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## 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, DAT, LAT, ATC, GTS**

Lead Athletic Trainer, Nazareth Area High School

[John.Ostrowski@sluhn.org](mailto: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, a Master of Science degree in Kinesiology and Health Promotion with a Specialization in Athletic Training from the University of Kentucky, and his Doctor of Athletic Training Degree from Moravian University.

Prior to his appointment at NASD, John served as the Coordinator of Athletic Training Services at Moravian University 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.



**Angela Pilla, BS, LAT, ATC**

Athletic Trainer, Nazareth Area High School  
[angela.pilla@sluhn.org](mailto:angela.pilla@sluhn.org)

Angela is a Blue Eagle alumni and a former Nazareth field hockey athlete. She grew up in Nazareth and is happy to call Nazareth her home.

Angela earned her Bachelors degree in Athletic Training from East Stroudsburg University in 2020. She is a certified Athletic Trainer by the NATABOC and licensed as an Athletic Trainer by the Pennsylvania State Board of Medicine. She is currently completing her Masters degree in Athletic Training through East Stroudsburg University.

Angela joined the St. Luke's Sports Medicine program in 2021. Prior to joining the sports medicine team at Nazareth, Angela served as an Athletic Trainer at East Stroudsburg South in the ESASD school district. She also assisted at many youth events, including Nazareth Clippers events.

Aside from work, Angela enjoys going on hikes, playing field hockey, cooking, watching MMA/UFC, and lifting. She is also an NPC competitor.



**Benjamin Driggers, MS, LAT, ATC**

Athletic Trainer, Nazareth Area High/Middle School  
[benjamin.driggers@sluhn.org](mailto:benjamin.driggers@sluhn.org)

Benjamin is an Athletic Trainer with St. Luke's University Health Network. Ben earned his Bachelors and Masters degree in Athletic Training from East Stroudsburg University. He is a certified Athletic Trainer by the BOC and licensed as an Athletic Trainer by the Pennsylvania State Board of Medicine. Prior to joining the team at Nazareth, Ben served as a graduate assistant at Stroudsburg High School in the Stroudsburg Area School District for the past year.

In his free time, Ben enjoys spending time with his family, watching NFL games, and traveling.

## Athletic Training Contact Information

Main Athletic Training Room  
Athletic Office fax

610-759-1730 ext. 2361  
610-614-0925

## Important Resources and Helpful Links

- [PIAA](#)
- [PIAA CIPPE Forms](#)
- [Skin Lesion Clearance](#)
  - Must be signed and returned to Athletic Trainers if student-athlete needs clearance for a skin condition.
- [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.

## General Athletic Participation 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 (on or after June 1 of academic year) 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) 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.
- 3) 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.**
- 4) 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.