

FREE Sports Physicals for Middle School and High School Student-Athletes

Play it safe!



The Upper Chesapeake Sports Medicine team is offering **FREE** sports physicals for Harford County middle and high school student athletes.



UM Upper Chesapeake Medical Center in Bel Air

Pavilion III
515 S. Tollgate Road, Suite 200

June 27 • 1 to 4 pm
July 9 • 8 am to 4 pm
July 25 • 8 am to 4 pm
August 8 • 8 am to 4 pm

**Registration for the Bel Air location
is required by calling 443-643-3130.**

UM Upper Chesapeake Medical Center in Aberdeen

Lambdin Health & Wellness Center
650 McHenry Road, Suite 1200

June 17 • 1 to 4 pm
July 8 • 1 to 4 pm
July 29 • 1 to 4 pm
July 31 • 1 to 4 pm

**Registration for the Aberdeen location
is required by calling 443-843-5557.**

**Sports physicals must be
completed on or after
June 1 for the 2025-2026
school year.**

Physicals are valid from the date of the exam through June 2026. 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.