

**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 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 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 paper copies are NOT 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 **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 **FALL** sports physicals at Coca-Cola Park on June 26, July 10, and July 12. 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: sportsphysicalinquiry@sluhn.org
 - 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.
- Have you completed the baseline ImpACT concussion test?
 - Starting this Fall, students will need to complete a baseline ImpACT concussion test every year. If your child needs to complete this assessment, please email John Ostrowski (jostrowski@nazarethasd.org) to receive instructions and your customized link/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 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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