

SIDELINED

★★★★★ USA ★★★★★

A FIRST-OF-ITS-KIND 501C3 NONPROFIT
ORGANIZATION SUPPORTING,
RESOURCING, AND ADVOCATING FOR
PERMANENTLY-SIDELINED STUDENT-
ATHLETES NATIONWIDE.

A MEANINGFUL WAY FORWARD

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THE ATHLETIC MINDSET

Athletes are unstoppable, dedicated, goal-driven, high achieving... Athletes don't let anyone put limits on them—they are overcomers.

THE REALITY

However, the reality is that a growing number of student-athletes are unable to continue to compete in their sport due to career-ending injuries, health conditions, or repeat concussions. They've been locked out of their passions due to circumstances outside their control.

THE SHIFT

Medically disqualified student-athletes need to find a meaningful way forward despite their loss. Sidelined USA helps these athletes harness their athletic mindset to adapt to their limitations and conquer new challenges.



“ To do all the right things, to work extremely hard, to have a goal, to have a plan and miss it completely, or achieve it and have it **GONE?** It is

**BRUTAL.
INDESCRIBABLE.
PAINFUL.
DEPRESSING.
CONFUSING.”**

JOHNATHAN FRANKLIN

Former Green Bay Packers RB
Sidelined 2014, Spinal Contusion



**PERMANENTLY-
SIDELINED ATHLETES**

THE IMPACT

PERMANENTLY-SIDELINED ATHLETES ACROSS THE NATION ARE IN NEED OF SUPPORT



1.35 million kids incur sports-related injuries every year. **USA TODAY, 2012**

PERMANENTLY-SIDELINED ATHLETES

THE NEED



An estimated **14-32%** of competitive athletes are forced to quit due to a career-ending injury. **ALISON AND MEYER, 1988; MIHOLIOVIC, 1968; WERTHNER & ORLICK, 1986**

An estimated **1.6 and 3.8 million** sports-related concussions in the U.S. each year. Cardiac Arrest (SCA). **THE CENTERS FOR DISEASE CONTROL (CDC)**

OUR MISSION



We exist to reunite permanently-sidelined athletes with their passions and to inspire them to find a meaningful way forward through Resources, Connection, and New Pursuits.

CORE VALUES



POSITIVITY | ADAPTABILITY | PERSEVERANCE | DEVOTION | COMMUNITY | MEANINGFUL ACTION

ABOUT
US

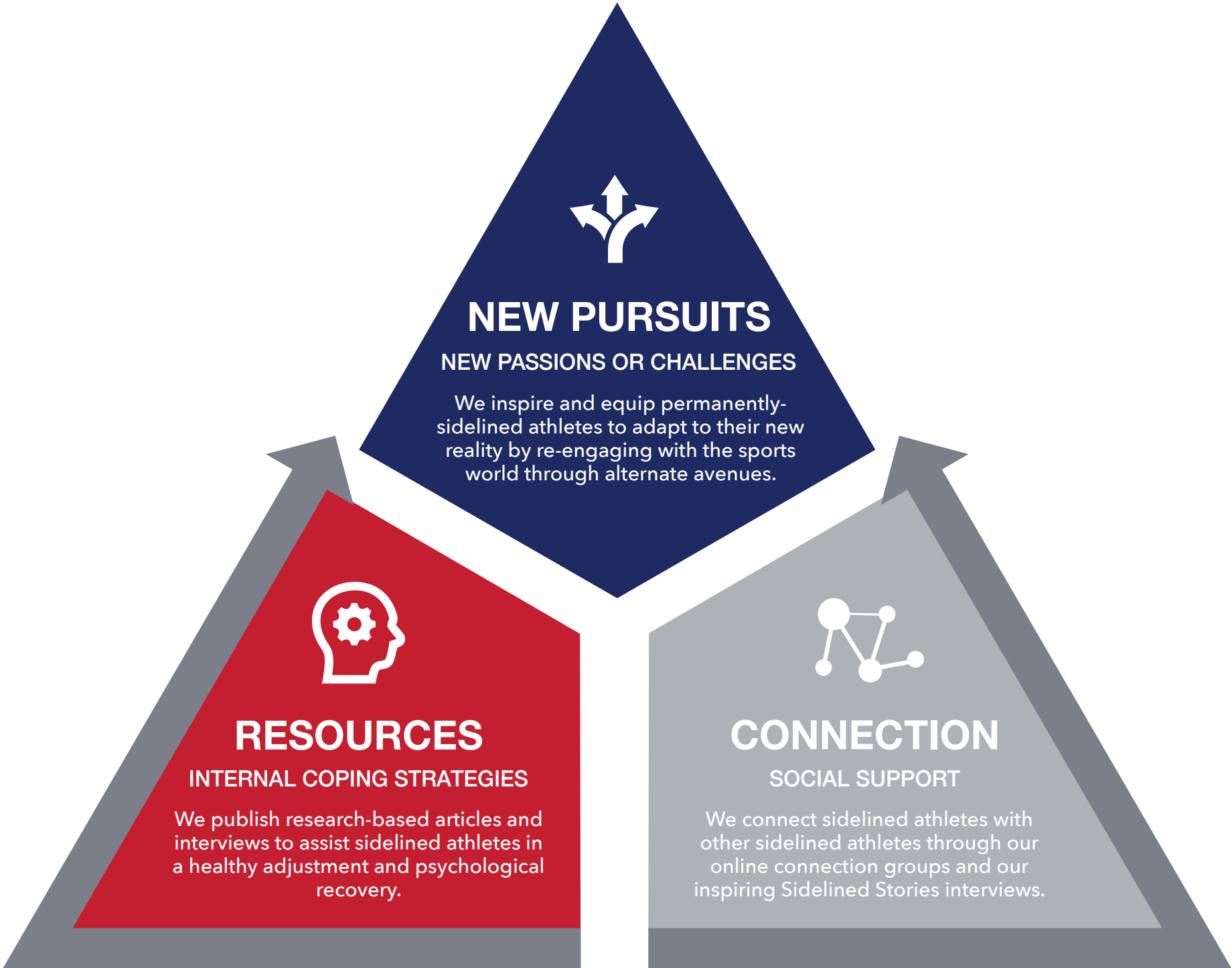
WHAT OTHERS ARE SAYING ABOUT SIDELINED USA

- “ A **VITAL PART** of addressing this **GROWING MENTAL HEALTH ISSUE**.
- “ **MEANINGFUL SUPPORT** for a population that would otherwise feel alone and helpless in this experience.
- “ **A GAME-CHANGER** for all.

A MEANINGFUL WAY FORWARD



SIDELINED USA PROGRAM MODEL



**PROGRAM
MODEL**

OUR STORY



Cade Pinalto, a teen athlete sidelined by a heart condition, founded Sidelined USA alongside his mother, Christine. Cade was a dedicated athlete who had built his hopes and dreams for his future centered around his love of basketball. When Cade was sidelined with the unexpected diagnosis, he was abruptly told his days of competing in basketball were over. Cade felt like a part of him had died. He spent the next couple of years struggling to come to terms with the devastating loss of his athletic aspirations.

All of that changed when he experienced a life-transforming mentorship in coaching. Being reunited with his passion for his sport opened up a new door of possibility for him, allowing him once again to find meaning and satisfaction through participation in the sports world.

Cade wanted other sidelined athletes to experience the same positive transformation he eventually experienced. Recognizing the significant lack of support resources for athletes forced to discontinue their sport due to medical reasons, Cade and Christine founded Sidelined Chicago in 2016. Due to the enthusiastic response of the athletic community, the program was expanded nationally in January of 2018, rebranding as Sidelined USA.

Sidelined USA inspires and equips permanently-sidelined athletes to face the obstacle imposed on them, adapt, and overcome. Additionally, our team engages in educational and advocacy initiatives to raise awareness for improved after-care of medically disqualified athletes nationwide.

**OUR
STORY**

Dear Valued Supporter,

The **pursuit of dreams** is a powerful force. When a dedicated student-athlete receives the devastating news that the athletic dream is cut short due to medical disqualification, there can be a sense of disbelief, emptiness, confusion, and grief for both the athlete and his/her parents. Athletes who are permanently sidelined can feel like a part of them has died.

Student-athletes need to know there is a **meaningful way forward** following career-ending injury, health condition, or repeat concussions. Sidelined USA helps these young people **make the shift** and harness their athletic mindset to **dream new dreams** and **conquer new challenges**. We are starting a **national conversation** about the psychological impact of career-ending injuries/health conditions and **leading a movement** to better serve, resource, and inspire permanently sidelined athletes and their families.

We invite you to be a part of the **pioneering work** of Sidelined USA. Sidelined USA depends on individuals and companies like you who are interested in being agents for change in under-resourced communities and desire to align with an organization that provides **progressive care** for student-athletes.

We invite you to partner with us in this unique endeavor. Click one of the buttons to begin making a difference in the lives of sidelined student-athletes.

Thank you,



A stylized, handwritten signature in black ink.

CADE PINALTO
PRESIDENT



A stylized, handwritten signature in black ink.

CHRISTINE PINALTO
EXECUTIVE DIRECTOR

CONTRIBUTE
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**GET
INVOLVED**