

Mars Area School District Sports Medicine 2017/2018 Winter 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 Technology Hallway/Innovation Way (Look for signs!)

MIDDLE SCHOOL = Athletic Trainer will meet MS athletes in Middle School Gym/Wrestling Room

<u>Team</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
Varsity Swimming/Diving <i>(Please stay AFTER school)</i>	Monday, November 20 th	3:00pm	High School – Room 153
JV/Varsity Boys' Basketball <i>(Please come BEFORE practice)</i>	Monday, November 20 th	4:00pm	High School – Room 153
9th Grade Boys' Basketball <i>(Please stay AFTER practice)</i>	Monday, November 20 th	5:00pm	High School – Room 153
JV/Varsity Girls' Basketball <i>(Please stay AFTER practice)</i>	Monday, November 20 th	6:00pm	High School – Room 153
Varsity Wrestling <i>(Please stay AFTER practice)</i>	Monday, November 20 th	6:00pm	High School – Room 153
7th/8th Wrestling <i>(Will test DURING practice)</i>	Tuesday, November 21 st	3:00pm	Middle School = Room 116
7th/8th Boys' Basketball <i>(Will test DURING practice)</i>	Tuesday, November 28 th	3:00pm	Middle School = Room 116
NEWLY ADDED! Last Chance! High School Make-Up Testing <i>(Please come directly after school)</i>	Wednesday, November 29 th	3:00pm	High School = Room 153