

Mars Area School District Sports Medicine

2018 Spring Sports ImPACT Baseline Testing

Please refer to the following information for the most commonly asked questions regarding baseline testing logistics. If you still have a question, please contact the athletic trainer, contact information listed below. Thank you.

o WHO NEEDS TO TAKE A BASELINE TEST?

- o **ANY** athlete going into **7th, 9th or 11th grade**
- o **OR** – any athlete who has **NEVER** taken a baseline test through Mars Area School District
 - Example: A new athlete going into 8th/10th/12th grade comes out for a school sport for the first time
- o Not sure if your athlete has? Contact the athletic trainer, email address listed below.
- o **FAQ:** What if my athlete took a baseline test last year but is still going to be in 7th/9th/11th grade?
 - They **WILL** still need to take a baseline test at Mars this year to stay on the proper testing cycle
- o **WHAT IF MY ATHLETE JUST TOOK A BASELINE TEST FOR THIS PAST FALL SEASON (FALL 2017)?**
 - Your athlete does **NOT** need to take *another* baseline test this school year

o WHAT IF MY ATHLETE HAS TAKEN A BASELINE TEST SOMEWHERE ELSE?

- o If your athlete has taken an ImPACT baseline test through the Heads Up Pittsburgh/UPMC Sports Medicine baseline testing(at CCAC campuses, Beaver County Community College or at the UPMC Rooney or Lemieux Sports Complexes) **SINCE June 2, 2017**, he/she **DOES NOT** need to take another baseline test THIS YEAR
 - Your athlete's test WILL need to be transferred to our Mars database. **Please email your athlete's name & date of birth to the athletic trainer** (contact info below) so we can take care of this. Thank you.
- o If your athlete has taken an ImPACT baseline test at his/her pediatrician's/doctor's office/etc, he/she **DOES** need to take a baseline test at Mars.
 - Unfortunately, we do not have access to the ImPACT database through all physicians' offices & will need to have the athlete complete a test through the district.
 - If your athlete has already taken a baseline test with their pediatrician this year & you do not wish for them to take another baseline test, please provide a copy of their baseline results to the athletic trainer to be kept on file. Thank you!

o DO I NEED TO MAKE AN APPOINTMENT?

- o You **DO NOT** need to make an appointment. **However, due to seat limitations, we do ask that you attend the specific time slot scheduled for your athlete's sport.**

o OTHER FREQUENTLY ASKED QUESTIONS...

- o Overall, the session will take about **35-45 minutes to complete**. This includes a mandatory educational presentation, demographic information & the actual testing portion.
- o Athletes **younger than the 7th grade CAN NOT** be tested by the athletic trainers at Mars Area School District. The athletic trainers do not have access to the age-appropriate test for those athletes. If you would still like to pursue a baseline test for your son/daughter, please contact Erin Zedreck for scheduling assistance.
- o Because we have numerous testing sessions in a given day, we ask that you are **ON TIME** for your baseline testing session or we may ask you to wait for the next scheduled testing session. Thank you for your cooperation with this matter.
- o Food & drinks are **NOT** allowed in the computer labs. Cell phone use during the test is **prohibited**
- o If coming from an outdoor practice, please bring an extra pair of shoes & remove any dirty athletic equipment, especially cleats/footwear, before entering the school.

Thank you for your cooperation!

Any further questions, please contact athletic trainer, Erin (Morgret) Zedreck @ morgretec@upmc.edu.

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Baseline Testing will be held in:

HIGH SCHOOL = ROOM 153 → Located in the Technology Hallway (Look for signs!)

MIDDLE SCHOOL = ROOM 116 → Athletic Trainer will meet athletes in Middle School Gym Lobby

Team	Date	Time	Location
9 th Grade Baseball	Monday, March 12 th	4:00pm	HS Computer Lab = Room 153
JV/Varsity Softball <i>(After Practice)</i>	Monday, March 12 th	5:00pm	HS Computer Lab = Room 153
JV/Varsity Baseball <i>(Before Mandatory Meeting)</i>	Monday, March 12 th	5:00pm	HS Computer Lab = Room 153
JV/Varsity Boys' Volleyball <i>(Before Practice)</i>	Monday, March 12 th	5:00pm	HS Computer Lab = Room 153
JV/Varsity Girls' Lacrosse <i>(Before Practice)</i>	Monday, March 12 th	4:00pm	MS Computer Lab = Room 116
JV/Varsity Boys' Lacrosse <i>(Before Practice)</i>	Monday, March 12 th	5:00pm	MS Computer Lab = Room 116
7 th /8 th Track & Field	Tuesday, March 13 th	3:15pm	MS Computer Lab = Room 116
7th/8th Girls' Volleyball <i>Rescheduled due to DC Trip</i>	Thursday, March 15th <i>Rescheduled due to DC Trip</i>	3:15pm	MS Computer Lab = Room 116 <i>Rescheduled due to DC Trip</i>
Varsity Track & Field	Thursday, March 15 th	4:00pm	MS Computer Lab = Room 116
JV/Varsity Boys' Tennis	Thursday, March 15 th	4:00pm	HS Computer Lab = Room 153
7 th /8 th Softball <i>(@High School)</i>	Thursday, March 15 th	4:00pm	HS Computer Lab = Room 153
7 th /8 th Girls' Volleyball <i>Rescheduled due to DC Trip</i>	Monday, March 19 th	3:00pm	MS Computer Lab = Room 116