., ATC
Postdoctoral Research Associate, Adjunct
Faculty, MSAT Program, Department
of Kinesiology, University of
Connecticut

James L. Thornton, ATC
Retired Head Athletic Trainer, Clarion
University Athletics

Chris Troyanos, ATC
Medical Coordinator, Boston Marathon
and Falmouth Road Race

Lesley Vandermark, Ph.D., LAT, ATC, PES
Clinical Assistant Professor, Department of
Exercise and Nutrition Sciences, SUNY
University at Buffalo

Jennifer Vanos, Ph.D.
Associate Professor, School of
Sustainability, Arizona State University

Mark Verstegen, MS, CSCS
Founder, EXOS

Lisa Walker, ATC
Athletic Trainer, Springville High School

Jonathan E. Wingo, Ph.D., FACSM
Professor and Chair, University of
Alabama

Susan Yeargin, Ph.D., ATC, FNATA, FACSM
Associate Professor, University
of South Carolina

► **BRIEF HIGHLIGHTS**

**DEFIBTECH:
BRING AEDS TO
YOUTH SPORTS**

KSI and corporate partner Defibtech teamed up with the Professional Football Athletic Trainers Society (PFATS) Foundation and Henry Schein Cares to bring AEDs to youth sports programs. “We have seen repeatedly the need for an AED on sidelines. Student-athletes of all ages compete and practice daily, and this is an important step in helping them to be prepared for a sudden cardiac arrest emergency,” says Joseph Mullally, senior vice president of commercial operations for Defibtech.



Athletic Director Jared Hall and Principal Corey Robb of Benton Central Junior-Senior High School in Oxford, Indiana, with IATA President Adam Thompson



GOING THE EXTRA MILE WITH KSI

The TCS NYC Marathon

Since 2019, KSI has been a charity partner with the TCS New York City Marathon, one of the largest, oldest, and most prestigious marathons in the world. At the 2023 race, KSI had five charity runners, who raised \$17,624 total:

Rachel Berkowsky
McKenna Campbell
Frances Carstens
Ari Gerard
Brian Murray

BMW Berlin Marathon

On September 29, 2024 KSI will have its first marathon charity team in Berlin, Germany, to raise funds to support KSI's mission.

Cassandra Devaney
Emil Georgiev
Brian Nguyen
Olivia Papa
Daniel Schwei
Rebecca Stearns

To become a part of a future charity running team, contact Rebecca Stearns at rebecca.stearns@uconn.edu.



NATA SCHOLARSHIP AWARDED



To commemorate the memory of Korey Stringer, the Minnesota Vikings, NATA, the NFL Foundation, and the Korey Stringer Institute joined to create the Korey and Kelci Stringer Athletic Training Scholarship with an initial \$50,000 endowment. The annual scholarship will benefit athletic training students in partnership with the National Athletic Training Association (NATA) Research and Education Foundation.

Sho Katayama is the recipient of the 2023 Korey and Kelci Stringer Athletic Training Scholarship. A native of Japan, Katayama served as an intern for the Cleveland Guardians and is currently employed as an athletic trainer at Ohio University. He graduated from Kagawa University, Japan with a bachelor's degree in economics and from Ohio University with a master's degree in athletic training. He is currently enrolled in Ohio University's Doctor of Athletic Training program. In addition to being a certified and licensed athletic trainer, Katayama is a certified as a strength and conditioning specialist by the National Strength and Conditioning Association and as a corrective exercise specialist by the National Academy of Sports Medicine.

The NATA Foundation Scholarship Program is one of the organization's most highly regarded programs. Through 2023, the scholarship program has awarded more than \$4.02 million to 1,972 students. Through this program, which is managed by the Scholarship Committee, the NATA Foundation awards Undergraduate, Master's and Doctoral scholarships. The program provides between 50 and 75 scholarships annually in the amount of \$2,300 per scholarship. Scholarship funding is secured through a variety of sources, including the organization's endowment program, as well as through corporate and individual support.

**UConn WOMEN'S
BASKETBALL:
RESEARCH &
PERFORMANCE**

It takes a team on the court and off to help the UConn women's basketball team excel. Through a unique partnership, UConn researchers and coaches are teaming up to improve player performance with advanced data and innovative technology. For the past year, Rob Huggins from the Korey Stringer Institute and Julie Burland from the Institute for Sports Medicine have worked with head strength and conditioning coach Andrea Hudy to track and interpret data to ensure success in any arena. Using cutting-edge technology to measure all aspects of biomechanics, players and coaches understand the impact on performance and help make decisions before, after, and during game time.



Rhode Island International Film Festival

Denver Monthly Film Festival

Best Documentary URBAN DREAMS MENTAL HEALTH FILM FESTIVAL "Swim Tuff"

Documentaries Without Borders International Film Festival 2023

OFFICIAL SELECTION The Art of Recovery Film Festival 2023

LOS ANGELES REEL RECOVERY FILM FESTIVAL 2023 OFFICIAL SELECTION

SWIM TUFF



HOW I SWAM MY WAY OUT OF THE BOTTLE.

A DOCUMENTARY.

This documentary featuring KSI research with distance swimmer Ben Tuff was released on Amazon Prime and is available to rent. The movie has won awards at the Denver Monthly Film Festival, Urban Dreams Mental Health Film Festival, Rhode Island International Film Festival, Documentaries Without Borders International Film Festival, The Art of Recovery Film Festival, and the Los Angeles Reel Recovery Film Festival.



Jeff Miller (NFL) demonstrating CPR techniques

KSI JOINS NATIONAL COALITION TO ADVANCE LIFE-SAVING POLICIES FOR STUDENT ATHLETES

The NFL announced the launch of the Smart Heart Sports Coalition, a collaboration which includes KSI. The Smart Heart Sports Coalition is advocating for all 50 states to adopt evidence-based policies that will prevent fatal outcomes from sudden cardiac arrest (SCA) among high school students. Other members include the NFL, NBA, MLB, MLS, NHL, NCAA, the American Heart Association, American Red Cross, National Athletic Trainers' Association, and Damar Hamlin's Chasing M's Foundation.

"We are passionate about moving forward faster the adoption of policies proven to reduce the incidence of catastrophic sports injuries for secondary school athletes," says KSI CEO and UConn Board of Trustees Distinguished Professor of Kinesiology Douglas Casa, PhD. "We are extremely proud of our longstanding partnership with the NFL and our shared commitment to make meaningful and life-saving policy enhancements so that sport can be as safe as possible for all of those who love participating."

KSI WINS OSHA BEAT THE HEAT STRONGEST MESSAGE AWARD

OSHA sponsored a Beat the Heat contest to raise awareness of the dangers and hazards of heat exposure in both indoor and outdoor workplaces. KSI and corporate partner ELSMART Associates LLC submitted short videos intended to support training efforts for workers. The award-winning videos describe heat-related illnesses, how to avoid them by recognizing situations that can lead to heat illness as well as signs and symptoms, and first aid procedures.

KSI WORKS WITH AMERICA'S BIGGEST COMPANIES TO PROTECT LABORER SAFETY

Delta & UPS

The Heat Safety and Performance Coalition (HSPC) is working to enhance health and safety policies related to heat at UPS, Delta, and many other companies. By improving worker safety through heat mitigation strategies, workers can simultaneously maintain and improve productivity when working under extreme environmental conditions.

RECENT STUDIES

VigiLife

In 2023, KSI teamed with VigiLife to quantify direct and estimated measures from heat strain wearable sensors. VigiLife utilizes a platform known as SafeGuard to stream data from multiple wearable sensors to one central platform. This platform is most often used when monitoring large groups of physically active individuals.



Milwaukee Tool

The tool manufacturer joined forces with KSI to test a new hard helmet fan system designed to cool workers in hot environments. Experimental trials are set to begin in early 2024.

Falmouth Impervious Shroud Cooling Study

At the 2023 Falmouth Road Race, KSI conducted a variety of studies ranging from body cooling to the effects of certain medications, such as antidepressants, on thermoregulation. With the support of Dr. John Jardine and Chris Troyanos, KSI evaluated the effectiveness of whole-body cooling with a body bag as a potential method for emergency responders to begin whole-body cold water immersion treatment on-site.



Heat Safety Performance Coalition

KSI further expanded its research on laborer safety in 2023. Using data reported to OSHA (Occupational Safety and Health Administration), KSI found that of all laborer injuries and fatalities, about 3% were exertion related. Of that 3%, a staggering 89% were related to heat stress.



Guardian Cap

In the winter of 2023, KSI collaborated with Biocore LLC to test the impact of the Guardian Cap NXT on thermoregulation during intense exercise in the heat. The Guardian Cap NXT is a football helmet add-on designed to reduce head injury severity and was recently mandated by the NFL for certain position players during practice, but prior to our study the influence of the additional equipment on core temperature was unknown. In parallel, a thermal manikin study was conducted at North Carolina State University to quantify heat transfer when the Guardian Cap is worn.

THE SLICK AND SLIPPERY TRUTH ABOUT YOUR SWEAT

Men's Health
October 2023

Ryan Swoboda always dreamed of playing collegiate football, but his career nearly ended the same week it began. He showed up for the first day of training camp and began a grueling series of conditioning drills. The third day brought more drills, and he felt hotter and hotter, no matter how much water he drank. The last thing he remembers is the coach's whistle, then everything went black.

He woke up in a hospital room. Doctors told him he had suffered an exertional heatstroke. "You might not even recognize that you're having a serious problem until it's too late: "It can happen in a blink of an eye," says Robert Huggins, Ph.D., president of research and athletic performance and safety at the Korey Stringer Institute. "Someone can go from performing really well to being totally incapacitated, not knowing where they are, with dizziness, confusion, uncoordination of movements, to becoming unconscious."

FOUR SMART WAYS TO BEAT THE HEAT:

- Know your sweat rate
- Consider adding salt
- Take your temperature
- Pace yourself



SAFER SIDELINES

Louisville Courier-Journal
April 2023
[s.uconn.edu/safersidelines](https://www.s.uconn.edu/safersidelines)

Sudden death in high school sports is not a rare occurrence. It happens multiple times across the nation every year. And sudden cardiac arrest, the leading cause of death in high school athletes, happens once every three days during the school year.

Doug Casa has researched sudden death in sports for more than 25 years, routinely presenting evidence on why states and schools need to

prioritize health and safety. He's testified or been deposed in at least 40 lawsuits in athletics.

"I'm almost never not crying as I'm saying this to the parents: that literally ice, water, and a tub and their kid would have another great 65 to 70 years of life. He'd have a prom and wedding and kids..." says Casa, who leads the Korey Stringer Institute (KSI), which researches sudden death in sports. "That's why we fight so hard to have athletic training services at the high school level, because we want to just maximize the opportunity that these kids are going to live from these emergencies."



In total, for the average public school in Kentucky, it would cost \$4.14 per participant to add one of each device.

HEAT STROKE, AIR QUALITY PROMPT CONCERNS FOR ATHLETE SAFETY

ESPN
August 2023

Douglas Casa, CEO of the Korey Stringer Institute based at the University of Connecticut, an expert on heat illness in athletes, said he is encouraged by rising awareness, but remains deeply concerned that the resources to keep young athletes safe are not keeping pace with the steady occurrence of extreme heat.

Casa and his team of researchers have visited more than 30 states in the past five years to advocate for stronger regulations for preventing and treating heat illness in high school sports. Since it opened in 2010, Casa has led the institute, which is named in memory of Korey Stringer, an NFL lineman who died of complications from heat stroke

at Minnesota Vikings preseason training camp in 2001. "I'm telling you, 15 or 20 years from now, football is going to be a spring sport," Casa says.

Casa says it has been encouraging to see states in the hot, humid Southeast adopt more comprehensive policies or laws in recent years. He said 20 of the 31 states his team has visited in the past several years have made "decent overhauls" to their heat policies.

Still, he hopes for a time when his phone ringing off the hook in hot summer months is due more to proactive legislators than parents of athletes who have suffered major consequences from the heat.



USA FOOTBALL: DR. REBECCA STEARNS, MEMBER SPOTLIGHT

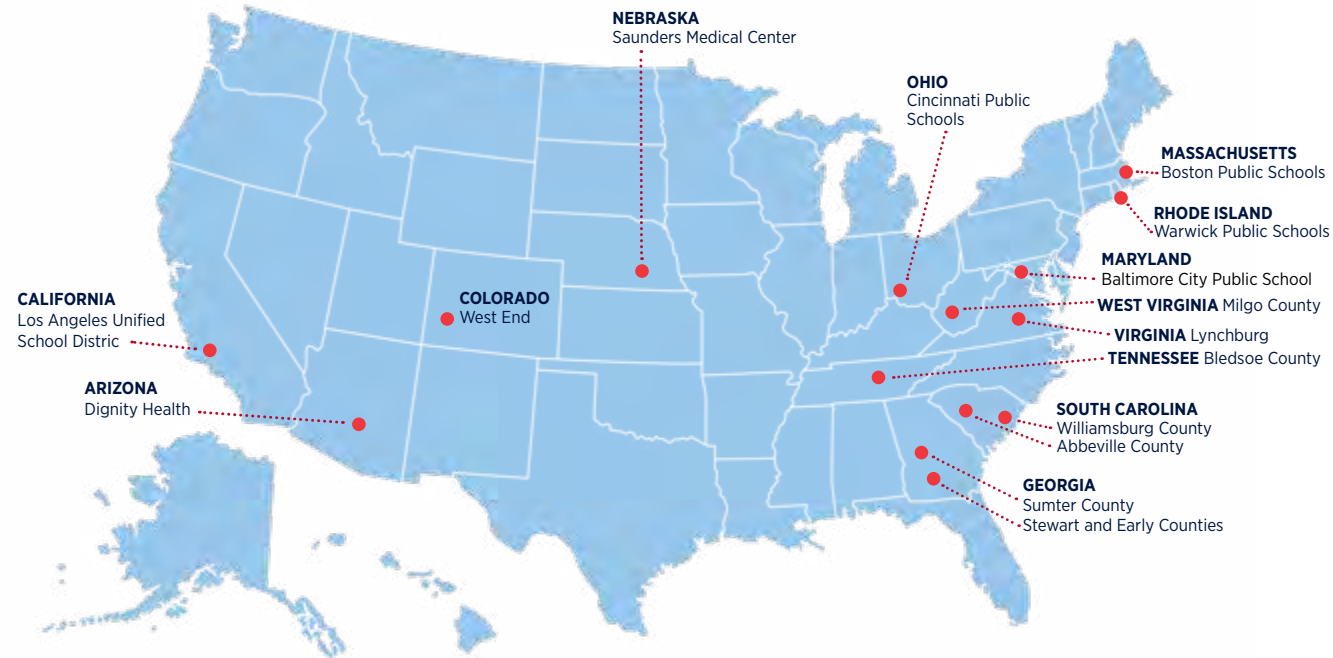
Dr. Rebecca Stearns is currently the Chief Operating Officer of the Korey Stringer Institute at the University of Connecticut and is a member of the Medical Advisory Panel for USA Football. As one of the founding members of the Korey Stringer Institute, she is dedicated to advancing their mission through education, advocacy, research, and media outreach to prevent sudden death in sport.

Balancing the push for improved athletic performance with athlete

safety and well-being is a crucial aspect of Dr. Stearns' work. By focusing on education, providing resources, and emphasizing the symbiotic relationship between performance and safety, we can create a culture that supports athletes' well-being while maximizing their potential.

"When I say exercise shouldn't be used as punishment, we don't want it to be this unplanned, unexpected, extreme introduction of exercise at the end of a very long, intense exercise battle already. That is where you put an athlete's health and safety at risk. Plan consequences into your program so you know what that could look like and make it within reasonable bonds."

► KSI PROGRAMS



KSI has received an additional \$3 million to continue the successful innovATe (Improving Needed Nationwide Opportunities & Value of Athletic Trainer Employment) program.

“We are tremendously proud of the success of the innovATe project and are grateful the project was extended, enabling more school communities across the country to increase access to athletic training services,” says Douglas Casa, KSI CEO and Board of Trustees Distinguished Professor of Kinesiology within the College of Agriculture, Health and Natural Resources.

InnovATe provides funds for school districts across the country to hire athletic trainers. InnovATe is a collaborative project administered by KSI and funded by the Education Fund established as part of the NFL Concussion Litigation settlement.

While the school nurse provides health care for students during the school day, athletic trainers are there during students’ extracurricular activities. They have the necessary expertise in sports medicine to manage acute injuries and illnesses, promote injury prevention programs, and after injury has occurred, guide rehabilitation and help students return to play.

“[The KSI] team has been so instrumental in our ability to do what we have been able to do,” says Josh Hardin, athletics manager at Cincinnati Public Schools. “From the start of the grant, [they] have wrapped their arms around our athletic department and our schools ... We’re truly grateful for that support.”

This renewal will allow the program to welcome three more cohorts between 2024 to 2026, supporting a total of 12 new school districts. Each cohort will receive funding for three years.

“Every athlete should have access to the quality medical care that an athletic trainer provides. innovATe is helping to close the gap in under resourced school communities across the country,” says Christianne Eason, director of innovATe, KSI president of sport safety and education, and assistant professor in residence of kinesiology.



Team Up For Sports Safety (TUFSS) aims to propel adoption of policies proven to reduce catastrophic injuries. The program is sponsored by the NFL and National Athletic Trainers’ Association (NATA). Of the 300-plus sport-related, catastrophic injuries in high school students in the last five years, most were preventable. The majority of these were caused by cardiac arrest, exertional heat stroke, head injury, or exertional sickling. Currently, states only mandate an average of 53% of policies proven to reduce these deaths. TUFSS works to prove that by mandating best medical practices, sport-related deaths can be reduced. To date, TUFSS has visited 43 of 50 states and Washington, D.C. — including 8 in 2023 — and will continue visiting states to move policy adaptation forward.

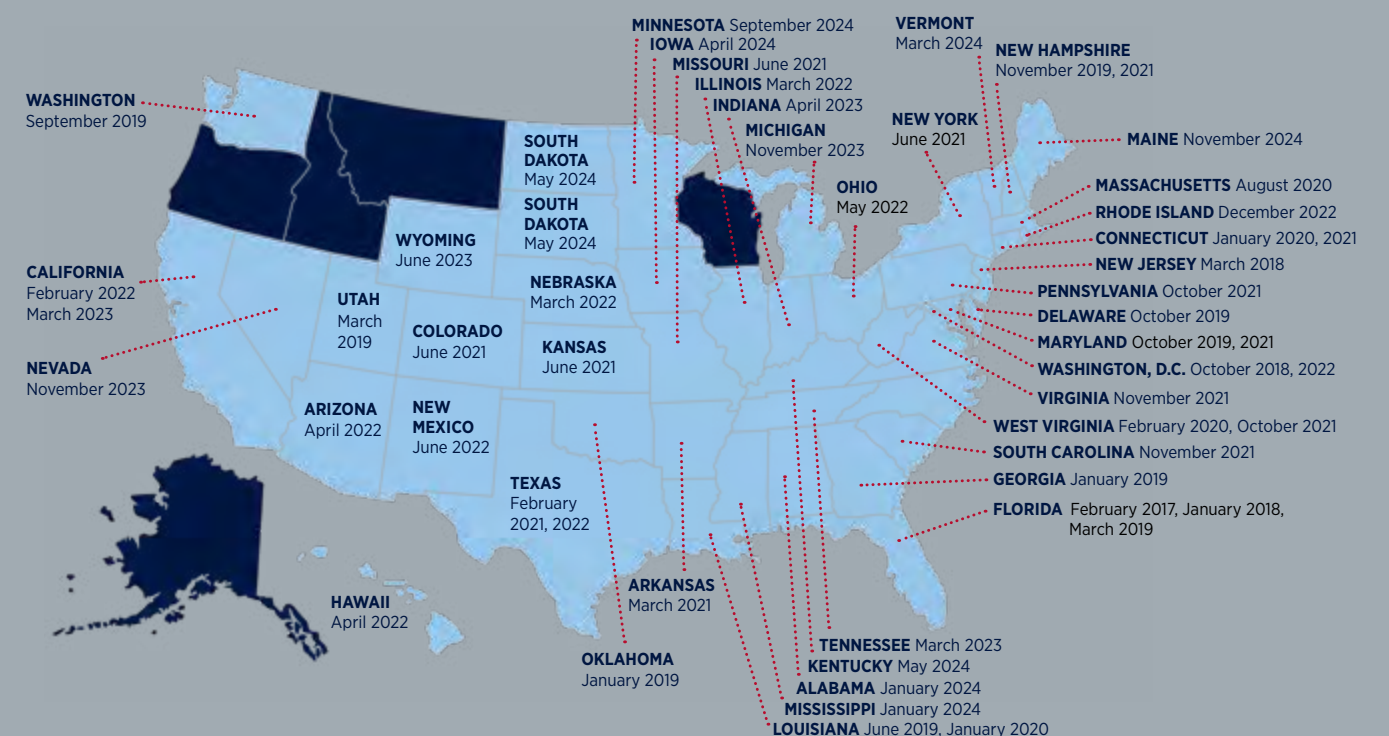
Examples of policies include:

- Having venue-specific athletics Emergency Action Plans (EAP)
- Heat acclimatization
- AEDs within 1-3 minutes of athletic venues
- Cold water immersion tubs to treat heatstroke victims
- Pre-participation exams for athletes
- Extreme weather practice modification policy

Ten states made positive policy changes in 2023, including:

- Rhode Island (EAPs and Coaching Education)
- West Virginia (Heat Acclimatization)
- California (EAP and Coach CPR/AED training)

STATES THAT HAVE HOSTED MEETINGS AS OF JUNE 2024





CALIFORNIA HEALTH AND SAFETY EFFORTS

California continued to push athlete health and safety initiatives forward in 2023. On March 9, 2023, a second TUFSS meeting was held at the UCLA campus on AB 796, a bill on athletic trainer regulation, as California is currently the only state that doesn't regulate the profession. The bill's author, Dr. Akilah Weber, shared her vision of the bill, and the LA Rams provided support for these efforts through testimony on the value of athletic trainers.

AB 796 has passed through three different committees and is still being considered for this legislative session but has not yet reached the governor's desk. Another important bill, AB 245, which addresses athletic emergency action plans and high school coaching education, was signed by the governor and chaptered by the secretary of state on October 10, 2023.

NATIONAL CENTER FOR CATASTROPHIC SPORT INJURY RESEARCH

The mission of the National Center for Catastrophic Sport Injury Research (NCCSIR) is to conduct surveillance of catastrophic injuries and illnesses related to participation in organized sports in the United States at the collegiate, high school, and youth levels of play. The goal of the center is to improve the prevention, evaluation, management, and rehabilitation of catastrophic sport-related injuries.

KSI manages one of the three branches of the NCCSIR consortium. These branches have evolved to reflect and address injury-specific expertise that is held within that branch. Kristen Kucera leads the University of North Carolina NCCSIR base branch, which manages all traumatic injuries. The University of Washington branch, led by Dr. Jonathan Drezner, manages all cardiac injuries.

KSI manages all non-traumatic injuries such as exertional heatstroke, exertional sickling, lightning, and asthma.

This report describes all catastrophic injuries in athletes during participation in a school-sponsored sport (e.g., high school and college). The injuries are classified as traumatic (direct) or exertional/medical (indirect). Frequencies and incidence rates of

catastrophic injury are calculated and stratified by sport and level.

The center relies on active surveillance and media reporting to gather cases. Anyone can report a case to help further our knowledge on how we can better protect athletes. Report a case at SportInjuryReport.org

Read the full report at s.uconn.edu/nccsir



CATASTROPHIC SPORTS INJURIES ACADEMIC YEAR 2021-2022





The Athletic Training Locations and Services Project (ATLAS) is a joint initiative of the National Athletic Trainers' Association and the Korey Stringer Institute designed to track AT services, improve communication between athletic trainers, and produce research for the advancement of the profession of athletic training specifically in the secondary school setting.

A recent publication including KSI staff, titled "Geographic Disparity in Distance to Trauma Care in Secondary Schools Across the United States" in the Journal of Athletic Training sheds light on the geographic disparities that exist between those who live farther away from Level I and II hospital trauma centers. This innovative research begs the question: Why don't we strategically place AT services in those more rural locations to intervene or prevent catastrophic injuries and illnesses if what is done in the first 10 to 30

minutes after collapse determines if a person lives or dies? Logic would suggest that those high school athletes that are furthest away from advanced medical care need qualified medical care present at their sporting events even more so than those who are within 50 miles of advanced medical assistance. Shockingly, 75% of the schools located more than 150 miles from the nearest trauma center did not have AT services, despite having athletics programs. In comparison, only 33% of those more than 50 miles from a trauma center did not have AT services.

The National ATLAS maps are updated annually, and unfortunately, it appears that the percentage of schools with medical services in the U.S. is decreasing. In the last six years, the ATLAS Project has seen a 13% reduction in access to AT services.

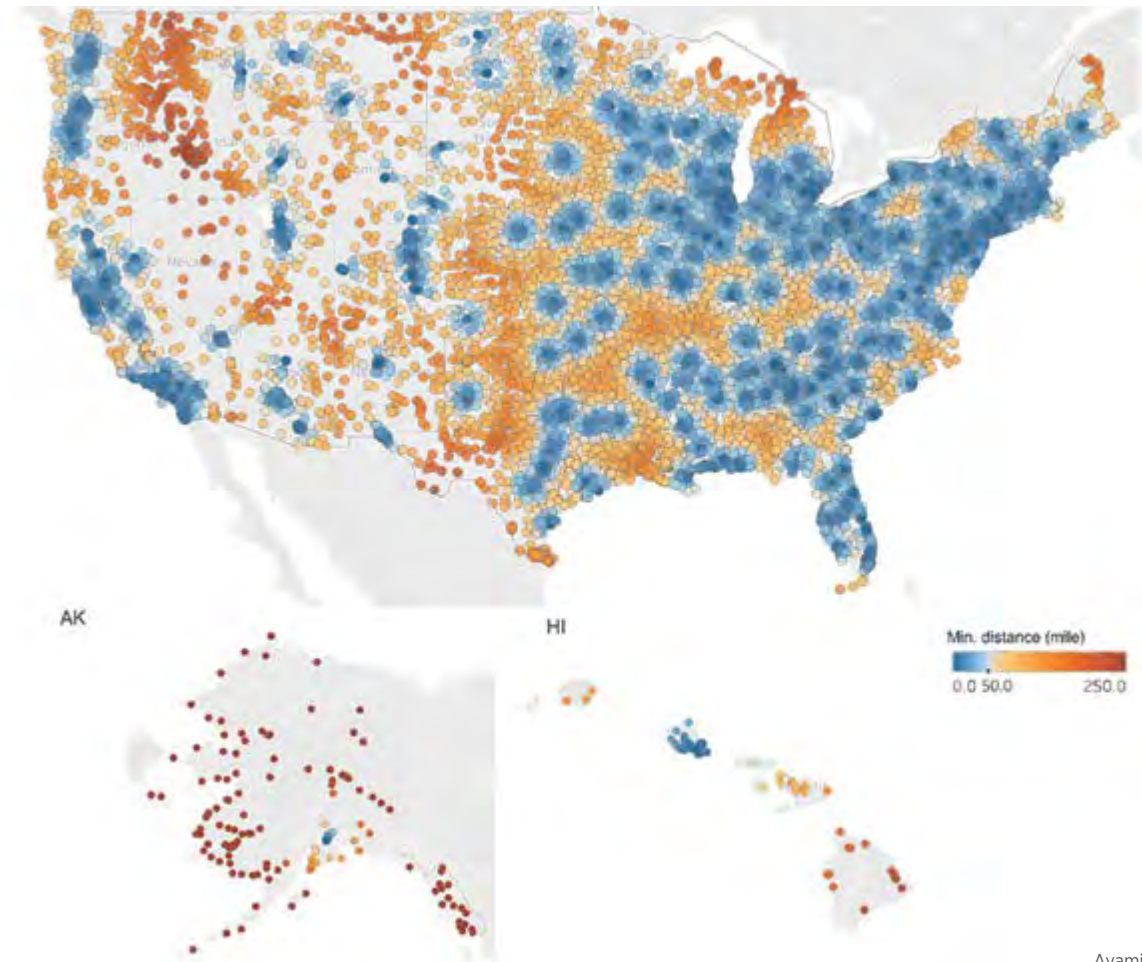
21,257
SCHOOLS MAPPED
IN THE U.S.

7,874
SURVEYS IN THE
LAST 3 YEARS

13,927
SURVEYS SINCE 2019

1000+
WORK HOURS EACH YEAR
PUT IN BY THE
ATLAS STAFF AT KSI

TRAUMA CENTER DESERT MAP IN U.S. SECONDARY SCHOOLS



Ayami Yoshihara

CURRENT ACCESS TO AT SERVICES, 2022-2023 ACADEMIC YEAR





William Adams leads U.S. Olympic and Paralympic Committee research to help prevent athlete injury.

CATCHING UP WITH A KSI ALUM

William Adams, Ph.D., ATC, FACSM Associate Director, Sports Medicine Research, United States Olympic & Paralympic Committee

Q: WHAT DO YOU DO?

A: Over the last two and a half years, I have worked at the United States Olympic & Paralympic Committee (USOPC). When I arrived at the USOPC in June 2021, I was joining a department where research had not previously existed and I was the entire team. Having come from an academic setting where there was existing infrastructure to support research, to then start a new role with none of that infrastructure in place, it has taken a lot of effort to get us to the point of being able to conduct impactful research.

Q: WHAT HAVE YOU LEARNED THERE?

A: Being adaptable to change and embracing each and every opportunity that came my way allowed us as a department, division, and organization to identify solutions to barriers to better serve Team USA athletes. I think another big takeaway is the importance of being adaptable and making sure to surround yourself with “A players.”

I am very fortunate to have a team of three full-time team members and a Ph.D. student to advance our research agenda. Our team is made up of extraordinary scientists and researchers, and it is because of them that our research agenda in preventing injuries and illnesses among Team USA athletes.

Q: WHAT IS YOUR FAVORITE THING ABOUT YOUR JOB?

A: Knowing that the work we are doing is not only going to directly impact Team USA, but also impact ALL athletes across the globe. While my role has taken me away from the day-to-day of “doing” research, being able to develop national and international collaborations with other thought leaders is something that makes me excited to go to work every day. Another thing that I enjoy about my role is being able to conduct research that is truly athlete-centered. Right now we’re focused on head injuries in sport, women’s health, para athlete health, mental health, and pediatric athlete health, all of which stems directly from stakeholders; athletes, coaches, and other “team behind the team” members. Being able to use their feedback to inform our work has been truly a remarkable journey thus far.

Q: WHAT IMPACTFUL THINGS/ RESEARCH/PRESENTATIONS HAVE YOU DONE?

A: Two projects come to mind. First, we heard from Team USA female athletes about topics that were most important for their continued success as athletes. As a result we have an upcoming study exploring the return to sport following pregnancy in elite athletes, as well as a study where we aim to develop and validate a women’s health screening tool that could be used as part of a pre-participation examination in female athletes. The second was a retrospective analysis

of approximately 1,200 Team USA Olympic and Paralympic athletes’ outcomes on the Sport Mental Health Assessment Tool – 1 (SMHAT-1), which is a new tool developed by the International Olympic Committee to screen athletes for potential mental health concerns. Our analysis updated recommendations to reduce the likelihood of potentially missing an athlete who may need follow up care by the appropriate health care provider.

Q: HOW DID KSI AND UCONN PREPARE YOU FOR THIS POSITION?

A: I was very fortunate to have several opportunities during my time at KSI and UConn that helped prepare me to be where I am today. Reflecting on my time as a student and postdoctoral fellow, having the opportunity to lead a number of research studies, work directly with KSI’s corporate partners and funding sponsors, and work with many thought leaders within the field of sports medicine allowed me to learn and refine my approach to be the scientist and leader that I am today.



Pictured from left to right, the Team USA Sports Medicine Research Team: Natalia Galan-Lopez, MS, Ph.D. Student; Eric Post, Ph.D., Manager, Sports Medicine Research; Travis Anderson, Ph.D., Associate Research Scientist; William Adams, Ph.D., ATC, FACSM, Associate Director, Sports Medicine Research; Ashley Triplett, Ph.D., Associate Research Scientist.

KSI ANNUAL AWARDS CEREMONY 2023

On May 16, 2023, the Korey Stringer Institute held its annual Awards Ceremony at the Branford House at UConn Avery Point.



Mike Ryan served as master of ceremonies.



Quentin Goodman

Bud Cooper
KSI Lifesaving Service Award

Stephanie Kuzydym
Lifesaving Education Award

Jeff Miller
Rachael Oats Service to KSI Award

Kristen Kucera
Robert A. Huggins Lifesaving Research Award

Scott Paddock
Kelci Stringer Founders Award

Rebecca Lopez
Rebecca L. Stearns KSI Alumni Award

KSI CAPSTONES

Senior undergraduate students in the exercise science program in UConn’s Department of Kinesiology have the opportunity to present projects at the “Exercise Science Capstone Presentation Day,” after taking the related coursework taught by KSI’s Robert Huggins and Allison MacKenzie (Director of the Exercise Science Program). This year the event was sponsored by Polar Inc. and was our best yet. This transformational learning experience gives UConn students the opportunity to work with real data from current research projects under the supervision of a research mentor. KSI researchers involved the students every step of the way — from data analysis, to writing, to the presentation process to ensure the students had unparalleled learning experiences in science.

List of Students, Mentors, and Project Titles:

Justin McMackin; Lipid Biomarker Response in NCAA Division I Soccer Players: A Comparison of Starters and Non-Starters. *Mentor: Robert Huggins*

Hannah Colman; Examination of Accelerometer Data for Load Monitoring in Collegiate Women’s Basketball. *Mentors: Julie Burland, Andrea Hudy, Robert Huggins*

Owen Bouchard; Analyzing the Impact of SSRI Medication on Thermoregulation and Running Performance: A Pilot Study. *Mentors: Michael Szymanski and Gabby Brewer*

John Bontarek; The Impact of Topical Sodium Bicarbonate Lotion Supplementation on Measures of Physical Performance in a Hyperthermic Environment. *Mentors: Jeb Struder and Robert Huggins*

Quentin Goodman; The Effect of Different Heat Stress Mitigation Strategies on Productivity During Simulated Occupational Work in the Heat. *Mentor: Maggie Morrissey*

Connor Norton; Exertional Heat Stroke in American Football Lineman: A Review. *Mentor: Robert Huggins*

Tyrus Conroy; U.S. High School Heat Safety Emergency Best Practice Policy Change: A Retrospective Look. *Mentor: Christy Eason*

Catherine Mydosh; A Cross-Sectional Study — Working Hours, Sleep, and Burnout among Athletic Trainers Employed in College Athletics. *Mentors: Stephanie Singe, Alex Cairns, Christy Eason*

Francis Walsh; The Relationship Between Perceived Stress, Burnout, and Work-Family Conflict among Athletic Trainers Working in Collegiate Sport. *Mentors: Stephanie Singe, Alex Cairns, Christy Eason*

Elisabeth McKenna; A Descriptive Examination of Perceived Stress and Coping among Athletic Trainers Employed in the National Collegiate Athletic Association. *Mentor: Stephanie Singe, Alex Cairns, Christy Eason*

Dejvi Mucka; Cold Water Showers vs. Cold Water Immersion and Their Acute and Chronic Adaptations. A Literary Review. *Mentor: David Martin*

Olivia Russell; Effects of Topical Sodium Bicarbonate Lotion on Blood Biomarkers with Dehydration and Heat Stress. *Mentor: Jeb Struder and Robert Huggins*

KSI STAFF ADVANCEMENT

Awards

- **Doug Casa** Honored with Distinguished Professor Award
- **Robert Huggins**, CAHNR Excellence in Engagement and Outreach Award
- **Douglas Casa**, CAHNR Spirit of the Land Grant Award

Promotions

- **Rebecca Stearns** promoted to Associate Professor in Residence, Department of Kinesiology
- **Robert Huggins** promoted to tenure track, Assistant Professor, Department of Kinesiology
- **Christianne Eason** promoted to Assistant Professor in Residence, Department of Kinesiology



KSI SNAPSHOTS





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Peter Figueiredo
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formance & Safety

26
Rebecca Gonzalez
Associate Director
of Occupational
Safety

27
Sean Langan
Associate Director
of Research

Other core staff members: Elaine Choung-Hee Lee, Michael Szymanski, Neeley Heilman, Gillian Frey

► ACTIVE GRANTS CY 2023

GRANTS - RESEARCH			
SPONSOR	TITLE	PROJECT PERIOD	TOTAL AWARD
NFL Concussion Settlement-Education Fund	InnovATe	6/1/20 – 7/31/26	\$3,000,000
NATA	TUFSS	4/1/20 – 3/31/24	\$600,000
National Football League (NFL) Foundation	Team Up For Sports Safety (TUFSS)	4/1/22 – 3/31/25	\$1,200,000
Magid Glove & Safety Company	The National Heat Safety Coalition	1/6/21 – 1/5/24	\$173,648
MPUSA, LLC (Mission)	The National Heat Safety Coalition	1/6/21 – 1/5/24	\$173,648
MPUSA, LLC (Mission)	Productivity Cooling Study for Occupational Workers	8/1/22 – 4/1/23	\$107,617
DOD/Army/Army Medical Research Acquisition Activity	Enhancing lethality of female warfighters by increasing resiliency to repetitive days of intense exercise in the heat (DOD 1)	9/1/21 – 8/31/24	\$1,610,605
DOD/Army/Army Medical Research Acquisition Activity	Optimizing Customized, Precision Heat Acclimation Protocols to Enhance Performance and Readiness of Female Warfighters (DOD 2)	9/30/22 – 9/29/25	\$3,779,988
Biocore	Influence of the Guardian Cap on Thermoregulation During Exercise in the Heat	12/1/22 – 8/31/23	\$155,491
ThermoPact	Validation of Body Temperature Devices and Location	1/9/23 – 12/29/23	\$50,000
Impact Vitals	Hydration and Heat Stress Index (HHI): Enhancing the Algorithm	1/1/23 – 12/31/23	\$310,096
MPUSA	Mission Product Cooling Study	4/15/23 – 12/8/23	\$40,062
Milwaukee Tool	Milwaukee Tool Helmet Fan Study	7/1/23 – 8/31/24	\$145,000
National Athletic Trainers Association	Athletic Trainer Location Services (ATLAS) Project	4/2/22 – 4/1/24	\$100,000
Delta Air Lines	Delta Heat Safety Assessment	9/7/23 – 8/31/24	\$33,000
VigiLife	Assessment and Validation of Heat Strain Monitoring System	10/2/23– 8/31/24	\$49,388
United Parcel Service (UPS)	UPS Heat Safety: Project #1	10/25/23-12/31/24	\$128,593

► 2023 PUBLICATIONS

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Yoshihara, A, **Olson, M.**, Filep, E., **Kim, D., Eason, C.M., Casa, D.J., Huggins, R.** (2023). Geographic disparity in distance to trauma care in secondary schools across the United States. Journal of Athletic Training. Early Access. doi: 10.4085/1062-6050-0149.23

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KSI

Your generous donation will support KSI's ongoing efforts to provide research, education, advocacy, and consultation in order to maximize performance, optimize safety and prevent sudden death for athletes, warfighters and laborers.

Funds raised will provide support across a variety of priorities including, but not limited to: health & safety coaching education, advocacy for policy changes nationwide and state by state, research, and many new initiatives.

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