**Table S3. Varsity athlete confidence ranks by change score**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **75%** | **80%** | **87.50%** | **90%** | **92.50%** | **95%** | **97.50%** | **99%** |
| **SAC** |  |  |  |  |  |  |  |  |
| Year 1 - Year 2 | -1 | -1 | -2 | -2 | -2 | -3 | -3 | -4 |
| Year 1 - Year 3 | -1 | -1 | -2 | -2 | -2 | -3 | -4 | -4 |
| **BESS** |  |  |  |  |  |  |  |  |
| Year 1 - Year 2 | 5 | 7 | 9 | 10 | 12 | 13 | 16 | 19 |
| Year 1 - Year 3 | 6 | 7 | 10 | 11 | 12 | 14 | 17 | 20 |
| **BSI-18** |  |  |  |  |  |  |  |  |
| Year 1 - Year 2 | 1 | 3 | 6 | 7 | 8 | 10 | 13 | 16 |
| Year 1 - Year 3 | 2 | 3 | 6 | 7 | 8 | 9 | 12 | 14 |
| **SCAT Symptom Number** | | |  |  |  |  |  |  |
| Year 1 - Year 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 9 |
| Year 1 - Year 3 | 1 | 1 | 2 | 3 | 3 | 4 | 5 | 6 |
| **SCAT Symptom Severity** | | |  |  |  |  |  |  |
| Year 1 - Year 2 | 3 | 5 | 8 | 10 | 12 | 14 | 18 | 22 |
| Year 1 - Year 3 | 2 | 3 | 5 | 5 | 6 | 7 | 9 | 11 |
| **Verbal Memory** | |  |  |  |  |  |  |  |
| Year 1 - Year 2 | -6 | -7 | -11 | -12 | -13 | -16 | -19 | -22 |
| Year 1 - Year 3 | -4 | -6 | -9 | -11 | -12 | -14 | -18 | -21 |
| **Visual Memory** | |  |  |  |  |  |  |  |
| Year 1 - Year 2 | -6 | -8 | -12 | -14 | -15 | -18 | -22 | -26 |
| Year 1 - Year 3 | -5 | -8 | -12 | -13 | -15 | -18 | -22 | -27 |
| **Visual Motor Speed** | | |  |  |  |  |  |  |
| Year 1 - Year 2 | -2 | -3 | -5 | -5 | -6 | -7 | -9 | -11 |
| Year 1 - Year 3 | -1 | -2 | -4 | -5 | -5 | -7 | -8 | -10 |
| **Reaction Time** | |  |  |  |  |  |  |  |
| Year 1 - Year 2 | -0.08 | -0.1 | -0.14 | -0.15 | -0.17 | -0.19 | -0.22 | -0.26 |
| Year 1 - Year 3 | -0.15 | -0.17 | -0.22 | -0.23 | -0.26 | -0.29 | -0.33 | -0.39 |
| Note: Scores are rounded to nearest integer | | | | | | | | |