

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 for the Winter sports season! John Ostrowski, Angela Pilla, and Ben Driggers 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 2023-24 Winter 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 Winter Sports Registration](#)
 - Please complete based on the information for the **2023-24** 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, 2023), and if so, has the provider completed PIAA CIPPE Section 6? 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 **10/19/2023 from 5-7:00pm**. You must register for an appointment slot here: [SLUHN Winter Physicals](#)
 - **THIS IS SEPARATE FROM REGISTRATION; YOU MUST STILL REGISTER FOR A SPORT!!**
 - 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 6 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 you played a Fall 2023 Nazareth High School or Middle School sport, you DO NOT need a new physical!
 - If you were injured playing your Fall 2023 sport, please have the PIAA CIPPE Section 8 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 need to complete the baseline test annually and is a requirement for sports participation. If you need to take a new test, please email John Ostrowski (jostrowski@nazarethasd.org) to receive instructions and your customized code to complete the test at home.

Important Reminders

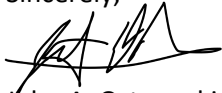
- To appropriately manage injuries and illness, it is imperative students report injuries/illnesses in a timely fashion to the medical and/or coaching staffs. If we don't know about it, we can't help!
 - This includes away games, or the day after a game when injuries sometimes declare themselves.
- If 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 2023-24 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 Nazareth.

Sincerely,



John A. Ostrowski, DAT, LAT, ATC, GTS
Lead Athletic Trainer
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