



ANNUAL REPORT

2022





Leading a national movement to better serve, resource, and inspire permanently-sidelined athletes to cope with their tremendous loss and find a meaningful way forward following medical exit from sport

**EMILY ALLARD,
SIDELINED USA
MENTOR**



We sincerely thank you for your interest in our organization. Our team has worked tirelessly to produce meaningful resources, provide specialized support services, and advocate for better after-care for medically disqualified student-athletes through educational seminars and original research. As the first and only national non-profit serving this demographic of young people, we have experienced exponential growth in program demand year after year and 2022 is no exception.

Thanks to the support of our donors and sponsors, we provided 2,400 athlete-support care contacts in 2022. We experienced a 31% increase in use of our online resources and 198% increase in athlete care package requests. Through our Campus Liaison Program launched this June, we have partnered with representatives from athletic programs at 82 schools, both secondary and collegiate, to provide specialized support resources to sidelined athletes. This is just a sampling of what is made possible through community support of Sidelined USA.

We anticipate the needs to continue to increase in 2023 as the word spreads about our unique program. Though demand is higher than ever, our financial resources have not yet recovered from COVID's impact on the economy. Financial support of Sidelined USA is more important than ever as it is our desire to keep from having to cut back resources in the coming year. We invite you to power our pioneering work in 2023 by visiting www.sidelinedusa.org/donate to make a tax-deductible donation or become a monthly donor by selecting "monthly" on our donation form.

Financial support of Sidelined USA provides hope and healing for medically disqualified student-athletes. Your gift will help us to provide more hope, for more young people in the coming year.

Gratefully,

Christine Pinalto / Executive Director



"Receiving the care package and feeling understood by people who have experienced the same struggles as me was uplifting. I have worn the 'MORE THAN AN ATHLETE' bracelet everyday for the past year. This care package and everyone within the Sidelined USA team made me feel appreciated and helped me to recover both physically and mentally."

-SYDNEY

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**MATTHEW HARRIS,
SIDELINED USA
MENTOR**

About Sidelined USA

A first-of-its-kind 501(c)3 nonprofit organization supporting, resourcing, & advocating for permanently sidelined student-athletes nationwide

MISSION

To reunite permanently-sidelined student-athletes with their passions and inspire them to find a meaningful way forward

VISION

To see athletes create a positive mindset within themselves, requiring their personal best, in order to confidently face and overcome their challenges, both on and off the field/court

PURPOSE

To make specialized support resources available to all sidelined student-athletes nationwide at no cost and to elevate the standard of care for medically disqualified athletes through research, education, and advocacy

Our Why ▶▶▶

At Sidelined USA, we recognize that a medical exit from sport caused by career-ending injury, health condition, or concussions can be a devastating, life-altering event with significant and long-lasting psychological impact. The research indicates that permanently-sidelined athletes are at high risk for depression, isolation, anxiety, identity loss, alcohol and drug abuse, disordered eating, suicidal ideation, and diminished life satisfaction even years later.

These athletes are in a vulnerable position and frequently do not feel empowered to advocate for themselves, choosing instead to struggle in silence. Sidelined USA bridges the gap to be that advocate for improved after-care support while also empowering sidelined athletes to “find their voice” and seek the help they need.



What We Do

PROGRAM



RESOURCES

We publish research-based articles, interviews, podcasts and informational files to assist permanently sidelined athletes in a healthy adjustment and psychological recovery.



CONNECTION

We connect sidelined athletes with "mentor" sidelined athletes through online connection groups and our Sidelined Stories podcast interviews.



NEW PURSUITS

We inspire and equip permanently-sidelined athletes to adapt to their new reality by re-engaging with the sports world through alternate avenues.

AWARENESS

We build awareness about the psychological impact and mental health considerations of athletes experiencing a medically-forced exit from sport.

EDUCATION

We provide research-based educational resources, trainings, and speakerships which promote best practices for the after-care of permanently-sidelined athletes.

RESEARCH

We create data on medically disqualified athletes and the psychological impact of a medically-forced exit from sport.

Sidelined USA By the Numbers

120

ORIGINAL
RESOURCES
CREATED



TIMES OUR
RESOURCES
HAVE BEEN
ACCESSED

OVER 60,100



106,700

WEBPAGE VIEWS



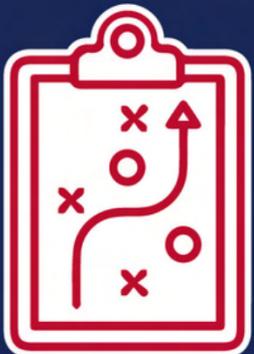
5,400



52,200

WEBSITE VISITORS

32



ATHLETIC
TRAINERS,
COACHES &
PHYSICIANS
TRAINED

EDUCATIONAL
SPEAKERSHIPS
AND TRAININGS



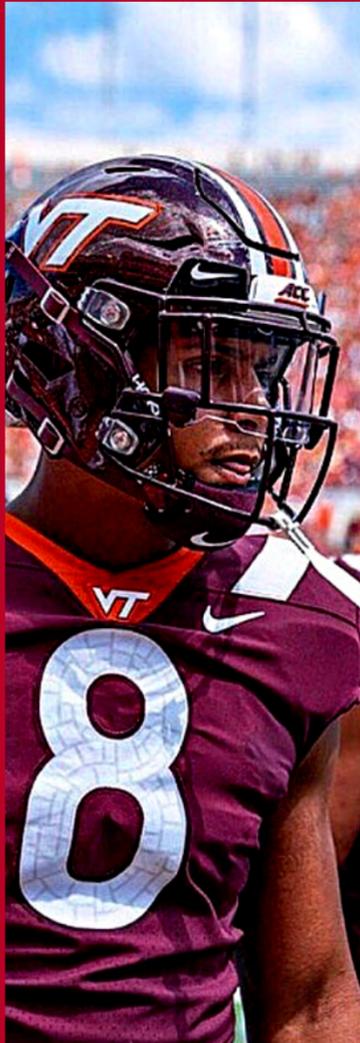
MAGGIE GROSSMAN,
CONNECTION GROUP
MEMBER

2022 Athlete Impact



JENNIFER YEE

"Being connected with Sidelined USA had been the greatest blessings of my life. When I received my care package from Sidelined, it reminded me that I'm more than athlete and my sport. They made me feel a part of not only the community, but family. There is something so beautiful when we remind each other that we are not alone in this fight and encourage one another to share our stories. I hope that anyone receiving a care package knows that it's more than just a box, but one filled with hope, light, and support."



EMMANUEL BELMAR

"It was hard to walk away from the game I love, especially after having one of my best games. It was hard overcoming the concussion and I felt like nobody cared. Sidelined USA provided encouraging words and a package that showed me I wasn't the only person going through it! It made me feel much better. I'm grateful for a team like Sidelined, that showed interest in me when no one else did."



CALI LONARDELLI

"When I received my care package from Sidelined USA, I instantly knew that I'd found an organization that just got it, one that knew what a painful process medical retirement is. I still wear my 'more than an athlete' bracelet and frequently wore my Sidelined shirt while I was in the hospital for over a month. I cannot express my gratitude to the Sidelined team, the Connection Group, and the donors who make the program possible. Thank you to everyone who is helping medically retired athletes find their footing."

2022 Program Spotlight:

Athlete-Support Care Contacts

2,400 CARE CONTACTS



**EMAILS, PHONE CALLS &
DIRECT MESSAGES
SUPPORTING STUDENT-ATHLETES
EXPERIENCING
MEDICAL RETIREMENT**

**CARLY
MUNOZ**



Carly, a recently medically retired synchronized figure skater whose Olympic aspirations were cut short due to an extreme training accident and severe leg injuries, wrote to us about her situation and inquired about resources to help her. In response to a support contact from our team, Carly wrote:

“Reading your email brought me to tears. I was fully expecting a nice, automated response to the intake form I submitted, however, I quickly realized it was clearly someone that had taken the time to actually sit down, read, and respond to me. I was completely overwhelmed! To feel seen and cared for by a complete stranger was really amazing.

I took your advice and started listening to the Sidelined Stories podcast - the interviews were so incredibly relatable and voiced a lot of the things I have felt/experienced . . . Thank you so much for your help and kindness! Hearing from other sidelined athletes who once felt just as lost and lonely as I am, yet made it through to a brighter place gives me hope that perhaps one day I can do the same.”

And later, after another email: *“Some words that jumped out at me from your last email were, 'You are exactly where you need to be right now - grieving, reflecting, pursuing hope and motivation...all are worthy of your time. Be patient with yourself.' It had truly never occurred to me to think of the situation in this light; that this is exactly where I should be after such a dramatic shift in my life. I was robbed of many golden years of my competitive career. While it doesn't make it suck any less, it does give some purpose and meaning to the pain in my heart.”*

2022 Program Spotlight:

Care Packages

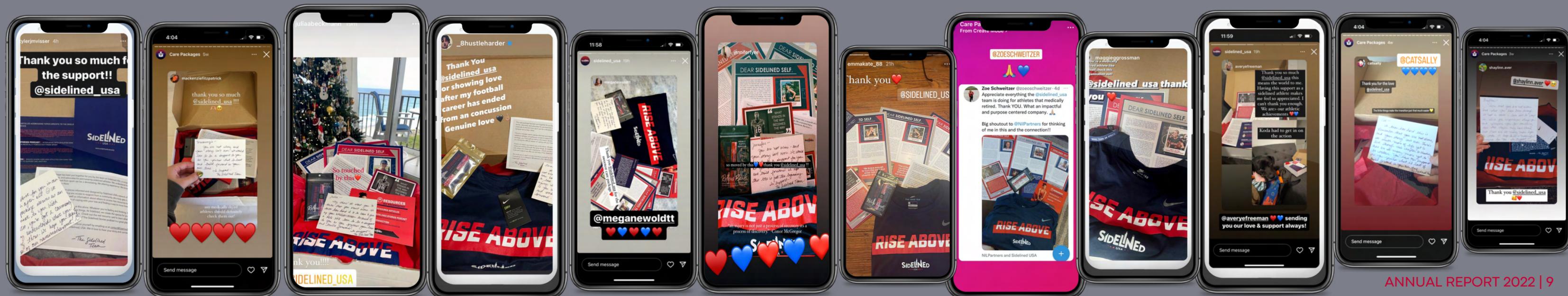


143 ATHLETE CARE PACKAGES DELIVERED

Filled with gifts and resources designed and inspired by our network of mentor sidelined athletes, our care packages acknowledge the challenges medically disqualified athletes face and provide specialized support from those who understand this transition first-hand.

"The day I received my package was also the day I felt my smile peek out after being hidden for so long."

ERIKA HAYES



2022 Program Spotlight:

Connection Group

A community of athletes who have experienced a medically-forced exit from sport, led by former athletes who personally experienced a medical retirement.

Meets virtually, once a month, to support one another through the transition following medical retirement and to discuss issues relevant to medical exit from sport.

*"My medical retirement came rather abruptly. I felt lost and didn't know where or who to turn to. Sidelined USA reached out to me after I announced my retirement, and they've been there for me in so many ways since. Life is tough and can throw many challenges your way, but losing your sport feels truly earth shattering. To anyone who has experienced having to walk away from the thing that seemingly provided you everything, know that you are not alone in what you are feeling. Losing your identity and sense of purpose you found through your sport is a different kind of pain that not everyone can understand, let alone sympathize with. **I was super excited when Sidelined USA launched their connection group, and I have had nothing but positive experiences and conversations. The connection group has brought and will continue to bring together sidelined athletes and provide a space where people just "get it."** This group of people is truly something special and we are so much more than just athletes. Know that and remember that, but if you forget, there's always someone at Sidelined USA who can remind you of your worth outside of your athletic identity. **This is a true community and the level of understanding between each and every person associated with Sidelined USA is unmatched."***

AK
SUBJECT



2022 Program Spotlight:

Campus Liaison Program

Launched
June
2022!

82 CAMPUS LIAISONS

Campus Liaisons are equipped with a host of research-based tools and resources to support the highest quality after-care for their athletes facing a medically-forced exit from sport.

Free resources include webinar training, after-care spreadsheet, Sidelined USA User Guide, parent/guardian resources, care packages, connection group invitations, and our Sidelined USA Resource Index with links to over 50 Sidelined USA-created support resources organized by topics common to the medically disqualified athlete experience.

"With these resources I feel much more confident in handling this type of situation when an athlete has to medically retire."

**GWYNETH
PHILLIPS**

"I love the plethora of resources we can choose from to help support our athletes since there are so many different scenarios and not every case is the same/cookie cutter."

**SAMANTHA
BELL**

"It's a huge asset to have in my tool box. In school I never learned how to deal with a situation like being medically disqualified . . . But now I have resources where my athletes can feel seen."

**DIANA
JACOBO ARROYO**

Abbey Earich, University of South Carolina Upstate, Spartanburg, SC, Alex Twombly, San Diego State University, San Diego, CA, Alexandria Raifsnider, Gilford High School, Gilford, NH, Alicia Reid, Abington High School, Abington, MA, Alissa Pikka, Almond-Bancroft High School, Almond, WI, Ashley Pais, New Jersey City University, Jersey City, NJ, Amanda Sageser, Bainbridge High School, Bainbridge Island, WA, Amy Foster, Mallard Creek High School, Charlotte, NC, Angela Baleztena, Douglas County High School, Castle Rock, CO, Autumn Taylor, University of Illinois, Champaign, IL, Barbara Wilson, Saint Leo University, Saint Leo, FL, Benjamin Rockwell, University of Wisconsin - Eau Claire, Eau Claire, WI, Brandy Eaton, Harmony High School, Saint Cloud, FL, Brian Wright, George Mason University, Manassas, VA, Caitlin Gale, Raceland Worthington High School, Raceland, KY, Carla Pasquarelli, Greater Amsterdam School District, Amsterdam, NY, Carson Parks, Ottawa University Arizona, Surprise, AZ, Chandler Stephens, Middle Tennessee State University, Murfreesboro, TN, Cole Barker, North Lamar Independent School District, Paris, TX, Crista Colaneri, North Myrtle Beach High School, Little River, SC, Cristina Kossak, University of Pennsylvania, Philadelphia, PA, Danny Barringer, Liberty Hill Independent School District, Liberty Hill, TX, Debra Iwanow, Maine-Endwell Central School District, Endwell, NY, Diana Padilla, Arizona State University, Tempe, AZ, Desi Cortinas, South San Antonio Independent School District, San Antonio, TX, Devon Serrano, Sweet Briar College, Sweet Briar, VA, Diana Jacobo Arroyo, Downers Grove South High School, Downers Grove, IL, Emily Brode, James Madison University, Harrisonburg, VA, Emily Walther, Winchester Thurston School, Pittsburgh, PA, Eric Rogers, South Mecklenburg High School, Charlotte, NC, Francesca Prestia, Strawberry Crest High School, Dover, FL, Gwyneth Phillips, Drake University, Des Moines, IA, Haley McClain, Carthage College, Kenosha, WI, Heather Wolfe, Millersville University, Millersville, PA, Hunter Amos, East Ridge High School, East Ridge, TN, Jada Connally, Stanton Independent School District/Trinity High School/Midland Classical, Midland, TX, aimie Constable, Saucon Valley School District, Hellertown, PA, Janet Lin Craft, LaGrange College, LaGrange, GA, Jenna McCurdy, Bonny Eagle High School, Standish, ME, Jessica Henslee, University of Maryland, College Park, MD, Jessica Klugh, East Stroudsburg University of Pennsylvania, East Stroudsburg, PA, Jessica Raniero, American International College, Springfield, MS, Jill Wagers, Appalachian State University, Boone, NC, John Ekins, Intermountain Healthcare, American Fork, UT, Jordan Ware, Eustace Independent School District, Eustace, TX, Julianna Currie, Kennard Dale High School, Fawn Grove, PA, Katie Carnaghi, University of Mary Washington, Fredericksburg, VA, Katie Harris, Mental Health Professional, Fort Worth, TX, Katie Kovach, Portland State University, In Bounds PDX, Portland, OR, Kayla Hudson, University Heights Academy, Hopkinsville, KY, Kayla Phillips, Romeo High School, Romeo, MI, Kelly Miller, West Cabarrus High School, Concord, NC, Kelsey Sikorski, Aurora University, Aurora, IL, Kim Munsey, Ursuline Academy, Dedham, MA, Kristin Pila, Amos Alonzo Stagg High School, Palos Hills, IL, Kyle Cheke, D'iberville High School, D'iberville, MS, Kylee Warne, Southwestern Christian University, Bethany, OK, Kylie Hynes, Longwood University, Farmville, VA, Lauren Sander, James Madison University, Harrisonburg, VA, Lynne Young, Orthopedic Physicians Alaska, Anchorage, AK, Marty Castillo, Gladys Porter Early College High School, Brownsville, TX, Matthew Whalen, Tufts University, Medford, MA, Megan Richason, La Crescent-Hokah Secondary School, La Crescent, MN, Melanie Cardell, Central Bucks School District, Doylestown, PA, Michelle Aguirre, Juventus Academy San Antonio, San Antonio, TX, Nicole Destefano, Decatur Central High School, Indianapolis, IN, Nevada Waton, Lawrence University, Appleton, WI, Patricia Harris, Denison University, Granville, OH, Rachel Hassler, College of Saint Benedict, Saint Joseph, MN, Samantha Bell, Hinsdale Central High School, Hinsdale, IL, Sara MacDonough-Civitello, Quinnipiac University, Hamden, CT, Shawn Urbanek, Roanoke College, Salem, VA, Shelby Feltrop, Arizona State University, Tempe, AZ, Shelly Jones, Aloha High School, Beaverton, OR, Sherry Perdue, Pueblo West High School, Pueblo West, CO, Stephanie Haefele, Manheim Township High School, Lancaster, PA, Summer Wilson, Children's Hospital New Orleans, New Orleans, LA, Sydney Suppa, Lakewood Ranch High School, Bradenton, FL, Theresa Kindsvogel, Ottawa Hills High School, Grand Rapids, MI, Thomas Burns, Fox Lane High School and Middle School, Bedford, NY, Tricia Fratta, St. John's University, Queens, NY, Whitney Cowan, Okanogan School District, Okanogan, WA, Abbey Earich, University of

2022 Program Spotlight: Research Update



Sidelined USA 2021 Research Survey

Under the supervision of



Justin Stanek



Recognizing the lack of research on the psychological impact of medically-forced exit from sport, Sidelined USA conducted its own research survey to investigate the psychological domain for athletes experiencing medical retirement and produce data on the related mental health risks and athlete satisfaction of available support. In 2022, we closed our study with 104 full study participants and analyzed our data.

Based on our findings, we propose that a medical retirement from sport should be considered a potential life crisis which warrants specialized after-care plans and resources in order to provide much needed support to athletes experiencing such a non-normative exit from sport. We are currently submitting our research for publication and hope to share our full findings in 2023.

THE ATHLETE EXPERIENCE WITH MEDICALLY-FORCED EXIT FROM SPORT:



9 out of 10 *report* **IDENTITY LOSS**



3 in 4 *suffer with* **DEPRESSION**



3 in 10 *experience* **SUICIDAL IDEATION**



3 in 4 *feel like a* **PART OF THEM HAS DIED**



1 in 5 *abuse* **ALCOHOL AND/OR DRUGS**
to help them cope with their grief



JUST 3 in 10 *report knowing they have*
SOMEONE TO TALK TO *about the impact of their medical disqualification*

2022 Program Spotlight:

Education

10 SPEAKING ENGAGEMENTS AND BOOTHS

The Sidelined USA team had the privilege of being invited to speak on various topics this year including student-athlete transition, mental health for injured and medically retired athletes, and helping athletes adapt and thrive after medically-forced exit from sport. In this year's engagements, we educated over 1400 athletes, athletic trainers, and athletic program representatives.



Volunteer Spotlight ▶▶▶

"From a distance, a rowing crew strikes onlookers in graceful synchrony, gliding as one across the water. Yet this visual beauty belies the internal strife, toil, and pain synonymous with the sport. The endless struggles demanded by rowing is one I grew to love. During a practice in the spring of 2013, however, the pain of the work became excruciating. With each stroke of the oar, the feeling compounded until I lost the ability to use my hand. As tears welled in my eyes, I counted the minutes until the practice was over. Unbeknownst to me, this moment would mark the last time I rowed competitively.

Ultimately, I found out that the repetitive motions of rowing had caused permanent nerve and tendon damage in my wrist and forearm. After two long years of treatments and subsequent surgeries, I reluctantly accepted a medical exemption and forfeited my remaining athletic eligibility. My primary identity as a Division I student-athlete at The University of Texas at Austin was in peril. My coach restricted me from attending practice, isolating me from my social support system of teammates. I was denied medical and psychological care to assist in my physical and emotional recovery because the athletic department no longer perceived me as valuable to the program. Upon graduation, my athletic alumni association membership was revoked as I was no longer part of the active team roster. Suddenly, I found myself without the sport and identity I had built my life around.

As a sidelined student-athlete, I struggled to navigate life beyond sport. Identity loss, anxiety and shame followed me into every facet of my life, and with no one to relate to, I truly believed it was a weight I would forever carry. Fortunately, that changed when I found Sidelined USA. During my first conversation with a Sidelined USA mentor, I felt the understanding I had sought since my medical retirement. As she told her story, emotions and experiences – things I had never shared with anyone – seemed like they were pulled out of my head. There was comfort in

finally knowing I was not alone. This feeling of validation and support, fueled by compassion and community, sparked a significant moment in my healing and recovery.

With the help of Sidelined USA, I decided I could not continue to let the injury define me. It was no linear process, but I gained insights and learned lessons that remain relevant to my professional and personal life. I acquired a disciplined lifestyle and embraced change to discover new passions, such as practicing yoga and volunteering with Young Life and the Neighborhood Longhorns program. I developed self-compassion by learning to forgive and love myself as someone who was no longer a student-athlete. Most importantly, I turned my pain into purpose and found my voice to advocate for others by building my career in the University of Texas athletic department to support student-athlete success and mentoring injured student-athletes with Sidelined USA.

I am excited to extend my involvement with the organization and participate in the Sidelined USA Connection Group as a mentor. During these monthly calls, sidelined athletes connect in an environment that fosters investment in each other and self-belief in our potential. It's a space where we embrace vulnerability and build hope as we discuss our shared experiences. It's tough, it's real, and it's empowering. Personally, participating in these calls as a sidelined athlete provided the support and encouragement I needed to shift my perspective throughout my recovery. As a mentor, I will serve as the advocate I desperately needed after my injury by providing others with emotional guidance and support through this transition in their life."



MIKAYLA DARDEN

2022 Financial Report

REVENUE AND EXPENSES	
Revenue	
Individual Contributions	\$14,535
Foundations	\$3,000
Corporations	\$84,249
TOTAL REVENUE	\$101,784
Expenses	
Program Services	\$74,620
General Operations	\$12,209
Fundraising	\$10,800
TOTAL EXPENSES	\$97,629
BALANCE SHEET	
Assets	
Bank Accounts	\$62,044
Liabilities	
None	0
TOTAL LIABILITIES AND EQUITY	\$62,044

Reflects finances January 1- December 31, 2022

Special Thanks

FOUNDING STRATEGIC SPONSOR



DONOR MATCHING GRANT PROVIDED BY

Gideon Charitable Foundation

TOP FUNDRAISERS

Christine Pinalto
Jackie Allibone
Akooray Subject

Trish Harris
Garrett Ponder
Alissa Pikka

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TO ALL OF OUR
SUPPORTERS AND DONORS
WHO MAKE THIS WORK POSSIBLE.**

If you would like to support our mission, please
visit: www.SIDELINEDUSA.org/donate



A MEANINGFUL WAY FORWARD

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Gold
Transparency
2022

Candid.

