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NASD Athletic Training News & Updates



NASD and St. Luke's University Health Network

The Nazareth Area School District, in partnership with St. Luke's University Health Network, provides every student-athlete with the most comprehensive and highest quality sports medicine and orthopedic care available in a professional, efficient, compassionate, and service-oriented manner. The NASD Athletic Training team, comprised of St. Luke's board-certified athletic trainers and under the direction of St. Luke's physicians, provide services such as injury prevention; assessment, treatment and rehabilitation of athletic injuries; emergency care; and education on injury-prevention techniques.

NASD's partnership with St. Luke's provides students access to St. Luke's health professionals in community health and preventative medicine as well as behavioral medicine/health.

Whenever possible, the Athletic Training Department will strive to integrate education about illnesses and injuries so that student-athletes and families can be empowered to lead healthier lives. The Athletic Training Department is compliant with the standards of practice as outlined and mandated by the National Athletic Trainers' Association and the Board of Certification Code of Professional Practice. Members of the Athletic Training Department are credentialed, licensed, and in compliance with all statutes of the Commonwealth of Pennsylvania, along with all current PIAA and NASD policies and procedures.

Meet the NASD Athletic Training Staff



John Ostrowski, MS, LAT, ATC

Head AT, Nazareth Area High School

John.Ostrowski@sluhn.org

John and his family call Nazareth home. He brings more than 15 years of experience as a board-certified Athletic Trainer to the Nazareth Area School District. John earned his Bachelor of Science degree in Athletic Training from the University of Michigan and a Master of Science degree in Kinesiology and Health Promotion with a Specialization in Athletic Training from the University of Kentucky.

Prior to his appointment at NASD, John served as the Coordinator of Athletic Training Services at Moravian College in Bethlehem. He has also served as an Assistant Program Manager and Athletic Trainer for St. Luke's Sports Medicine in Bethlehem. His previous experience includes services as a Clinical Athletic Trainer for McKay Dee Hospital in Ogden, Utah, Head Athletic Trainer for Curry College in Milton, Massachusetts and Assistant Athletic Trainer for The College of Holy Cross in Worcester. John also spent two years as an Athletic Trainer for the University of Kentucky's NCAA Division I Athletics Program.

John has also served as a Clinical Preceptor for several CAATE Accredited Athletic Training Programs. He is a certified athletic trainer by the Board of Certification (BOC) and licensed as an athletic trainer by the Pennsylvania State Board of Medicine. Additionally, John holds certifications in Mental Health First Aid, CPR and AED. He is an instructor of CPR/AED and First Aid by the American Heart Association and the Emergency Care and Sport Safety Institute. He has published and presented on both the regional and national level.



Allison Nigrelli, LAT, ATC

Allison received her bachelor's degree in Athletic Training from East Stroudsburg University and Board Certification from the National Athletic Trainers' Association (NATA) in 2014. She is a certified Athletic Trainer by the BOC (Board of Certification) and licensed as an Athletic Trainer by the Pennsylvania State Board of Medicine. She joined the St. Luke's Sports Medicine team in 2014 and continued her academic career, completing the St. Luke's Athletic Training Residency Program in June 2016.

Prior to joining the team at Nazareth, Allison served as the Athletic Trainer at Freedom High School in the Bethlehem Area School District for the past three years. Allison's previous experience also includes working as an Athletic Trainer and Head Camp Manager for Universal Cheerleader's Association at high school and college cheerleading and dance camps and competitions around the country.

Allison is a CPR, AED, and First Aid instructor through both the American Heart Association and Emergency Care and Safety Institute. She is also a Stop the Bleed instructor and is certified in Mental Health First Aid. Allison has served as a clinical preceptor for the East Stroudsburg University undergraduate and graduate Athletic Training programs, and the Moravian college graduate Athletic Training program.

In her free time, Allison enjoys spending time with her family and her two dogs, going to Flyers games, and hiking.



Connor Shelton, LAT, ATC

Connor holds a Bachelor of Science degree in Athletic Training from the University of North Florida. In July 2020, he completes his master's degree in Advanced Clinical Practice for Athletic Training at East Stroudsburg University. He has been with St. Luke's since August of 2019, having provided athletic training services for student athletes at the Salem Christian School in Macungie.

Connor is CPR/AED and First Aid certified through the Emergency Care and Safety Institute and is a member of the National Athletic Trainers Association (NATA).

In his free time, Connor likes to stay active through various sports, but his favorite is Ultimate Frisbee.



Brandon Percey, MS, LAT, ATC

Brandon holds a Bachelor of Science in Health Science degree and a Master of Science in Athletic Training degree from Moravian College. He is a certified athletic trainer by the Board of Certification (BOC) and licensed as an athletic trainer by the Pennsylvania State Board of Medicine. Brandon also holds a certification in Mental Health First Aid.

In his free time, Brandon enjoys hiking, going on bike rides, and spending time with family.

SPORTS MEDICINE CONTACT INFORMATION

Main Athletic Training Room 610-759-1730 ext. 2361

Athletic Office fax 610-614-0925

COVID-19 Resources

- NASD [COVID-19 Athletics and Student Activities Health and Safety Plan](#)
- CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Important Resources and Helpful Links

- [PIAA](#)
- [PIAA CIPPE Forms](#)
- [St. Luke's University Health Network](#)
- [St. Luke's Orthopedic Care](#)
- [St. Luke's Care Now](#)
- [National Athletic Trainers' Association](#)
- [CDC Heads Up: Concussion](#)

St. Luke's Care Now –

WALK-IN care for minor orthopedic and sports injuries

Be seen for sprains, muscle pain and minor orthopedic and sports injuries without an appointment. Convenient locations near you. Evening and weekend hours available.

- Splinting and first aid for minor orthopedic injuries
- Diagnostic X-rays performed onsite
- Immediate access to braces, crutches, boots and other durable medical equipment
- Follow-up appointments with orthopedics scheduled before you leave the office

Visit the [St. Luke's Care Now](#) nearest you.

2020-2021 School Year – General Guidelines

Safety is always paramount to NASD and St. Luke's, so please review the general guidelines below to help everyone promote increased safety by decreasing the risks associated with athletic participation:

- 1) Please make sure you have completed all sections of [Family ID](#), and that the physical is signed (after June 1, 2020 by the health care provider and uploaded. We need to know if your child has any medical conditions such as allergies, epilepsy, asthma, diabetes, heart conditions, etc. Any athlete participating with a pre-existing medical condition must inform the AT and coach so emergency action plans can be discussed and implemented.
- 2) For the 2020-21 school year, ALL students must have a valid ImPACT baseline test completed. These tests are being done at-home. Please email John Ostrowski (john.ostrowski@sluhn.org) to receive your link to the test and instructions. Having a valid baseline assessment on file helps the medical team in the clinical management of your son/daughter should they suffer a concussion.
- 3) If a student is being evaluated and/or treated by an outside physician or specialist, a note clearing the student for activity is required before the student will be allowed to participate. There are NO exceptions to this policy.
- 4) Coaches are required to carry with them a medical kit with first aid supplies to every practice and game, whether home or away. **If any athlete requires the use of an inhaler, Epi-pen, insulin kit or other special medications as prescribed by a health care professional, it is mandatory they keep a spare in the med kit.**
- 5) Please make sure you are familiar with the Safety in Youth Sports Act and Sudden Cardiac Arrest Prevention Act and have completed all education and signed all forms required by the NASD Athletic Department prior to your child's participation in his/her sport.