

before resuming participation in the sport can prevent a future of struggle and uneasiness.

Ciancaglini is currently working with Senator Michael Nozzolio to help prevent second-impact injuries. Legislation is trying to propose a 24 hour waiting period for all student-athletes after they receive a concussion to not partake in any activities, whether their trainer approves them for physical contact or not. However, it's not that simple. "Following up on legislation remains difficult, especially at smaller schools where trainers sometimes aren't always on site. This isn't fair to coaches who can't make judgments on injured players and coach at the same time", said Ciancaglini. Even though cutting down on future concussions remains a work in progress, getting legislation involved is a big step in the right direction.

While speaking with Ray, it was refreshing to hear someone with personal experiences try to raise awareness on an ever-increasing issue in sports today. Concussions are occurring at a rate no one has seen in athletics before. Ciancaglini explained that in the long run, he is trying to make a difference in the future of young athletes and educate them on handling concussions the correct way. He has his own website, at www.thesecondimpact.com, which he uses to help make people more aware of the seriousness of this issue. He also gives occasional talks to college and high school students. "Doing this helps give me closure. I'm trying to make something good out of something so bad", said Ciancaglini. It was a privilege to speak with Ray about this topic. He is dedicated, genuine and speaks from experience. It's an opportunity that I'm grateful for being able to have had. Concussions are becoming more serious everyday. Ciancaglini is doing something valuable that has a purpose, and that is educating athletes to be responsible and think before returning from a concussion too quickly.
