



# JSERRA CATHOLIC HIGH SCHOOL

FAITH. INTELLECT. CHARACTER.

2018 Lion Football Parents,

Fantastic news! We are initiating a new concussion prevention program to keep your sons even safer while participating in football! The Athletic Training Staff will be administering Baseline Concussion Testing for all JSerra Football Players through use of WAVi, a novel platform that combines the Sports Concussion Assessment Tool (SCAT5) with direct brain measurements. The purpose of a Baseline Concussion Exam is to understand your son's normal level of functioning. In the event of a concussion, along with seeing an M.D. or D.O., a Post-Test will be administered, which will give us a more accurate objective reading of his post-injury condition. The information that these reports generate will allow the Sports Medicine Staff (Athletic Trainers and Team Physicians) to administer proper treatment, and safely return your son back to participation. To give us a more accurate baseline with which to compare, we need to reassess what the athlete's "normal" baseline looks like before each season.

The SCAT5 is a standardized 10 min test based on a current research and expert panel review as part of the 5th International Consensus Conference on Concussion in Sport. It tests athletes for a variety of mental and physical changes following a head injury. The SCAT-5 views the following areas:

- Athlete history
- Symptom evaluation
- Cognitive screening
- Neurological screen
- Delayed memory

The WAVi scan measures the athlete's brain's response to a series of audio tones in a 4 min test. While the response strength varies from person to person, it typically drops by half after a concussive event. What is important to note is that studies show that in some cases the brain response returns to normal after the symptoms resolve, making this research-grade measurement an important additional performance measure to the trainers. If the brain is not performing at its normal level the athlete may not be either. Through the WAVi scan, JSerra joins a large Protect the Brain research cohort aimed at keeping sports alive and athletes safe. The scan includes:

- Brain Speed
- Brain Response Strength
- Brain Symmetry (mood)
- Brain Arousal (attention)

We will be doing the testing on Friday, July 13<sup>th</sup> from 8am-4pm. Please email Kayla Gradillas ([kgradillas@jserra.org](mailto:kgradillas@jserra.org)) to schedule your son's 20-minute appointment. The exam requires a **\$55 fee**. The exam fee can be paid online through "The Den" under "Fees and Forms" and it is entitled "Football Baseline Brain Scans". Testing will be held in the Lion's Den in the Athletic Pavilion. We cannot stress enough how important this exam will be to improve the safety of every athlete on the football field this year. It is our intent, as the Sports Medicine Staff, to provide the best possible care to your sons and to take every measure possible to protect their health as they enter another season of Lion's Football. If you have any questions regarding the exam, please do not hesitate to contact me.

Best Regards,

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