



NAZARETH AREA SCHOOL DISTRICT

Coordinated Health Certified Athletic Trainers
1 Education Plaza Nazareth, PA 18064
610-759-1730 ext. 2361 610-614-0925 (fax)

Athletic Training Services

Dear Parent, Guardian and Student:

Welcome to a new season of interscholastic sports! As the on-site certified Athletic Trainers (AT's), we will be providing sports medicine services to the athletes at NHS/NMS. An AT is a certified health professional specializing in the prevention, management, treatment, and rehabilitation of sports injuries. Christina is the Head AT currently in her 19th year at Nazareth and holds a Masters Degree in Athletic Training from East Stroudsburg University. Also at the High School is Alfonse DeSanto, who joined our team in 2016. New to our staff is Michael Williams, who will be taking care of Middle School Athletics. We are all Board Certified by the National Athletic Trainers Association (NATABOC), and governed and licensed by the PA State Board of Medicine. Also on our staff is Alex Brown, who is not a Certified Athletic Trainer but will be working with the teams as our onsite Strength and Conditioning Coach. More information can be found on our website.

As employees of Coordinated Health, we will be under the direction of physicians at CH who have established policies and procedures according to guidelines set forth by the PIAA and the NATA. We will be working with our team orthopedic (Dr. Wayne Luchetti), athletic administration, coaches, and school nurses to provide a safe athletic environment for your son/daughter. We can provide the injured athlete with quick access to an integrated healthcare practice staffed by Orthopedic Surgeons specializing in Sports Medicine, as well as Podiatrists, Physiologists, Cardiologists, Physical Therapists, and Exercise Physiologists. Coordinated Health also offers CARE ON DEMAND, which allows us to immediately send orthopedic emergencies and urgent care cases for evaluation by an on-call physician, as opposed to waiting hours at an ER. CH is dedicated to providing the highest quality health care and services. The general guidelines below will help us deliver quality health care by increasing the safety and decreasing the risks associated with athletic participation:

- 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 needs to inform the AT and coach so emergency plans can be discussed. Coaches are required to carry with them to every practice and game, whether home or away, a medical kit with first aid supplies. If any athlete requires the use of an inhaler, Epi-pen, insulin kit or other special medications it is mandatory they keep a spare with them in their bag and taken to the field with them.
- NASD is using the ImPACT System; the concussion management tool utilized by physicians and certified athletic trainers. The Immediate Post-Concussion Assessment and Cognitive Test or (ImPACT) baseline test will be done prior to each. In the event that an athlete sustains a concussion, severity and progression can be assessed based on a comparison between baseline scores and post-injury scores, which will help determine return to play. The student athlete must complete a 5-day Graduated Return to Play protocol once cleared by a concussion specialist. If you would like to be familiarized with our concussion policy, please feel free to contact us.
- Have your son/daughter notify their coach if they are injured during an away game and did not see the onsite AT. Early intervention and treatment can mean the difference between a quick return to play or season ending injury. Proper nutrition, stretching, and adequate rest can significantly decrease injuries...urge your children to take care of themselves on and off the field.

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- If you decide to take your child to a doctor for a non-emergency injury without our knowledge, it's possible they will have a delayed return to activity. If you would like us to make your child an appointment with Dr. Luchetti, we'll have better communication which can lead to a safer return to sport. If you take them to Coordinated Health, we request that you ask for Dr. Luchetti based on his status as team orthopedic for NHS and NMS athletics, but you are in no way obligated to use him or Coordinated Health if you have a previous physician.
- NASD utilizes school insurance through Bollinger, Inc., which only covers acute injuries with an actual date of injury. The athlete's personal insurance will be billed first. Nazareth's policy has a \$250 deductible, and once met, Bollinger will cover 70% of the balance. The school accident form can be obtained through the Athletic Training Staff and must be submitted to Bollinger within 90 days of the date of injury.
- If an athlete sees an outside physician not with CH, whether under our direction or on their own, they **MUST** bring us a note stating a diagnosis, clearance date, and restrictions or *they will not be permitted to return to play*. This is an NASD policy, so to avoid any frustration at game time, always ask for a copy for the AT when you leave the office. We cannot accept notes from chiropractors, however, as we are not licensed by the state of PA under their scope of practice.
 - Please note: many emergency rooms will not give a clearance release to patients, as they require you to get clearance from your family physician or a specialist. Please keep this in mind before going to the Emergency Room (with the exception of life threatening conditions). If you need immediate medical care, we recommend you use Care on Demand at Coordinated Health on Highland Avenue, Bethlehem, or our new Walk-In Orthopedic Injury Center at 3100 Emrick Blvd, Bethlehem. We'll have immediate communication with them and can facilitate further specialization if needed.

We look forward to providing your son/daughter with a safe, fun, and productive athletic season. Please do not hesitate to contact us if you have any comments or questions. Also, please feel free to utilize the contact information found on our website at www.nazarethasd.k12.pa.us/Page/661 and follow us on twitter at @nasdATC.

Yours in good health,

Christina Coxe, MS, LAT, ATC, ITAT
Alfonse DeSanto, LAT, ATC, ITAT
Michael Williams, MS, LAT, ATC

