<u>Mars Area School District Sports Medicine</u>
2019 Fall Sports ImPACT Baseline Testing

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

- ## <u>WHO NEEDS TO TAKE A BASELINE TEST?</u>
    - **ANY** athlete going into **7th, 9th or 11th grade**
        - **FAQ**: What if my athlete took a baseline test last year BUT is still going to be in the 7th/9th/11th grade? **Answer**: They **WILL** still need to take a baseline test at Mars this year to stay on the proper testing cycle
    - **OR** – Any athlete who has **NEVER** taken a baseline test through Mars Area School District previously.
        - **Example**: The athlete has moved into the school district, the athlete has not played a sport for the district ever, etc.
    - **Not sure if your athlete needs a baseline test? Contact the athletic trainer, email listed below.**

- ## <u>WHAT IF MY ATHLETE HAS TAKEN A BASELINE TEST SOMEWHERE ELSE?</u>
    - 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 7th, 2019**, 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 & fall sport to the athletic trainer** (contact info below) so we can take care of this. Thank you.
    - If your athlete has taken an ImPACT baseline test at his/her pediatrician's/doctor's office/etc, we will either…
        1. Need your athlete to take ANOTHER baseline test at Mars (we do not have access to the ImPACT database through all physicians' offices and would not be able to access your child's test, if necessary).

            OR
        2. If your athlete has already taken a baseline test with their pediatrician/doctor 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.

- ## <u>DO I NEED TO MAKE AN APPOINTMENT?</u>
    - 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.

- ## <u>OTHER FREQUENTLY ASKED QUESTIONS:</u>
    - Overall, the session will take about 35-45 minutes to complete. This includes a mandatory educational presentation, demographic information & the actual testing portion.
    - 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.
    - Because we have several 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 in this matter.
    - Food & drinks are NOT allowed in the computer labs. Cell phone use during the test is PROHIBITED.
    - 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 at morgretec@upmc.edu.

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Team	Date	Time	Location
Varsity Cheerleading *(Directly following Team Photos)*	Tuesday, August 6th	10:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV Cheerleading *(Directly following Team Photos)*	Tuesday, August 6th	11:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV/Varsity Girls' Volleyball *(BEFORE Open Gym)*	Tuesday, August 6th	12:00pm	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV/Varsity Football *(Directly following Heat Acclimation)*	Wednesday, August 7th	11:15am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV/Varsity Girls' Soccer	Thursday, August 8th	9:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV/Varsity Boys' Soccer	Thursday, August 8th	10:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
JV/Varsity Boys' Golf **Varsity Girls' Golf** **Varsity Boys'/Girls' Cross Country** **JV/Varsity Girls' Tennis**	Thursday, August 8th 11:00am		HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
9th Grade Cheerleading **JV/V Cheerleading Make-Up**	Thursday, August 8th 12:00pm		HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
Make-Up Testing HIGH SCHOOL SPORTS ONLY	Thursday, August 15th	12:00pm	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
7th/8th Boys'/Girls' Cross Country	Tuesday, August 20th	10:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
7th/8th Football	Tuesday, August 20th	11:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
7th/8th Cheerleading	Wed, August 21st	10:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
7th/8th Boys' Soccer	Thursday, August 22nd	10:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
7th/8th Girls' Soccer	Thursday, August 22nd	11:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
Make-Up Testing - ALL SPORTS	Monday, August 26th	11:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*
Make-Up Testing – ALL SPORTS FINAL BASELINE SESSION FOR FALL	Thursday, August 29th	11:00am	HIGH SCHOOL Computer Lab = Room 153 *(Located in the Technology Hallway)*

Make-Up Testing will begin at the time listed on the schedule, not later. Please arrive at the time listed or we may not be able to administer your baseline test as we have numerous practices we need to be present at. Thank you for your cooperation!