

Mars Area School District Sports Medicine

2017 Fall 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.

WHO NEEDS TO TAKE A BASELINE TEST?

- **ANY** athlete going into **7th, 9th or 11th grade**
- **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
- Not sure if your athlete has? Contact the athletic trainer, email address listed below.
- **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

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

- 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.
- 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!

DO I NEED TO MAKE AN APPOINTMENT?

- 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.**

OTHER FREQUENTLY ASKED QUESTIONS...

- 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 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.
- 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 @ morgretec@upmc.edu.

Mars Area School District Sports Medicine

2017 Fall Sports ImPACT Baseline Testing

Baseline Testing will be held in Room 116(Near Route 228 side of building)

*Please enter on the side entrance near Route 228 or the Athletic Entrance. Please do **NOT** enter through the Mars Are Middle School Office. There will be signs directing you to the room.*

DUE TO LIMITED COMPUTERS AND CLASSROOM SPACE, WE ASK THAT YOU PLEASE MAKE YOUR BEST EFFORT AT ATTENDING YOUR ATHLETE'S BASELINE TESTING DURING THE SPECIFIC TIME SLOT FOR THEIR SPORT(S), LISTED BELOW. THANK YOU!

<u>Team</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
JV/Varsity Girls' Volleyball	Monday, August 7 th	10:00am	MS Computer Lab = Room 116
Varsity Boys'/Girls' Cross Country	Monday, August 7 th	11:00am	MS Computer Lab = Room 116
JV/Varsity Girls' Tennis	Monday, August 7 th	12:00pm	MS Computer Lab = Room 116
9th Grade Cheerleading	Tuesday, August 8 th	9:00am	MS Computer Lab = Room 116
JV Cheerleading	Tuesday, August 8 th	10:00am	MS Computer Lab = Room 116
JV/Varsity Football – 11 th Graders (Directly following Heat Acclimation)	Tuesday, August 8 th	11:00am	MS Computer Lab = Room 116
JV/Varsity Boys' Golf	Wednesday, August 9 th	9:00am	MS Computer Lab = Room 116
Varsity Girls' Golf	Wednesday, August 9 th	10:00am	MS Computer Lab = Room 116
9 th Grade Football (Directly following Heat Acclimation)	Wednesday, August 9 th	11:00am	MS Computer Lab = Room 116
Any HS Sport Make-up Session #1	Wednesday, August 9 th	12:00pm	MS Computer Lab = Room 116
Varsity Cheerleading	Wednesday, August 9 th	1:00pm	MS Computer Lab = Room 116
JV/Varsity Girls' Soccer	Thursday, August 10 th	9:00am	MS Computer Lab = Room 116
JV/Varsity Boys' Soccer	Thursday, August 10 th	10:00am	MS Computer Lab = Room 116
9th/JV/V Football Make-up Testing (Directly following Heat Acclimation)	Thursday, August 10 th	11:00am	MS Computer Lab = Room 116
Any HS Sport Make-Up Session #2	Thursday, August 10 th	12:00pm	MS Computer Lab = Room 116
Any HS Sport Make-Up Session #3	Monday, August 14 th	12:00pm	MS Computer Lab = Room 116
7 th /8 th Girls' Basketball	Tuesday, August 15 th	9:00am	MS Computer Lab = Room 116
7 th /8 th Boys/Girls Cross Country	Tuesday, August 15 th	10:00am	MS Computer Lab = Room 116
7 th /8 th Girls' Soccer	Wednesday, August 16 th	9:00am	MS Computer Lab = Room 116
7 th /8 th Boys' Soccer	Wednesday, August 16 th	10:00am	MS Computer Lab = Room 116
7 th /8 th Football	Thursday, August 17 th	9:00am	MS Computer Lab = Room 116
7 th /8 th Cheerleading	Thursday, August 17 th	10:00am	MS Computer Lab = Room 116
ALL FALL SPORT MAKE-UP <i>LAST DAY FOR TESTING!</i>	Friday, August 18 th	9:00am	MS Computer Lab = Room 116
ALL FALL SPORT MAKE-UP <i>LAST DAY FOR TESTING!</i>	Friday, August 18 th	10:00am	MS Computer Lab = Room 116

PLEASE NOTE: We are aware that Middle School sports do not begin until Monday, August 21st and because of that, you may not know if your child has made the team yet or not. Due to the timing of the start of teacher in-service days/the first day of school, we will not be able to get into computer labs after Friday, August 18th; therefore, we have to test middle school sports a week earlier than usual. We would prefer if your athlete, regardless if they have made the team yet or not or if they may change their mind, completes a baseline test prior to August 21st.

Any questions or concerns on any baseline testing matter, please contact Erin at morgretec@upmc.edu.
Thank you for your cooperation! ☺