

**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 the high-school and/or middle-school sports, welcome! And to those of you returning, Go Blue Eagles!

The Athletic Training staff is excited to return this year! John Ostrowski and Allison Nigrelli will be the primary Athletic Trainers at the High School, and Connor Shelton will be the primary Athletic Trainer at the Middle School. 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 2021-22 year, 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!!**
  - <https://www.familyid.com/nazareth-area-school-district/nazareth-area-school-district-winter-2021-22-athletic-registration>
  - 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, 2021), 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 **WINTER** sports physicals at Nazareth Area Middle School on 10/21/21 from 5:00-7:00pm. You must register for an appointment slot here: [SLUHN Winter Physicals](#)
    - **IMPORTANT NOTE:** IF A STUDENT HAS HAD A COVID POSITIVE (OR PRESUMED POSITIVE) DIAGNOSIS ON OR AFTER 8/15/21, THEY MUST SEE THEIR PRIMARY CARE PHYSICIAN FOR THEIR WINTER 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.
- If you played a Fall 2021 Nazareth High School or Middle School sport, you DO NOT need a new physical!

- If you were injured playing your Fall 2021 sport, please have the PIAA CIPPE Section 9 and/or appropriate physician documentation uploaded in that section of your Family ID registration for review.
- Have you completed the baseline ImPACT concussion test?
  - Students who participated in Nazareth High School or Middle School sports in 2020-21 or Fall 2021 have fulfilled this requirement and do not need to take the baseline concussion test this year.
  - **ALL** students in grade 7, and those students new to the District or who did not play a Nazareth High School or Middle School interscholastic sport in 2020-21 or Fall 2021, need to complete this baseline concussion assessment for the 2021-22 academic year.
  - Please email John Ostrowski ([jostrowski@nazarethasd.org](mailto:jostrowski@nazarethasd.org)) to receive instructions and your customized code to complete the test at home.

### **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 2021-22 year holds. It has been a challenging year with the COVID-19 pandemic, 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,



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