



## New Trier Girls Hockey Concussion Baseline Testing

The safety and well being of each student athlete is the number one concern of New Trier Girls Hockey. In keeping with that philosophy, and because of the increase in recent years of concussions connected to ice hockey, mandatory baseline concussion testing is required for each player. This test is required to be taken prior to the commencement of a player's first season with NTGH and every second season thereafter. Baseline cognitive testing provides information on a child's brain function prior to an injury. If an athlete were to receive a concussion, the baseline test can then be compared to a post-injury test. This provides objective data to better assess recovery from a concussion. It is our preference that this baseline test be performed prior to tryouts, but in any event it must be completed by October 1, 2019.



**ATHLETICO**  
PHYSICAL THERAPY

**NorthShore**  
University HealthSystem

AHAI, the Chicago Blackhawks, Athletico Physical Therapy, and NorthShore University HealthSystem have teamed up for the 9<sup>th</sup> consecutive year to offer FREE baseline concussion testing through the "A Step aHead" program. All AHAI hockey players ages 11-18 in the state of Illinois are eligible to participate in the program from July 1, 2019 through November 30, 2019 at Athletico clinics across Chicagoland. The closest locations to New Trier are in Winnetka, Glenview, Evanston and Skokie. Appointments can be made online at [www.athletico.com/services](http://www.athletico.com/services). There are also links to the Athletico site on the NTGH website at [www.newtriergirlshockey.com](http://www.newtriergirlshockey.com) and the AHAI website at [www.ahai.org](http://www.ahai.org). If you have completed the baseline test in conjunction with another sport, we may accept that test as long as you turn in a copy of the signed "concussion compliance form" to the registrar. If you have any questions, please contact:

Ned Forsberg

Chip Seiple

[e.forsberg@att.net](mailto:e.forsberg@att.net) OR

[cseiple@gmail.com](mailto:cseiple@gmail.com)

847-254-1130

(M) 858-699-7271 or (H) 847-728-0557