

# Mark T. Sheehan High School Athletics

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WINTER 2019-2020

Dear Parents & Student-Athletes,

Once again this school year, all new student-athletes at Mark T. Sheehan will participate in the **ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) program**. This program will assist our athletic trainer, coaching staff, and doctors in evaluating and treating head injuries/concussions. ImPACT is a computer examination used by many high schools, collegiate and professional athletic programs that is held in high regard.

**Only student-athletes who have not taken the test already at Sheehan will need to take the test this winter (All Freshmen who did not participate in fall sports and new student-athletes).** The test will be administered by the Athletic Director. The examination itself will take approximately thirty minutes to complete. It will track information such as memory, reaction time, speed and concentration. Student-athletes will take the initial examination once while attending MTS. They will only re-take the examination if a concussion is suspected while participating in athletics.

As mentioned above, if a concussion is suspected, the student-athlete will re-take the examination. The testing data will help aid our athletic trainer, coaching staff and doctors to determine when returning to play is appropriate and safe for the injured student-athlete. While the data is technical in nature, if you would like a copy of the testing results, please contact the athletic department.

**The testing dates are:**

Monday, 12/9            All in RM A-130 Computer Lab at 2pm  
Tuesday, 12/10  
Wednesday, 12/13  
Thursday, 12/12  
Friday, 12/13

All student-athletes who need to take the test must attend one testing session.

Sincerely,

Athletic Director