

Hello. I hope you are enjoying summer. In preparation of the fall sports season beginning August 15th, Cretin-Derham Hall will be offering baseline concussion testing for all student-athletes this year. The purpose of baseline testing is to provide data to physicians if an athlete is believed to have suffered a concussion during practice or competition. After a head injury, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and making safe return-to-play decisions. Sports and Orthopaedic Specialists and Allina Hospitals and Clinics will be providing baseline concussion testing to CDH student-athletes.

The baseline test is a computerized exam called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). Many high schools, universities, and professional teams are currently using ImPACT testing. The exam takes about 25-30 minutes and is set-up in six modules. The exam tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. The format of the test is similar to a video game. This test should be taken annually for student-athletes as brain function changes and develops during high school. More information regarding the test can be found at www.impacttest.com.

It is suggested that all CDH student-athletes register for baseline testing. While contact sports may be more likely to sustain head injuries, in any sport head injuries may occur. The testing will take place at Cretin-Derham Hall on August 4, 5, and 11. The baseline testing is free for all CDH student-athletes. It is strongly encouraged that each student-athlete take the exam. Testing will be offered for each athletic season. **ONLY** student-athletes participating in a **FALL SPORT** should take the exam in August. Additional testing dates will be offered for winter and spring student-athletes. Once these dates are established they can be found on the CDH Athletic Website under Forms and Registration.

Registering for the baseline test will take place online. There will be several sessions available for students to register. Each session will be 45 minutes in length and available for 50 students per session. In order to attend a session you must register online. Please register at the link below. **ALL** fall student-athletes will be accommodated during the dates and times listed below.

To register please go to the following web address and select a date and time:

http://www.c-dh.org/athletics_forms_registration.aspx

Baseline testing dates and times

Thursday, August 4, 2011 9:00, 9:45, 10:30, 11:15 and 12:00

Friday, August 5, 2011 9:00, 9:45, 10:30, 11:15 and 12:00

Thursday, August 11, 2011 9:00, 9:45, 10:30, 11:15 and 12:00

In addition to the baseline testing, the Minnesota State Legislature has recently passed Minnesota State Statute 121A.323 and 121A.045 effective for the start of 2011-12 school year. These statutes require the Minnesota State High School League (MSHSL) and member schools to make training and information available about the nature and risk of concussions to every high school coach, official, student-athlete and his/her parent(s)/guardian(s). The responsibilities of CDH under this new legislation is to confirm that each coach and official has successfully completed the initial online training at least once every three school years. Furthermore, every student-athlete and his or her parent or legal guardian must confirm they were provided information about the nature and risk of concussions. Finally, a coach or official shall remove a player from practice or competition if the player exhibits any of the signs or conditions consistent with a concussion. When the player is removed from practice or competition, the player may not return to play until the player has been evaluated and approved in writing for return to play by a trained provider experienced in evaluating and managing concussions. This information will be provided to parent(s)/guardian(s) at the parent/athlete sport meetings. The dates and times of these meetings are listed in this mailing.

This fall we welcome Alyse Randall, Cretin Derham Hall Athletic Trainer from Sports and Orthopaedic Specialists. Alyse will be replacing our former Athletic Trainer Kyle VanSickle as he has moved into a new career. Athletic training hours are after school and various hours during the fall pre-season schedule.

If you have any questions, please call the Athletic Office at 651-696-3310.

Enjoy the rest of summer!

Go Raiders!

Jodi Loeblein-Lecker

CDH Athletic Director