

North Point - Impact Testing - Frequently Asked Questions

1. If I took an impact test at Holt or Timberland this year, will this transfer to NP?
 - a. **No, the software used for impact testing won't allow us to transfer test results across schools. You WILL need to take an impact test on a North Point testing date.**

2. Do I have to have a physical to impact test?
 - a. **No, however you will need one before trying out for your sport for the fall. You will also need to have the "consent" to impact test portion of the physical packet completed before testing. It is on the last page of the [Physical Packet](#).**

3. Do I need an appointment on testing dates?
 - a. **No, you can walk in to take the test.**

4. Are these dates sport specific?
 - a. **No, anyone can test. However, if you are a prospective cheer, dance, or color guard participant, you MUST have a test done BEFORE you tryout.**

5. How long does the test take?
 - a. **Typically about 30 minutes. We ask that if you are planning on coming to a testing session that you arrive at least 30 minutes prior to the end of the testing window. So if we are going from 2:45-4:00pm, please arrive by 3:30pm.**

6. Do I have to stay for the entire testing session?
 - a. **No, you can leave whenever you finish.**

7. How long will this NP impact cover me for?
 - a. **2 years**