

# Free Sports Physicals for High School Athletes

## Play it safe!

The Upper Chesapeake Sports Medicine team will be offering **FREE** sports physicals for **HIGH SCHOOL** athletes.



**Sports physicals are also available on the dates and locations below:**

**UM Upper Chesapeake Medical Center**  
**The new Pavilion III on our Bel Air campus**  
515 S. Tollgate Road,  
Suite 200 in Bel Air

Monday, June 17 ..... 1 - 3:45 pm  
Wednesday, June 26 ..... 8 am - 3:45 pm  
Wednesday, July 17 ..... 1 - 3:45 pm  
Wednesday, August 7 ..... 1 to 3:45 pm

**Please call 443-643-3130 to make an appointment at this location.**

**UM Upper Chesapeake Medical Center**  
**Lambdin Health and Wellness Center**  
650 McHenry Road,  
Suite 1200 in Aberdeen

Tuesday, July 2 ..... 1 - 3:45 pm  
Thursday, July 25 ..... 1 - 3:45 pm  
Tuesday, July 30 ..... 1 - 3:45 pm

**Please call 443-843-5557 to make an appointment at this location.**

**Sports physicals must be completed on or after June 1 for the 2024-2025 school year.**

Physicals are valid from the date of the exam through June 2025. Student athletes under 18 years of age must bring a parent/guardian signed copy of the HCPS Pre-participation Physical Evaluation History Form **OR** have a parent/guardian present at the physical. For more information, including HCPS physical forms, visit [hcps.org](http://hcps.org).