

NILES NORTH HIGH SCHOOL

ATHLETIC DEPARTMENT

Karl Costello

Dear Viking Athlete Parents –

Director of
Physical Welfare
847-626-2281

We are very excited to begin our athletic season. Two new initiatives, both of which are **MANDATORY**, are beginning in Niles North Athletics this school year. First we will be providing ImPACT On-line Concussion Testing. This service will be **free of charge** to all athletes and mandatory for **EVERY ATHLETE** prior to participating in their first competition or game. The second addition will be the IHSA random Steroid Testing Program (for varsity athletes only).

Carol Herlocker

Assistant Athletic
Director
847-626-2284

ImPACT Concussion testing is at the forefront of proper concussion management and is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

Peggy Howard

Athletic Secretary
847-626-2301

ImPACT is a user-friendly computer based testing program specifically designed for the management of sports-related concussion. The instrument has been designed after approximately 10-years of University-based, grant-supported research. ImPACT is currently the most widely utilized computerized program in the world and is implemented effectively across high school, collegiate, and professional levels of sport participation.

Dennis Macas

Athletic Trainer
847-626-2292

ImPACT takes approximately 20 minutes to complete. The program measures multiple aspects of cognitive functioning in athletes, including: attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving, and reaction time. If you wish to find out further information, please feel free to visit their website at impacttest.com.

Dawn Palmer

Athletic Trainer
847-626-2299

We will be testing all in-coming freshmen, sophomores, juniors and seniors. Once the test has been implemented, athletes will only be taking the test twice during their time here at Niles North (once their freshman year and once their junior year). In order for your son or daughter to take the test, we need you to fill out the consent form on the opposite side of this piece of paper. Consent is needed in order to share the results with our NNHS team physician (Dr. Steven Scramberg) so that your child's progress can be assessed in the event that they sustain a concussion.

Mark Feldner

Strength &
Conditioning
Trainer
847-626-2331

The Niles North Athletic Department will also participate in the new Steroid Testing Policy per Illinois High School Association directive. In January 2008, the Illinois High School Association Board of Directors approved a plan developed by the IHSA Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingest or otherwise uses any of the banned substances, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school. **NO STUDENT-ATHLETE MAY PARTICIPATE IN IHSA STATE SERIES COMPETITION UNLESS THE STUDENT AND THE STUDENT'S PARENT/GUARDIAN CONSENT TO RANDOM TESTING.** To view a list of banned substances, please go to IHSA.org, under "For Schools", click on Sports Medicine, under "Recent Announcements", click on 2007-08 IHSA Banned Substances.

Athletic

Fax Number

847-626-3300

We thank you in advance for your cooperation with implementing these new programs and look forward to having a healthy and successful school year.

Sincerely,

Karl Costello,
Athletic Director

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