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April 2009

Dear Parents:

The safety and well being of student athletes at Cambridge-Isanti High School is always a top priority for our athletic department. Concussions (traumatic brain injuries) are injuries that athletes are prone to and which can be serious, particularly if not managed the appropriate way. Young athletes are more vulnerable to brain injuries and the long lasting effects from them than are professional athletes. Adolescent's brains are not fully developed and take longer to heal.

The greatest risk following concussion is a second concussion before the first one has adequately healed. This can trigger a life-threatening condition called 'second impact syndrome' where the brain swells and can be fatal.

Proper management of head injuries of our student athletes is very important to us. CIHS, in partnership with Cambridge Medical Center (CMC), is pleased to offer a new concussion management program called 'ImPACT™', for all student athletes in grades 9-12. ImPACT™ is a computer-based program that measures brain function in areas such as: attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time.

The ImPACT™ test is administered before athletes participate in a sport to get a baseline score. Then, if a head injury occurs, the same test is repeated. The 'before and after' comparison assesses the degree of any brain injury/impairment and is used as a tool to help determine when it is safe for an athlete to return to playing their sport.

ImPACT™ is used by many professional and collegiate sports teams including the NFL, NHL, Major League Baseball, the NCAA, as well as by many high schools. It has become the standard of care for concussion management.

Baseline testing for CIHS athletes is optional, is offered at no cost, and will not in any way affect team selection or your child's ability to participate in athletics. If your child sustains a concussion during the school year, post-injury testing will be available at Cambridge Medical Center in the Non-Surgical Orthopedics & Sports Medicine Department. Like most medical tests, there is a fee for post-injury testing, however, it may be covered by insurance.



Baseline testing for CIHS athletes will begin this summer. The baseline tests will be administered at Cambridge Middle School until renovation of the high school computer lab is completed. Testing will begin in June for all students participating in a fall sport. Testing for students participating in winter and spring sports will follow. Each athlete only needs one baseline test performed so if your child is a multiple sport athlete, one baseline test is all that's needed for the year.

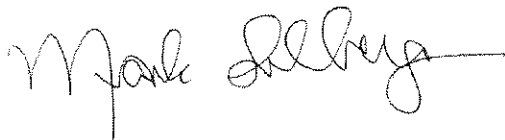
Coaches will select the dates for their teams to be tested, let students know the testing dates, and help with scheduling athletes within their assigned time slot. We will attempt to assign specific dates and times for each sport to help with carpooling and other schedules.

Attached to this letter is a consent form for your student athlete to receive baseline testing. If you want your child to be tested, **please complete the consent form** and have your child bring it to the Activities office prior to May 15th.

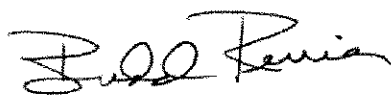
Baseline testing is highly recommended by the medical staff at CMC and has been endorsed by the CIHS coaches, athletic staff, administration, and school board. We are grateful to the Cambridge Medical Center Foundation for their fundraising efforts that brought this program to CIHS and made it possible to provide baseline testing at no cost to athletes for the 2009-10 school year.

Additional information about the ImPACT™ program and the testing schedule at CIHS is available on the CIHS website (www.cambridge.k12.mn.us) or CMC's website (www.cambridgemedicalcenter.com). You are also welcome to talk to the coaches or athletic trainers.

Sincerely,



Mark Solberg
Athletics and Activities Director



Budd Renier, MD
Non-Surgical Orthopedics & Sports Medicine Department
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R. Michael (Mike) Patten, MD