



Dear High School Prep Parents;

As I outlined in my first summer letter, Holy Trinity is partnering with Chesapeake Neurology Associates Concussion Expert Outreach Program (XLNTbrain) to provide each High School Prep student a neurological baseline test. As awareness of the impact of concussions increases, we believe providing this service is furthering our commitment to provide our students a safe environment. In this e-mail, you will find information explaining how to register your child to take this test. There is NO COST!!

**Every High School Prep student is to take the test, which takes about 45 minutes, by Monday, August 13.** It is important to note that once a student starts the online test he or she MUST complete it, so please make sure to allot sufficient time once you start the test. **Students interested in playing for the Hawks soccer or volleyball team will not be permitted to participate until this test is completed.**

There is nothing more important than the safety of our students. Should you have any questions regarding the program or the test you are strongly encouraged to reach out to XLNTbrain. Their contact information is provided on the flyer.

Stay safe and I will be back in touch with you in mid-August!

Best,

Michael S. Mullin  
Head of School



## Join Holy Trinity on XLNTbrain

**Holy Trinity School has joined XLNTbrain in the fight against concussion injury in sports.**

Concussion awareness education is mandated by State law for all athletes and their parents and / or guardians. This document outlines the steps required for athletes, parents and / or guardians to register at XLNTbrain.com.

The XLNTbrain Passcode for Holy Trinity is: **HOLY TRINITY STUDENT**

### **Athlete Registration**

Go to **XLNTbrain.com**, click "Sign Up" and enter the passcode above to begin your registration. Click "**Join as an Athlete**" after you complete your registration, and then follow these steps:

1. View concussion awareness video and pass brief video quiz
2. Update profile info & accept terms and conditions
3. Manage your teams
4. Take the XLNTbrain Baseline Test

**The XLNTbrain Baseline Test** takes approximately 25 minutes and is important for your healthcare provider to use as a baseline to compare for your recovery. **It is important for you to take the test seriously and be in an environment free of distractions as you test.** If you perform poorly on the test, you may be asked to repeat the test under supervision.

### **XLNTbrain Baseline Test Quick Guide**

Please sign into your account on <http://app.xlntbrain.com/>. Once you've signed in, click the link near the top of your screen that asks if you want to take the test now. Please start the test by selecting the "Click here to Start your Cog Test" button.

**Please keep in mind that the XLNTbrain-Cog test is for Athletes only.**

### **Guardian Registration**

Go to XLNTbrain.com, and enter the passcode above to begin your registration. Click "**Join as a Guardian**" after you complete your registration. With your first-time sign-in, you will view a short concussion awareness video. After reviewing the video and passing a brief video quiz, you will need to add your athlete as a dependent. Then you will be able to access your athlete's profile, where you may monitor the progress of your athlete within XLNTbrain.



### **To add your Dependent**

- Please look on the left-hand side of your Dashboard. You should see a tab called "Relationships".
- Click on that tab and then click "Add Dependent".
- You will need to enter your Athlete's XLNT Brain ID in the box. If you enter your Athlete's name, it will not work.
- Your Athlete's XLNT ID is listed on their account when they are logged on, in the upper right-hand corner. It will look like this: XLNTbrain ID: ZWE2NDU4M, except with your Athlete's ID of course.
- Once you enter your Athlete's XLNT ID, click the Add Dependent button and that should link your accounts.
- You may need to refresh your page or log out of your dashboard and log back in to update the information your dashboard shows.

### **XLNTbrain Help**

Click on the "**Help**" button at any time to ask for help. Please note this is not a Live Chat. However, a support representative will respond to your request as soon as possible