October 20, 2021

Dear parents of ANY South Meadow School Student that would like to play on either the boys or girls 2021-22 Basketball Teams at South Meadow School, starting with Try Outs on November 8, 2021.

My name is Tod Silegy and I am starting my 22nd year at South Meadow School as Physical Education Teacher, Athletic Director, and Boys Soccer Coach and Girls Soccer Coach.

To play a sport at the high school level or middle school level in the ConVal district, **ALL** athletes must take the Initial Impact Concussion Test. This test is not a competition and there is no score, but the test does create a baseline for each athlete’s brain when it is healthy.

Hopefully this will not happen, but if your child does receive a concussion that is verified by your primary care physician while playing a sport for SMS, your child would have to sit out practices and games until your primary care physician clears your child to resume participating. Once the primary care physician clears your child to resume play, your child would have to take the Post-Concussion Impact test. The Post-Concussion Impact Test would then be compared to your child’s Initial Impact Test Baseline, and if it compares well, your child would be allowed to resume play for SMS.

Please have your child take the Initial Impact Test at home, **BEFORE** November 8th. If you child took it so he or she could play a fall SMS sport they do not have to take it again.

Below is the link to take the Initial Impact Test. Your child should be in a quiet place that will be undisturbed until completed. Click on the link, then put in the Impact Test Code, then follow the prompts until you get to the “start test.”

Ideally a parent should help your child get through the first part of the test’s demographics. The test asks for name, birthdate, etc., but also questions about ADD, headaches, dizziness etc. My experience tells me many student athletes are not sure how to answer these questions. After the test is started, your child should be able to handle the test on their own. Once completed, you do not need to email me the results as these will come automatically to me. All you have to do is sign out.

All information goes to and is stored in the ConVal Athletic Initial Impact Test data base.

This test is good for any other sport your child would like to play throughout their year at SMS, and the test is good for two years.

[www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)Impact test code: e30340cf98

Thank you!

Tod Silegy SMS AD