



Dear Parent/Guardian of 7th grade football athletes,

The West De Pere Middle School Football program in partnership with Bellin Health is offering baseline ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) testing for our student-athletes. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. This program will assist physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is administered to student-athletes before the beginning of contact sport practices or competitions. This non-invasive test is set up in "video-game" type format and takes about 35-40 minutes to complete. The test is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. The test tracks information such as memory, reaction time, speed, and concentration. The ImPACT test is not an IQ test.

If a concussion is suspected, the athlete may be required to re-take the test. The baseline test provides valuable information to the athletic trainer and local doctors to help evaluate the student athlete after an injury and enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete.

ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete but the test provides us the best available information for managing your student-athletes concussion. The West De Pere School administration, coaching, and athletic training staffs at Bellin Health are striving to keep your child's health and safety at the forefront of the student-athletic experience.

If you desire to **excuse your child from ImPACT testing**, please complete the form on the second page and return to the school office.

Sincerely,

Jeanine Zeamer, LAT, ATC
Bellin Health

Jason Zielinski, Associate Principal
West De Pere Middle School

The testing session will take place in room B157 and is 45 minutes in length - please arrive at the HS commons 10 minutes prior to your assigned time.

August 20 - Last Names A - K - 1:00 pm - 7th Grade Concussion Test

August 21 - Last Names L - R - 1:00 pm - 7th Grade Concussion Test

August 22 - Last Names S - Z - 1:00 pm - 7th Grade Concussion Test

Only 7th grade football athletes will receive the ImPACT test.
Questions? Please call Jason Zielinski at 337-1099 x. 2125



