

# 2011 CROSS COUNTRY ImPACT Test AND PHYSICAL INSTRUCTIONS

## High School Athletes Start Here (Middle School Athletes skip #1, #2 and #3.)

- To participate in Cross Country, the following **MUST** take the ImPACT Test:
  - All incoming 9<sup>th</sup> graders,
  - All 11<sup>th</sup> graders **MUST** regardless of when last tested, and
  - Any athlete who has **NOT** taken the test at the High School in the last 2 years.
- The ImPACT Testing will be given: **Wednesday, May 25<sup>th</sup> at 3:30pm at CDHS.**
  - Upcoming 9<sup>th</sup> grade students should take the shuttle bus to CDHS.
  - Meet Coach Leuschner between the gym and the auditorium prior to testing.
  - Be able to answer the following questions:
    - What is your Student ID number?
    - Have you ever had a concussion?
    - When was the incident?
- If you cannot attend the scheduled date, then you **MUST** schedule a make-up session with CD Athletic Trainer Craig Kemmlein at 703-5360 x445 or [ckemmlein@cdschools.org](mailto:ckemmlein@cdschools.org).  
**Dates are either August 1<sup>st</sup> at 1:00pm or August 11<sup>th</sup> at 9:00am.**

## Middle School Athletes Start Here:

- To participate in Cross Country, one **MUST** get a physical. There are 3 options:
  - FREE** physical given on **Thursday, July 28 at 8:00 am** at CD East,
  - FREE** physical given on **Thursday, August 4, 8:00 am** at Central Dauphin, or
  - Get a physical from a private physician **provided it is dated June 1 or after.**
- Forms can be obtained at: [www.cdschools.org](http://www.cdschools.org), Click on *Sport Schedules*, Click on *Sport Physicals* or [http://www.cdschools.org/5422\\_9051715938/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=60763](http://www.cdschools.org/5422_9051715938/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=60763)
- Instructions for Physical Packet: Parents...**
  - Read cover page**, *Sports Physical Information & Supplemental Forms*;
  - Fill out pages 1-4:**
    - Page 1, *Supplemental Information to PIAA Forms*;
    - Page 2, *Authorization for Release of Medical Information*;
    - Page 3, *Acknowledgements*;
    - Page 4, *Emergency Card for Athletes*;
  - Read page 5**, *Important*
  - Fill out pages 6-9:**
    - Page 6, *PIAA Comprehensive-Section 1: Personal and Emergency Information*;
    - Page 7, *PIAA Comprehensive-Section 2: Certification of Parent/Guardian*;
    - Page 8, *PIAA Comprehensive-Section 3: Health History*;
    - Page 9, *PIAA Comprehensive-Section 4: PIAA Comprehensive Initial Pre-Participation*.

If you have questions, contact:

Trainer  
Mr. Craig Kemmlein  
703-5360 x445  
[ckemmlein@cdschools.org](mailto:ckemmlein@cdschools.org)

High School XC Coach  
Rick Leuschner  
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Middle School XC Coach  
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