

Nazareth Area School District Sports Medicine Department

Dear Student and Parent(s)/Guardian(s),

Let me first take a moment to welcome everyone to a new season of interscholastic sports and events! To those of you new to high-school and/or middle-school sports, welcome! And to those of you returning, Go Blue Eagles!

The Athletic Training staff is excited for the Fall sports season! John Ostrowski, Angela Pilla, and Allison Nigrelli will be the Athletic Trainers for the District. If you're interested, there is more information and short bios for each of us on the [NASD Athletics website](#). As St. Luke's University Health Network (SLUHN) employees, we are excited to continue bringing our expertise, passion, and resources to the community and deliver "Extraordinary Care" to students and families.

To help ensure ALL student-athletes are medically cleared for participation in the upcoming 2022 Fall sports season, please see the checklist below. It's extremely important to have ALL components completed and submitted in advance for our medical team to review. Please note, all registrations must occur through Family ID, and no paper copies are accepted.

Athletics Signup Checklist

- Have you signed up for sports through Family ID?
 - **YOU MUST REGISTER ON FAMILY ID TO PLAY A SPORT!!**
 - [Nazareth Fall Sports Registration](#)
 - Please complete information based on the information for the 2022-23 academic year!
 - If you have previously registered in Family ID, please use your existing login information. **PLEASE DO NOT CREATE A NEW ACCOUNT!**
- Have you had your physical (after June 1, 2022), and if so, has the provider completed PIAA CIPPE Section 7? And has it been signed, dated, and uploaded to Family ID?
 - In partnership with St. Luke's, the Nazareth Area School District is offering free **FALL** sports physicals at Coca-Cola Park on June 9, July 13, and July 28. You must register for an appointment slot here: [Coca Cola Park Fall Sports Physicals](#)
 - For any questions related to Coca Cola Park physicals, please email: sportsphysicalsinquiry@sluhn.org
 - **IMPORTANT NOTE:** IF A STUDENT HAS HAD A COVID POSITIVE (OR PRESUMED POSITIVE) DIAGNOSIS ON OR AFTER 3/1/22, THEY MUST SEE THEIR PRIMARY CARE PHYSICIAN FOR THEIR FALL SPORTS PHYSICAL.
 - We continue to encourage you to see your family physician for your physical- they know you and your medical history best! Please be sure they complete (and sign and date!!) PIAA CIPPE Section 7 for you to upload to your registration.
 - It's important we know of underlying medical conditions, medications, etc. to provide the best medical care we can for your son/daughter.
- If your son/daughter had a previous COVID diagnosis, please ensure this is disclosed and appropriately documented with your health care provider to ensure medical clearance for sports participation.
- Have you completed the baseline ImPACT concussion test?

- **ALL** students entering grades 7/9/11, students new to the district, or students in grades 8-12 who have not previously played an interscholastic sport at Nazareth need to complete a baseline concussion test for the 2022-23 academic year. Please email John Ostrowski (jostrowski@nazarethasd.org) to receive instructions and your customized code to complete the test at home. Completing this baseline concussion test is required before sports participation.

Important Reminders

- To appropriately manage injuries and illness, it is imperative students report injuries/illnesses in a timely fashion to the medical and/or coaching staffs. If we don't know about it, we can't help!
 - This includes away games, or the day after a game when injuries sometimes declare themselves.
- If a student is evaluated by a healthcare professional independent of the NASD medical staff, they must provide appropriate medical documentation to be allowed to participate.
- The NASD medical staff can help facilitate streamlined referrals through St. Luke's, and we are able to easily communicate with St. Luke's providers to ensure appropriate and efficient medical care.
 - The student's health is our number one priority, and we will work with any healthcare professional caring for a student.

Student Accident Insurance

- Please note that NASD no longer carries automatic secondary student accident insurance for athletic injuries. For more information, please [click here](#) to see the informational letter posted on the NASD Athletics website.

In closing, I'm excited at the prospects the 2022-23 year holds, and as a resident of the Nazareth Area School District I'm excited to see the Blue Eagles returning to action! I speak for both myself and the entire medical team, when I say the health and safety of the Blue Eagle students is our driving mission, and we look forward to living that mission each day here in the district.

Sincerely,

John A. Ostrowski, MS, LAT, ATC
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