



www.bodyactivefitness.com

Dear Norwood-Fontbonne Academy Parents,

I am excited to be back for my 8th 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 facilitate the administration of a follow-up, post-injury test. After that test, I will provide you with a report which has the baseline AND follow-up data, which you will give to your doctor to aid in evaluation and assessment. 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 2016/2017 school year (or earlier), they should re-take the test now. As in the past, testing will be offered for all interested families in Sister James Anthony Hall on the Norwood Campus on **Tuesday, August 28th, with two test sessions for testing: 6:00 and 7:00 pm.** The cost for this testing is only \$20; 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 usually takes no longer than 30-45 minutes.

Since space is limited, I ask that you pre-register using [this link to the registration page](#). In the meantime, please feel free to call or send an email to bodyactive750@gmail.com with any questions.

Yours in Good Health,

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