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Transcript

Speaker 1

Welcome to the bridge, the official podcast for the University of Maryland Baltimore School of Pharmacy Patients program. The patients program is the bridge between the community and the researchers. The patients program created this partnership to help researchers listen to the Community's voice in order to build a bridge to an effective learning healthcare community. Here's your host, Rodney Elliott.

Rodney Elliott

Hello everyone. Welcome to the bridge. I'm Rodney Elliott. The Community engagement specialist for the patients program. And today we have an exciting show session talking to some friends near and dear to me about a. Awesome cause and it's going to be very information driven. Powerful information that's near and dear to me as a Baltimore Native, University of Maryland graduate, a sports guy all my life, parent sports kids. I got I coached before and this is something that. Has affected me as a again. Like I said, University of Maryland graduate. But just a Baltimore guy and a a fan of sports. And I know it's near and dear to our listeners as well. So again, I'm Rodney Elliott. But today I'm here with Martin McNair. I call him Marty. He's a good friend of mine and then I'm here with David Johnson. These guys work with the Jordan McNair Foundation. Marty is the founder, him and George Mom started this back in 2018. Following the untimely death of their beloved son, Jordan Martin McCoy. His death was the result of a heat stroke and he suffered during an organized offseason team workout. He's going to tell you a little bit about how he started, why he started it and where they are now. And another good friend of mine, David Johnson. He's a community engagement manager with the Jordan Net Foundation. Spoke today before another role, but today I think it's going to be powerful to see how he assists and how he helps out there at the Jordan McNair Foundation so. I want to welcome them to the show. David, how are you guys doing?

Martin McNair

Great. Thank you for having. Me, Rodney. For sure.

Speaker

Doing well, thanks for having.

David Johnson

Us song good to see you.

Rodney Elliott

Again, Rodney, no problem.

David Johnson

Right.

Rodney Elliott

Glad to see you. Glad to see you. This is all audio, so David, I'm glad your camera is not on because the shirt you have on right now don't know why you chose that this morning. But you know what it is. What it is we're here now.

David Johnson

It was clean and it.

Rodney Elliott

Match you like it? I love it you. Like it I. Love it? Going to dive right in here, man. With the conversation today, you started the foundation because untimely death of your. And George McNair, can you talk a little bit about the George McNair Foundation, you know how it started and you know what, what, what led you to do that shortly after the passing of your son?

Martin McNair

Thanks for having me, Rodney. So most people that that may know our story literally Jordan was a if you're a sports fan, you should know our story. But basically, if you don't know our story, basically it it was a Jordan, it had a heat stroke when the very first day of football practice. He was a sophomore at the University of Maryland. Our sophomore football played at University of Maryland and the interesting thing for us was, you know, really, I had no idea anything. About heat stroke. I was not as knowledgeable back then as I am today in regards to the the actual heat related injury process or that particular Space Man life. Kind of change for us when and. I usually tell. The last time I talked to Jordan. Was May 28th of 2018 and it was basically like hey son, typical father and son conversation son, no practice starts tomorrow man. Have a good day. I'll talk to you later on in the week and you know, as always, I always finished every conversation off, but always with your protection. And that was the last time he. And I spoke. You know, verbally one-on-one. Or or through one another and then the next day we got a call from the campus Police Officer, University of Maryland from University of Maryland, he said. Basically like Mr. Mcdade, you know has been incident. On the field. Jordan had a seizure, so at that time, you know, you can imagine, he said. We were at this particular hospital. So at that particular time, you know, I was already out the door and about to get Tonya Joy. This mom. But the interesting thing was, you know me not being a panic button pusher. It was a guy that was, I mean, healthy as a horse literally hadn't been in the hospital since the time he was born. Right. And so when you said seizure, you know, I'm like that could be anything however. But you know, he's a healthy guy. I didn't start asking questions. Until I walked in through the ER, of course. You want to know what happened? And then to the athletic training is at that particular time. I was just asking, hey, had this ever happened? I either wanted you. I still don't even know what happened at this point, so we literally went from a healthy kid Tuesday morning to an emergency liver transplant Friday morning with 85% of Jordan's liver being in the closest. So basically what that means is, you know, his liver was dead. And you can imagine as a father or a parent like what the heck just happened between Tuesday morning and now where somebody. 's liver can. Be 85% dead at that point. What had happened was and at that particular time I didn't know anything about a heat stroke, and I'm using the term heat stroke loosely because I just thought that, you know, if you had any type of heat related injury, you basically just got to

some shade and some water got into some, got to some shade, drank some cold water and, you know, all will be right with the world. I had no idea. That you know anything if that person's core body temperature hadn't cooled down within 20 to 30 minutes. You know, obviously you'd end up with a result of a person's liver being 85% the closest. And you know. In that time space. So the interesting thing was. You know what a lot of people really don't know about? Heat stroke is heat stroke is the equivalent of your body being in a microwave oven. So when your core body temperature reaches 100 or 4 degree. It's equivalent of it being in the microwave oven. You have a 20 to 30 minute window to cool it down and unfortunately Jordan got. They got Jordan to the ER at our hour and 43 minutes later with a core body temperature of 106 degrees. So that's how we went from healthy kid Tuesday morning to 85% of his liver being in the closest Friday morning and he was within hours of his life. And that was the conversation that we had with the doctors when they the organ transplant doctors. It was like mom and dad. If we don't make it, if you all don't make a decision right now, Jordan. To be dead within 12 hours. So at that particular time, it was just like, hey, you know what? Let's do what we gotta do. Still not really. Realizing the magnitude, obviously we saw the magnitude of it, but one of the main things Rodney for me was as a father and as a parent. You know when whenever anything goes wrong with your child, you always assume full responsibility. And it's like, what did I miss? And I kept asking myself, I obviously missed something. Did I miss? It while they were why they were. Sit while the coaches at that from Maryland was sitting at our our kitchen table AF E days before, you know, signing his letter of intent or signing his letter to commit. You know, like I missed something. And then another question we kept asking ourselves was like if we don't know these things, how many other parents in America don't know these things about any heat related injuries? I had no idea that they could be fatal, and the interesting thing for that was for me was I had no idea of any of the stats. At that particular time. I didn't know about the 30 the the 29. Is that it died since 2000, since the year 2000, and and she AA. I had no idea of all the high school kids that have passed, had no idea of all the youth kids that have passed. So like literally. At that time, like, you know, really we had no idea on any statistics from a national perspective. However, at that particular time, our main focus was just really trying to get through this, you know, and I was like the total optimist. A parent's. Love is is a man. A mother's love is one thing, but a father. 's love is. Equally, just as strong because you know literally. I knew that we weren't going to play football anymore. However, I knew that we would survive this. I knew it was going to be a very, very arduous task on the on the recovery process. But you know, I knew that we would have a story to tell. You know, and unfortunately, I just think there's so much damage was done that it was just deliver, deliver repay alone wasn't the equivalent of just putting some new batteries in a in the in the in the transistor radio and that was going to make everything right you know unfortunately it was so much of the damage and I'd already had a history of advocacy. The show for me it was like really when you guys were talking about podcast, I actually was doing the podcast at that particular time. I just was a reentry. The advocate. So it was interesting because like all this stuff, I had already been working on anyway. So the trajectory when Jordan passed it was just somewhat. I'm not going to say relatively easy, but it was something that I was really passionate about, like really how do we turn this pain into some type of purpose? Because man, just the, you know, losing the child. Is man. I wouldn't wish it on anybody, and it's just indescribable feeling like you can't even put in the words that hurt so bad. And I knew that if I didn't get in front of it, you know, obviously, you know, grief would have consumed me and just really kind of taken us into a rabbit hole with the span. And I just didn't want.

Rodney Elliott

For that route, kudos to you and telling you parents for figuring out a way to like you said, like you said, turn that pain. Into a purpose. You know, I've heard the story before. I had a chance to look at your website and saw the story some more, but even listen to you now talking about it. It's unimaginable, unimaginable. Can't imagine that from that phone call to driving. From Tuesday to Friday, all that musician you and you threw out some words and some stats. Talk about liberty crosses you talk about. If it's 85% you talked about, you know. 85% the liver is basically bad. Then you're talking about, you know, your body temperature. If it's over 104 degrees, 30 these are a lot of stats and numbers that people typically don't know that that's not common.

Martin McNair

Not at all.

Rodney Elliott

And with the patient program with a lot of doctors and researchers and they talk about a lot of different numbers and languages and stuff like that. You experienced when you were starting it the podcast. How important were? The researchers and the doctors to helping you and Tanya and your staff understand the importance of like knowing how we got there and and knowing what to look for. So how how important were the research is in this?

Martin McNair

Process for you, man, I'm going to be honest. You know, the researchers really didn't like. Say, for instance, I know, like when this was going on, they had what they call the. Think for when you're at the ICU. And when he he had he. Had a A. A publication where they talked about he related injuries, right. And the interesting thing when they were talking about that, that was basically the layman's terms version of what I gave you when your core body temperature goes above 140 degrees. That's the equivalent of it being in the microwave oven. So at the end of the day. And like I had to really get like a really, really. Expedited education on the liver. I mean the liver does over 300 different processes in the body, functions in the body. You know the liver is just as equivalent as significant as the heart, you know. So we can't all this stuff was coming at me very fast. But the main thing was I had to find out what was going on with my son before I let somebody. Else tell me because if you look at it. From a medical perspective and you just said, when you, I deal with researchers, I deal with medical doctors, man, I got a medical Advisory Board full of them. And the interesting thing is we are our strength as an organization is or a grassroots organization. We speak in layman's terms. You can see a lot of times what happens when you're looking at, you know, medical researchers and doctors. Yeah, they all talk about safety. But again, we talk over people's heads sometimes because man, it was numerous occasions where I would have to tell a nurse or a doctor like they slow down. I didn't go to medical school with you. Give this to me in. A way that I can understand it.

Rodney Elliott

Right.

Martin McNair

And really that's become that's become one of the foundation strengths that even when we sit in, we talk about heat related injuries and things like that. We give it to people in the way that look, I didn't go

to medical school. I'm just smart enough to know that surround myself with medical professionals to the point where I can. I can. I don't want to use the term regurgitate, but I can deliver that same message. I understand what they're saying just because I've been around it. We got 333 knowledge and we got practical knowledge of this as well. But again I can deliver it to the average layman and that's where a lot of times that's the disconnect between. You know, the researchers and doctors versus everyday people in the sense that this is happening to.

Rodney Elliott

Believe me, we know that a whole lot here in the patience program.

Martin McNair

Sure. Of course, of course.

Rodney Elliott

That's one thing we pride ourselves on is again bringing it to them in the language that they. And from the way they understand so they can digest it so they can read it and then also be open to questions. So, Dave, I'm gonna bring you in on the conversation as the community engagement manager with the foundation. Talk to me a little bit about what your like, your role within the program, but also how important it is for you to be that connector, that glue. To folks who may not be as familiar with the message or the mission of the Joyner Foundation.

David Johnson

So thanks for having us again, Rodney. Great to be here. Like Marty said, you know he is. He's really the one that kind of you know is able to convey that message to the layman or to the parent. My role is more delivering that same message to the. Youth and so.

Rodney Elliott

Got you.

David Johnson

I know you saw that great sweatshirt, Macy's. And that has the acronym Kobe on it. Kobe stands for keep on believing in yourself, and that is what we, you know, try to instill in the youth a a sense of belief, not so much in their ability as athletes, but also in the importance of being able to advocate and speak up for themselves. You know, a coach is going to know when you're. Loading and you're not giving your role. But when you're in pain, you know when you're suffering mentally, you know, psychology. Basically, you have to have the ability and the courage to speak up. And so that's that's really my role is to kind of develop the curriculum in the language around how we can empower our students, student athletes to advocate. And speak up for themselves. And so that's that's really what my primary focus is outside of you know looking for speaking engagements for us to get involved in. You know, such as this podcast and others, but just to make certain that our young student athletes, they know how to speak up for themselves and how to do it in a way where it's respectful but also where their needs are being met and and where they can get the services that they need as well as the attention and the. Help that they need.

Rodney Elliott

Oh man, I like that a lot, man, because students or young student athletes in general sometimes feel like they have to run through a brick wall when it comes to training, you know, no matter what sport it is, when it comes to training, you feel like, OK, the coach said, let's do this or. You know, the team said. We gotta run this, but if you just don't have it, just ain't feeling that day. It's OK to say that because you just don't know. What could happen? I don't know what the results could be. And don't get me wrong, we want to be in best shape of our life. We wanted to drive, but it's always the next day. Like, look, just figure out a way to get to that next day. And I'm pretty sure that that's a message that's definitely beneficial to the youth, because not only do the coaches. Like most of the time, it's 1/2 coaches to a team, but it's way more players than coaches, so if the. Which is that the players can recognize something's going on then I think that's a benefit too as well to the team and say, hey, look, coach sauce over here now looking right also also ain't got got it like can you get can we hold up can we get a little water or or can we get a break I know that's important too that's important.

David Johnson

Yeah, player safety is a team effort, so you know, of course we want to get our parents, you know, knowledge. About what it is that they should be asking. You know, knowing what signs and symptoms to look for, knowing what safety equipment should be on the field, not just at games, but also at practices, because the majority of these injuries that happened during conditioning and workout season, they happen in practice and not necessarily during games, but also making certain that our student athletes know what to look for. Because as you said. You know, it might be 1 coach or two coaches if you're lucky and no athletic training on site, so if they know what to look for in regards to what type of injuries are taking place, be it a heart injury or head injury, you know no one will look for an AED or what that even is or knowing that you know the cold water tub needs to be. You know, within 3 minutes of the playing field or the practice area, you know, 90 seconds and 90 seconds out. If the student athletes know this. If the coaches know this, if the parents know this, then we can do a better job of making certain that when these injuries or when these emergencies happen, we're able to take the correct steps to get players, you know, the attention that they need and to make certain that we don't lose anyone. And if we do have a situation where there is an. Emergency they get the proper truth.

Martin McNair

Hey, hey, Rodney, let me jump in as well on that because one of the main things that you just said, man, like I said, you know, really at that time, you know, I literally blamed myself and I kept asking myself like, what did I miss? And one of the things that I missed, man, you know, I look, I take it all the way back, like, I don't really told you it, you know, to stand up. For himself, fight for himself. You know, always be a leader, never a follower. So again, I gave Jordan some of the best, you know, some fatherly advice that I didn't get growing up. But one of the main things that I emphasize the parents is always toward Jordan. How to. Functional and that was his death fall because at the end of the day, that's why, you know, we came up with a program like Kobe because our main focus is student athlete, self advocacy. Because The thing is, man, it was like I always told Jordan to be coachable from a perspective of, you know, if Coach said you do something, you do whatever. Coach say at the end of the day. And that's basically create creating a robot. So what you do is what I realized was we gotta go back to parents when the kids are small to teach. If they don't feel uncomfortable because a lot of times. Man, you know. That's easier said than done. If for kids or student athlete is already locked into. And everybody think they're gonna go

play at the professional level anyway, but once they locked and loaded, man, you know, that's kind of a lost cause. And what lost message in the sentence? So one of the things that I realized was like man, that's what I missed. You know, I'd always told him, like I said, to do all these things around his peers stand up for himself, fight for himself. All these things. However, I never told him to do that around adults, you know, for coach made him feel uncomfortable. Don't do it. If a coach made him feel an adult in general, even acts you know, made him feel uncomfortable to speak up on it or tell somebody about. And that was really one of the things that I realized, like, that's what I didn't teach him. Now, I don't know, you know, if it would have made a difference at that stage because a lot of times when you're at the collegiate level, you know, you can already, it's closer than this further away in the sense versus them being at a youth level because, you know, we already know the percentages are with the percentages are. But it's like that. That brass ring. Everybody feels that they can attain it because. If you got two or three kids or two or three guys from your from your team and you know they. Trying out or. You know, they walking on on the. League and stuff. Like that, you know, that thing is almost like the innocent. So you know, but again, I think it always goes back to we have to create we we can't create culturable kids only we have to create kids, student athletes. At our early age, that can advocate for themselves.

Rodney Elliott

I like that approach, man, and I know you haven't heard this before, but and I know you have heard this before, but. Definitely don't need to beat yourself up about that situation, man, because you're keeping the coach of a kid man to be coachable.

Martin McNair

Oh, yeah. Thank you. Yeah, yeah, yeah.

Rodney Elliott

That is definitely something that we all want as a coach and we all want our players to be like that. You know, back to David, when you were talking about the AD and you know we talked about the. The the. The cold tubs I was reading a little bit more about something I didn't know. About I I did find out about it recently, but pretty sure everybody saw what happened in the NFL with Buffalo, what the AP was an emergency action plan, so maybe both of you guys can weigh in on this. I'm gonna go back to Marty 1st and come to. You gave the AP is something that Oh my God, that I didn't I. After understanding what it is, I knew what it was, but I just didn't know how valuable that is and and and and how important that is to have. Obviously, the NFL, the NBA, the big leagues have it. But when it comes to your colleges or maybe your your, your high schools or your youth programs, how receptive was the sports community? Party to understanding how important it was to have EAP. Programs in process or in in line with your youth program.

Martin McNair

Well, hey, Ronnie, let me tell you, man, one of the main things for us was when Jordan first passed, I didn't. It took me it took me 4 years to see the value of our emergency action. Plan right? Literally about 3:00 and. 1/2 to four years. Now I'm gonna tell you what our process was. Initially, I always thought that it was all about cold water tubs, right. And we donated 300 cold water. That was back in 2019. The programs literally from Alaska to.

Rodney Elliott

Florida, right. So that was that was youth programs, high school programs.

Martin McNair

But whomever high school college, if you need to. Water tub. I think I put it on Twitter by. Mistake and man. People were calling me across the nation. You would give them free tubs away a logistical nightmare, but we got it.

Rodney Elliott

Got you.

Martin McNair

But the point is, kids kept dying. So I kept saying, man, what is it you? Know it's not about cold water. To us, right, obviously it's not. About safety equipment. Then I kept saying, like, OK, man, I'm talking to all these schools. And clearly man, like what's making anything I say stick once I leave. So I'm like, wow, now it's about legislation. So we got legislation passed, right? We started getting some bills passed. We've gotten 4 laws passed in the state of Maryland from the AU level to the collegiate level, all around student athlete safety. When I realized. Kids kept dying. Across the nation, we don't hear about them because they're not in our geographical area, but rest assured, he is he dying. I mean from sports related injuries. Then I finally realized that maybe in that 3 1/2 to four year Mark and I realized like man, it's the emergency action plan because she what people understand is that's the least common denominator in all these deaths. Across the nation, see the thing about DeMar Hamlin is this. Man, now everybody saw what it looked like.

Rodney Elliott

Everybody's sober to look like.

Martin McNair

So you are talking now, everybody.

Rodney Elliott

On the big stage football, I got you.

Martin McNair

But in reality, even though they're probably. 85% of the people that were looking at it didn't know what they were looking at. However, my 81 year old mother always asks what I do and I'm I try to explain every now and then. But even she saw the magnitude of it because she saw how quick they responded. And unfortunately, you know that Tuesday morning I talked to a lot of families that's in our. Network, you know. We call our network the club. No parent wants to be a part of, but a fraternity. No, no. Father wants to be a part of, so I gotta deal with all the people that are living that nightmare because in the. Real world, it don't happen like that. See in high school in high school programs, you know, if they don't have the resources to do that, you know, again it don't happen like that. You know, like David said, that

90 seconds, the thing that increased the my sandless chances for life or his his his chances statistically for him to survive was.

Speaker

The the the.

Martin McNair

Quickness of the how quick they got to him and she an emergency action plan. The thing is, all schools and I mean all schools, should have them. Whether it's high school. Colleges, they should have them. However, a lot of times with their common denominators they have it. They don't practice them. And The thing is, these things got to be practiced. They just acquit. It's the equivalent of a fire drill. So when you look at a fire drill, we all know in corporate America, they may run it every quarter. However, on the sports field man, every day you walk out on the field, it's potential for a fire. So The thing is, the NFL has the NFL, NBA, they have all these resources where they can have an hour meeting prior. To a game and who's going to do what and they've been. However, in sports, when everybody's properly trained, we can have that same type of response with attending with a 10 minute meeting, you know, before every practice in every game and whether we have the resources, whether we don't cause you literally have 28,000 high schools across the United States and they fall into two buckets. Those that have resources. Those don't have resources and what I mean by resources are those are basically they don't have athletic trainers and a lot of schools, even if they have an athletic training, if you got one athletic training between 10 sports and you may have 55 games, five different sports going on. On one day, what's the real value in that? I mean, you got a greater chance. However, the more educated everybody is to say for all our kids would be.

Rodney Elliott

Marty, I I'm. I'm sitting here, realizing, thinking, looking at my questions and hearing the conversation a little bit more. I apologize in advance, I did both of you guys a disservice because we need more time for this conversation.

Martin McNair

It's all good. We can come back.

Rodney Elliott

Ohh man like. This is this is awesome and fantastic, fantastic for a couple of reasons because when you talk about how important the AP system is. That's a lot of education in that that's a lot of in that.

Martin McNair

Oh yeah, of course.

Rodney Elliott

And you talked about it earlier about the. The way you teach things and the and the language makes sure you understand it like it's important that folks, when it comes to health, safety, health advocacy, that you have a way of delivering good information, you know, it's good information you you know what's important for the community, but you have to find a way to to deliver it. And I know you guys are

constantly doing that, not only. Professionally, but particularly for the youth programs as well. David, I love the approaches you guys are having for the kids, particularly about not only being a coachable kid, but also having the confidence because I grew up with some tough coaches and the minute I thought about talking back to him, I knew I probably was going. Chastise or plot the team or or or not play, but we're going to close it. This last question, I know you guys got a lot going on a busy schedule, but David, how has? Working with with the George the joining their foundation and and like, let me rephrase that. What what do you guys want to go forward for communities and the sports field to understand? And how can you make it important for them to understand the importance of EP's, the importance of being a coachable kid, but also speaking up for yourself? How? How, how? Important is that to you and and how are you still delivering that message?

David Johnson

Is is crucial and I think the most important thing is being able to change mindsets because, as you stated earlier. You know, we were coming up, you know, in youth sports, we had coaches that, you know, they would discourage us from wanting to go get water. Water was for the week, you know, they would say things like that. And so trying to change the mindset, first of the youth to let them know it's OK to not have 100% and it's OK to be able to tell your coach that they're going to. Know if you're loafing, if you're. Not giving full effort, but you have to be able to speak up and say that you know, and a lot of times as you said, you know as a as an athlete. You either intimidated because you don't want to be punished, so that's one thing trying to get coaches to get away from Punishment Bros, but also you don't want to let the team down. You don't want to let the coach down. You don't let your parents down, but there's always going to be another step or another play, but there may not be if you don't speak up when you're not feeling well. And so changing the mindset of the youth is important, changing the mindset. Of the coaches when it comes to. You know, giving correction to. A lack of focus for a misstep. You know, whether it be in practice or a game like safety has to be prioritized in the same way you know the execution of a play or game plan is. And so that's really where we focused our energy and our efforts is to try to change those mindsets. And this it's an obstacle, but it's one that we're willing and able. I think, you know, if we continue to press on. And do the work. That will change those mindsets, and we'll keep these student athletes.

Rodney Elliott

For sure. That's great. I I love it. I know you guys are going to keep pushing and keep delivering this message and the language that folks understand it, you know, it's awesome. So before we go, Marty, what's next for the foundation where you guys know we got to see how that double lay in town here in Baltimore. Are you guys speaking? Where else can we see and find information? About what's going on with the George McNair Foundation.

Martin McNair

So actually, ma'am, we're we're going into Year 5 right now, Rodney. So you know this is a crucial year for us. So we're immediately this weekend, we're at out at South Baltimore at the what's the name of that Recreation Center, Dave?

David Johnson

Middle branch. Middle Branch, OK.

Martin McNair

At the Middle Branch facility in Cherry Hill. Saturday for the CIA youth kickoff and basically everybody can follow us at the Jordan McNair Foundation on since Instagram, Twitter, Jordan McMahan, LinkedIn, just depending on what level of professionalism you are, you're at in your life. But again, always follow us at the Jordan making. Thefoundation.org and also go to our YouTube page man, because you know, we document everything, all of our Clinton because all our sports camps we're working on, we just came out of a meeting with Morgan head coach Damon Wilson at Morgan State Union. Hopefully we'll be doing our second annual Baltimore City Wide Sports Clinic in May. I mean, June in June, I believe maybe the first week, first the second, second or third week in June.

Rodney Elliott

Right.

Martin McNair

So that's really a big time for us, man. Man like really to give everybody because. But initially we were doing it at McDonald every year and man, not only for kids to come. Out and have. Fun but for parents and come out and get educated man on what questions you should be. Asking around your child safe. Do not let your student athlete walk on anybody's field, anybody's court without getting the proper information and knowing what questions to ask regarding the student athlete safety.

Rodney Elliott

That's awesome, man. I really appreciate the time today Marty. And and David, thank you for letting us know what's going on with the foundation. And as always, you guys are in my heart. I love the. Message and love the the. The the tool that you guys are using to get this information out because it's important for the student athlete, for the coach, for the parent, everyone involved. In sports wear, it's OK to say I don't. Today and you can still give you 100%. So thanks again, Marty. David. Really appreciate you. Thanks for. Joining the bridge and. And I was. You're welcome. And I'll talk to you guys later.

Martin McNair

OK, take care.

Speaker 1

Thank you for listening to the Bridge podcast. To learn more about the patients program, visit our website at www.patients.umaryland.edu.