**Concussion Baseline Testing For MAST Athletes:**

Ski racing is a contact sport.  You will make violent contact with gates, but hopefully with your hands and shins.  You will make contact with the snow, but hopefully gently and on your rear end.  Unfortunately, there is always the risk of making contact with your head on the snow, a gate, or even another skier or snowboarder.  This means that as a ski racer, you face a small but dangerous risk of suffering a concussion during your career.   Wearing a helmet doesn't necessarily lower this risk, but it helps.   If you do suffer a concussion, it is vitally important that you only return to play when your brain is fully healed.  And the only person who can determine when your brain is healed is a health care provider who is specifically trained in concussion management.   One of the tools that a health care provider might utilize to determine how well your brain has recovered is something called a concussion baseline test.  Here is how it works.  The athlete takes a test on a computer that is specially design to measure different areas of brain function WHEN YOUR BRAIN IS HEALTHY.   Then, after a concussion and after all your symptoms have resolved, the health care provider might have you take the concussion baseline test a second time.  Results from the second test will be compared to the results from the first test.  If they results line up, your provider then has additional evidence that your brain has healed satisfactorily for you to begin the "return to play" protocol.

**So, ALL MAST skiers need to take a concussion baseline test.** Note:  If you played soccer or football or volleyball this fall for MPS you most likely already took the test and you do not need to retake it.   The tests are good for two years.
All MAST skiers who did not take the test this fall are due to take the test this year.  No tests were administered last year so we need to get everyone tested NOW.   The MPS athletic trainers are actually employed by TRIA, so your tests will be accessible through TRIA by your athletic trainer should you need to re-take the test down the road.

So, we have an URGENT and IMMEDIATE  need for all MAST athletes to take the concussion baseline test.  Here is how this is going to happen.  Please read this carefully and act now.

The athletic trainers at Southwest, Washburn, South and Roosevelt have all set up time NEXT WEEK for alpine athletes to take the test at their high school.

South athletes can take the test at 4:30 at South on November 3.
Roosevelt athletes can take the test at 4:00 at Roosevelt on November 3.
Washburn and Southwest athletes have two dates and two times to choose from.
3:30 and 4:30 on Wednesday, Nov 3 and Thursday, Nov 4.
The 4:30 time slot is for our seventh and eighth graders.    Senior high students should select the 3:30PM testing time.    Below is more information about testing at each testing site.  First though, sign up and reserve a testing time for yourself.

[**CONCUSSION BASELINE TESTING SIGN UP HERE**](https://docs.google.com/spreadsheets/d/1aMgpeNy1O8BDoleAPCv1UysovWNkDRVF/edit?usp=sharing&ouid=107078590759584281333&rtpof=true&sd=true)

​EACH SCHOOL HAS ITS OWN SIGN UP SHEET.  SCROLL DOWN TO THE BOTTOM OF THE PAGE AND LOOK FOR YOUR HIGH SCHOOL'S TAB.  OPEN YOUR SCHOOL'S SIGN-UP SHEET BY CLICKING ON THE TAB FOR YOUR SCHOOL.     SIGN UP.  PLEASE DO NOT EDIT ANY INFORMATION EXCEPT YOUR OWN.
I need everyone to sign up for a testing time.  If you absolutely cannot make it to your assigned testing time, then you need to contact the athletic trainer at your high school and make arrangements to take the test at another time on another date.

Here is more information about your school’s testing plan.

**Roosevelt ImPACT Concussion Baseline Testing**

Roosevelt Athletic Trainer, Sonya Eikum (sonya.eikum@tria.com; 715-212-9990)

Date: Wednesday, November 3, 2021

Time: 4:00pm

Location: Roosevelt. Enter Door 30. Go to room 162.

**South Testing ImPACT Concussion Baseline Testing**

South Athletic Trainer, Kallie Schmit (kallie.schmit@tria.com; 763-354-8702)

Date: Wednesday, November 3, 2021

Time: 4:30pm

Location: South High School. Enter Door 1.

The South Athletic Trainer, Kallie Schmit (kallie.schmit@tria.com; 763-354-8702), will meet you at Door 1 a little before 4:30pm and walk you to the computer lab.

**Southwest ImPACT Concussion Baseline Testing**

Southwest Athletic Trainer: Kelsey GleichWacker (kelsey.gleichwacker@tria.com; 651-357-2154)

***Southwest Testing #1 and #2***

Date: Wednesday, November 3, 2021

Time: 3:30pm and 4:30

Location: Southwest High School. Enter through the link.

Room: The room is the College and Career Center (CCC). It’s Room W106 on the map.

Enter the front of the building through Door 1. Go to the back of the cafeteria (the main entrance area) and take a left to go up a small set of stairs. Go straight and you’ll see “The Cove”, to the left of this is the counselors’ offices. The College and Career Center (CCC) is the door down 3 stairs and to the left.

***Southwest Testing #3 and #4.***

Date: Thursday, November 4, 2021

Time: 3:30pm and 4:30

Location: Southwest High School. Enter through the link.

Room: The room is the College and Career Center (CCC). It’s Room W106 on the map.

Enter the front of the building through Door 1. Go to the back of the cafeteria (the main entrance area) and take a left to go up a small set of stairs. Go straight and you’ll see “The Cove”, to the left of this is the counselors’ offices. The College and Career Center (CCC) is the door down 3 stairs and to the left.

**Washburn ImPACT Concussion Baseline Testing**

Washburn Athletic Trainer: Amanda Passaglia (Amanda.Passaglia@tria.com; 630-373-0924)

***Washburn Testing #1 and #2.***

Date: Wednesday, November 3, 2021???

Time: 3:30pm and 4:30

Location: Washburn High School. Enter through Door 5.

Room: TBD

***Washburn Testing #3 and #4.***

Date: Thursday, November 4, 2021???

Time: 3:30pm and 4:30???

Location: Washburn High School. Enter through Door 5.

Room: TBD