

2012-2013 School Year

Dear Parent/Guardian,

Centennial High School in conjunction with Dr. Rocky Khosla and St. Mary-Corwin is implementing an innovative program for our student-athletes. This program will assist your family physician and our athletic trainer in evaluating and treating head injuries (i.e. concussions). The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). It is a computerized online test that the athlete takes prior to the season. The program will give the medical team a baseline for what is normal for your child. If the athlete is believed to have suffered a head injury, they re-take the exam to determine a) the extent of the injury, b) the location of the injury and c) when the injury is healed. The system is utilized throughout professional sports (it has been mandated in the NHL), collegiate and high school sports programs across the country. It is fast becoming the "Gold Standard" in recognizing and better managing concussion type injuries. The University of Pittsburgh Medical Center's Sports Concussion Program is the founding group of this software. If an athlete is believed to have suffered a head injury during competition, ImPACT is one tool used to help determine the severity of a head injury and when the injury has fully healed

The computerized exam is given to athletes before contact sport practice or competition. The exam takes about 30 minutes and is non-invasive. The program is basically set-up as a "video-game" type format. What it is doing is giving the brain a preseason physical of its cognitive abilities. There are 6 subtests that the athlete performs that allows the program to track information such as memory, reaction time, processing speed, and concentration. These areas are most often affected in a concussion. Most athletes that take it enjoy the challenge of the test. It is not an IQ test and an athlete can not fail the test. Choice to participate or not in ImPACT baseline does NOT affect eligibility.

If a concussion is suspected, the test is re-taken. Both the preseason and post-injury data is given to Rocky Khosla, MD, our concussion consultant to help him better evaluate the injury. The information gathered will also be shared with your family physician. With the information from the test data, your self, your child, your physician, our athletic trainer and myself; we will together be able to make an informed decision for safe return to play of your child. I want to emphasize that the data from the ImPact test is only ¼ of the information used to help determine safe return to play for your child. Return to play will not be solely based upon the ImPact test results.

I wish to stress that the ImPact testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential damage that can occur with multiple concussions. The Centennial Administration, coaching and athletic training staffs are striving to keep your child's health and safety at the forefront of the high school athletic experience. If you have any further questions regarding this program please feel free to contact me.

Sincerely,

Robert Caricato
Athletic Director
Centennial High School