



Dear Norwood-Fontbonne Academy Parents,

I am excited to be back for my 6th year at Norwood-Fontbonne Academy providing pre-season baseline concussion testing for athletes within the NFA Athletics Program.

Concussions can happen in any sport, at any level. Our knowledge of concussions and their management is changing rapidly. But we know that having a *valid*, neurocognitive baseline test is a valuable tool which will help your doctor to make a smart, safe decision about when it is safe to allow your son or daughter to return to activity following a concussion, whether football, soccer, cheerleading, or even returning to the classroom.

Body Active uses ImPACT computerized neurocognitive testing software. This is the most widely used software of this type. ImPACT is a 20-minute, computer-based test which measures the individual's brain function with respect to memory, reaction time, processing speed, focus and concentration. The baseline data is stored away securely and privately, until a concussion (or suspected concussion) happens. If your son or daughter sustains a concussion, call your doctor first, and then contact me. I will perform an evaluation (if you have not already been seen by your doctor) and administer a follow-up test, if appropriate. I will forward the baseline AND follow-up data to your doctor for further evaluation, as needed. If you need a referral to a concussion specialist, Body Active has a strong network of physicians across a wide geographic area for referral.

Testing is advised for ALL athletes from age 11 or older (5th or 6th grade and up.) A new baseline test should be established *every two years*, starting in grade 5 or 6, due to growth and development of the athletes. So, if your son or daughter took the test during the 2014/2015 school year, they should re-take the test this fall. Through a special arrangement with Mr. Paul Butler in the NFA athletics department, testing will be offered for all interested families in Sister James Anthony Hall on the Norwood Campus on **Monday, August 29th at 6:00 and 7:00 pm, and again on Tuesday, August 30th at 6:00 and 7:00 pm.** The cost for this testing is still only \$18; I can accept cash, check, or debit/credit card. Between the check-in process, inputting of demographic/history information, and the actual test, the entire process should usually take no longer than 45 minutes to one hour.

You should also receive an information sheet with this letter. *Please complete the information requested on this sheet ahead of time, **and bring it with you** as you will be asked to help your child to enter this information prior to testing.* Having this information written out ahead of time will speed up the testing process.

Since space in the computer room is limited, I request that you register using this [Baseline Testing Registration Link](#), or send an email to bodyactive1@verizon.net to reserve a space for one of the sessions. Because space is limited, these test sessions should be limited to student-athletes playing fall and/or winter sports. Testing will be offered again in late February or early March for student-athletes playing only a spring sport. In the meantime, please feel free to call or email me with any questions.

Yours in Good Health,

William Wardle, MS, LAT, ATC, ITAT
Owner/Athletic Trainer, Body Active, Inc.
ImPACT-Trained Athletic Trainer

Body Active, Inc. - Health and Safety Services
109 Shoen Rd., Exton, PA 19341 484.354.3482
www.bodyactivefitness.com bodyactive1@verizon.net
"An Active Mind in an Active Body"