

Join St. Teresa's Academy on XLNTbrain!

All students considering trying out for a sport at STA are required to have a valid XLNTbrain baseline on file prior to the start of tryouts. **The baseline test will be retaken by the athlete once a year, each year they participate in STA Athletics.** Concussion awareness education is mandated by State law for all athletes and their parents and/or guardians.

Updating Athlete Profile

Go to XLNTbrain.com, click "Sign In" and enter the email and password you registered your account under. The proceed to the following steps:

1. Click "Memberships" on the left-hand side of your screen.
2. Then click the box that says "Manage Teams"
3. Add yourself to EVERY team you may try out for with the appropriate school year listed with it.

The XLNTbrain Baseline Test takes approximately 40 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. *Free periods are not recommended unless you can guarantee zero noise and other distractions.*** If you perform poorly on the test, you will be asked to repeat the test under supervision.

To begin the XLNTbrain Baseline Test:

1. Please sign into your account at <http://app.xlntbrain.com/>
 2. Click the link near the top of your screen that asks [if you want to take the test now](#).
 3. Watch the "Test Instructions" video. **(REQUIRED)**
 4. 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.
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