

March 2, 2009

Dear U-13 & U-15 Parent/Athlete,

York County Lacrosse Association in cooperation with WellSpan Neuroscience has received a grant from The Pennsylvania Department of Health-Bureau of Family Health for the development of sports injury education and awareness. With funding provided by this grant our intent is to provide coaches, parents and athletes with educational information on concussion, ImPACT testing and return to play guidelines.

Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season. Although the majority of athletes who experience a concussion are likely to recover, it is unknown the number of these individuals that may experience chronic cognitive and neurobehavioral difficulties related to recurrent injury. Cerebral concussion or mild brain injury rates in youth lacrosse vary among most studies but most professionals agree that rates tend to increase after full body contact is introduced.

ImPACT, a neuropsychological assessment tool, was developed to assist athletic trainers, team physicians and other personnel in evaluation and tracking the injured athlete following a suspected concussion. The software program provides information regarding the severity of injury and a standard for evaluating recovery from injury. The program consists of a self-report symptom questionnaire, concussion history form and 7 tests of neurocognitive function that measure attention span, working memory, sustained attention, reaction time, response variability, visual and verbal memory, selective attention and non-verbal problem solving.

In March of this year, we will be performing baseline ImPACT testing on athletes from York County Lacrosse Association. All U-13 and U-15 players will be baseline ImPACT tested. Athletes that have participated in high school contact sports in York County may be familiar with this testing process. If the athlete has already received base line testing at their high school it is necessary to repeat the baseline test so this information will be available to us. Arrangements will be made for athletes to receive baseline testing through the Wellspan ImPACT web based testing program.

Additional information will be received on Thursday March 12, at a mandatory education program sponsored by WellSpan Neurology at York Hospital Education Room 1030 from 6:00pm –7:30pm. An additional program is scheduled for Saturday March 14, from 4:00pm – 5:30p and Thursday March 26, 7:00pm – 8:30pm. Parking is available in the new parking garage free of charge on the Rathton Road entrance to the hospital. Room 1030 is on the 1<sup>st</sup> floor of the hospital in the East section of the older section of York Hospital. The East section is the older section (library) directly across from the parking lot entrance.

This program is mandatory for all U-13 and U-15 coaches, parents and athletes.

If you need additional information, please feel free to contact Lori Abel, Musculoskeletal Program Director, WellSpan Health at (717) 812-3188.

Sincerely,

*Robert H. Rhein, President*  
York County Lacrosse Association

