<u>Mars Area School District Sports Medicine</u>
2019 Spring 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.

- ## WHO NEEDS TO TAKE A BASELINE TEST?
  - **ANY** athlete in **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.
  - **What if my athlete just took a baseline test for this past fall or winter season (Fall 2018, Winter 18-19)?**
    - Your athlete does **NOT** need to take *another* baseline test this school year.
  - **Not sure if your athlete needs a baseline test? Contact the athletic trainer, email listed below.**

- ## 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 7th, 2018**, 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).
       <div align="center">OR</div>
    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.

- ## 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 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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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 MS Gym

Team	Date	Time	Location
JV/Varsity Boys' Lacrosse (**BEFORE** Conditioning)	Thursday, February 28th	4:00pm	High School Computer Lab = Room 153
Varsity Track & Field (**During** Conditioning)	Friday, March 1st	3:00pm	High School Computer Lab = Room 153
7th/8th Girls' Volleyball (**BEFORE** Practice)	Monday, March 4th	3:00pm	Middle School Computer Lab = Room 116
JV/Varsity Girls' Lacrosse If Inside/Middle School = **BEFORE** Practice If Outside/MP Field = **AFTER** Practice	Monday, March 4th	Inside = 4pm Outside = 5pm	Middle School Computer Lab = Room 116
Varsity Track & Field (**During** Practice)	Tuesday, March 5th	3:00pm	Middle School Computer Lab = Room 116
JV/Varsity Boys' Lacrosse (**Before** Practice)	Tuesday, March 5th	5:00pm	Middle School Computer Lab = Room 116
JV/Varsity Softball (Directly **AFTER** Practice)	Tuesday, March 5th	5:00pm	High School Computer Lab = Room 153
JV/Varsity Boys' Volleyball (**BEFORE** Practice)	Tuesday, March 5th	5:00pm	High School Computer Lab = Room 153
JV/Varsity Boys' Tennis	Tuesday, March 5th	5:00pm	High School Computer Lab = Room 153
7/8 VB, V T&F **G Lax, B Lax Make-Up** (If Necessary)	Wednesday, March 6th	3:00pm	Middle School Computer Lab = Room 116
8th/9th Grade Baseball (**During** Practice)	Thursday, March 7th	4:00pm	High School Computer Lab = Room 153
JV/Varsity Baseball (**AFTER** Practice at Lakeview)	Thursday, March 7th	5:15pm	High School Computer Lab = Room 153
7th/8th Softball (At High School **During** Practice)	Monday, March 11th	4:00pm	High School Computer Lab = Room 153
B VB, Tennis, Softball, Baseball **Make-Up Session** (If Necessary)	Monday, March 11th	4:00pm	High School Computer Lab = Room 153
7th/8th Track & Field (**During** Practice)	Wednesday, March 13th	3:00pm	Middle School Computer Lab = Room 116
7th/8th Track & Field (**During** Practice)	Thursday, March 14th	3:00pm	Middle School Computer Lab = Room 116