



*Dedicated. Professional. Caring.
Making a difference...PRO.*

Dear Parents,

Athletics is great way for students to make friends, learn, discipline and have fun. As an athlete myself, I take pride in keeping student-athletes participating, safely. As the athletic trainer at Central Bucks West, safe play and return to activity is my career and primary goal. I want to take this opportunity to introduce myself and put into writing some procedures that you need to be aware of as a parent of a student-athlete. It is important for you to be aware of the policies so that I can facilitate your child back participating as soon as possible.

Contact Information

Please do not hesitate to contact me if you have questions or concerns. My cell phone is the best way to get in touch with me. I am unable to answer; I will return your call as promptly as possible.

Cell phone: (612) 850-0678 Office phone: (267) 893-2507

Email: tia.nowacki@propt.com

Training Room Hours

During the school year I will arrive to the training room office by 2:00 pm. Please encourage your athletes to come immediately to the training room if they need my assistance. If there are no games, I will leave at the end of the last practice, which is typically between 7-7:30 in the fall and spring, and by 8:30-9 during the winter season. If there are home games scheduled, I will be on school property.

Reporting Injuries

It is very important that all injuries get reported to me as soon as possible. I have resources available to get our athletes the best and quickest care available, but I cannot use these resources if I am unaware of injuries. If you are away at another school and an injury occurs, please call me with any questions. PRO also offers **free injury screenings** at all 17 locations. Nearest clinics are:

630 Easton Rd
Warrington, PA 18976
(215) 491-5961

2202 E. Old Lincoln Hwy
Langhorne, PA 19047
(215) 891-5150

Returning an Athlete to Play

It is school policy that any time an athlete seeks care from a physician for an athletic injury, that athlete may not return to play until we have a written note from the physician for releasing the athlete for participation. **There is no exception to this rule. Parent notes are unacceptable.**

Again, please don't hesitate to contact me with any problems or concerns. I look forward to see you out at the games.

Thanks, Tia Nowacki, MS, ATC